

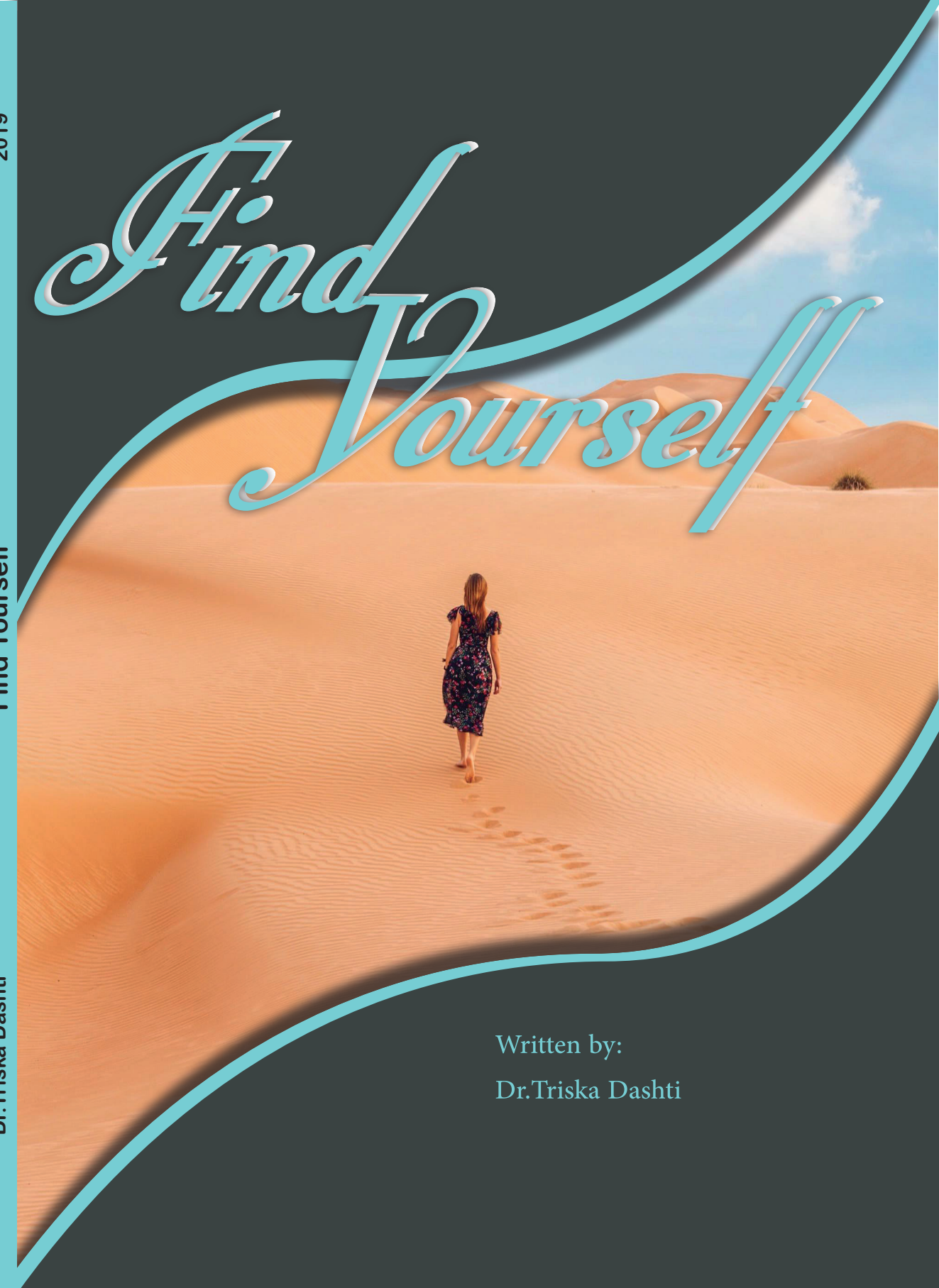
The most important goals in life are personal tranquility and peace of mind, yet these objectives are very hard to attain so if you are trying to live by someone else's rules. This is why you must be yourself and do exactly what you love in order to have a fulfilling and liberating life.

Dr.Triska Dashti

Find Yourself

2019

# Find Yourself



Written by:

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## Introduction

**M**y purpose of this book to show the effect to be yourself through your life. I am trying to reveal the truth what happening in the being yourself case.

I have written this book, taking long time in my life with an ambition of making our nation in particular and the world in general, a better place for living if we are being our self .

We all wish to live a happy life. But few can tell how to get happiness in this world. Experience teaches us that unmixed happiness is not a thing of this world.

In my opinion a happy life means that life which is free from cares and worries. This freedom from worries cannot be obtained with a lot of money. It can be obtained by habit of mind. Many people worry about small things. Many of us worry about the future and the trouble that will come. However mostly these troubles never come.

I am neither interested to prove myself as the most perfect one in this world nor whatever I had written in the book is universally true , but this book is my effort to make peoples life more beautiful and to create peoples life in this world filled with happiness, prosperity , peace. So I am more interested in making things better but not in proving things written in this book as truth, this is just my thoughts.

“A journey of a thousand miles begins with one step.” Lao T’ZU

No one, including yourself, has any idea of your capabilities or of what you might ultimately do or become. Perhaps the hardest thing to do in life is to accept how extraordinary you really can be, believe in yourself, and then to incorporate this awareness into your attitude and personality.

There is no reason anyone should depend on someone else for happiness. If you allow someone else to control your feelings then that means your allowing someone else to control when you’re happy or unhappy. Family and friends affect us every day and can bring joy into our life. We are all humans who are trying to have a good life filled with happiness in this big world.

For this reason and more I can say and gives as conclusion if we try to be our self-it’s like a guide which teaches as to solve different issues or subjects within our life it is an important character in our society.

**Triska dashti**



Either I will  
find a way  
or I will  
make one.



This book to my readers







## FIND YOURSELF

**H**ow can one truly know who they are? It takes years of experience to understand yourself; your likes, your dislikes, your abilities, and your passions. Sometimes society will agree with these things, and sometimes it won't.

Hidden under every cloak, every item of clothing, and all makeup lies a body.

Under the skin of a body lies a soul, and a mind of thoughts. Reaching further we search for where the thoughts were born.

Many times in people's lives they are faced with big decisions that revolve around two ideas of success, following the rules and securing their future within their society, or going outside their comfort zone to pursue their dreams.

Finding yourself is a part of growing up; a part that is hard, long and confusing, and now imagines having to find yourself in those harsh teen years with one more factor: am I kurdistani or am I Iraqi? This is the question that a lot of young adults have to ask themselves in consequence of being brought at a young age to the Kurdish people in Kurdistan.

Hidden within every child there is something new, some new reason for existence, that cannot be found since they abide by what they are taught. For instance the idea those babies can communicate between each other as well as being able to learn a number of languages would suggest massive brain power. If somehow we could extract in every young mind ideas behind their active imagination, perhaps we would discover many things we never really new.

Have you ever found that a young child sees the world with so much detail. For example

if you walk in a room with a child and adult allowing both of them to view the room for a second, the child will tell you things in exact detail, while the adult tells only the obvious paraphernalia!

The water is called water with what justification? A child is taught it is water, but only as a word! Water sustains life, for without it, all life dies. It speaks as a person at times laughing or crying, it has the power to drown life away, just as easily as it quenches thirst.





## Depend Only on Yourself for Happiness

There is no reason anyone should depend on someone else for happiness. If you allow someone else to control your feelings then that means your allowing someone else to control when you're happy or unhappy. Family and friends affect us every day and can bring joy into our life. We are all humans who are trying to have a good life filled with happiness in this big world.

People think it's so easy to change. They think it's so easy, but it isn't. Sure, things don't always stay the same. You get a new couch, boys come and go, you gain a new scar, discover a new song, or you find a new passion. But in the end you're still just you. Always spinning and turning in awkward beautiful shapes like a ballerina on a floor, spinning and spinning only to come back to the same position.

Most of us are blessed enough to be able to control what we do from the time we wake up until the time we fall asleep at night. We don't have to rely on other people to make us happy or to even do nice things for us. Nobody wants to go to sleep upset because nobody knows when he/she will take his or her last breath. Make sure you live every day, hour; minute or even second like it's the last. Every decision in your life should be a decision you make, not what someone else wants you to do. You should get to decide what you are going to put yourself through, not someone else. Always ask yourself simple questions before you do something like, "Is this going to be worth it?" For example all of your friends want to go to an underage drinking party, all of your friends want to go but you can't let them make the decision for you. Just because your friends are going doesn't mean you should put yourself in a bad situation. Always lead yourself in the right direction even if your friends aren't following behind you.

As an embryo we are brought into this world, and raised by our creators. From them we are

taught life. Depending on our parents or whoever is raising us we become a person, with thoughts, feelings, emotions, and ideas.

We all wish to live a happy life. But few can tell how to get happiness in this world. Experience teaches us that unmixed happiness is not a thing of this world.

In my opinion a happy life means that life which is free from cares and worries. This freedom from worries cannot be obtained with a lot of money. It can be obtained by habit of mind. Many people worry about small things. Many of us worry about the future and the trouble that will come. However mostly these troubles never come.

To be really happy, man should have a truthful and honest life. He should help his fellowmen in trouble and love them. Such a man should be loved and respected by others and he will be happy. A man, who hates others and envies his neighbors, can never be happy. To be guided by love in all the actions is the key to happiness. We should love and fear God. We should have faith in him and should pray to Him. Thus we should live and do our duty not for reward but because it is our duty. Thus we see that a happy man is he who has just enough to eat and to feed others, who enjoys a sound health and is contented, who lives an honest and truthful life and who does his duty with faith in God and love for his fellowmen.

### **What kind of life do you want?**

#### **I say a happy one. Why not!**

Many people believe that you're either born happy or you're not. I believe happiness is a choice — that you have the ability to create real and lasting happiness for yourself.

We're always making choices and doing things to be happy - choosing what to eat, what clothes to wear, who to love, where to work. Some of our choices are good and others not but they're all based on our deep and impelling desire to be happy.

It is a mistaken idea that wealth is the passport to the realm of happiness. Ignorant people think that only wealthy and prosperous people are happy. But on the contrary the rich are miserable people. They have neither peace, nor rest, nor health to enjoy life. They are most careworn people for they are always afraid to lose their wealth. Besides, wealth cannot be amassed by fair means. A man full of fear and using unfair means can never be happy. There is no end to desires. Man desires more and more wealth, more and more power. A multimillionaire may not consider his wealth to be enough. The more we possess, the more unhappy we are.



Your personal happiness has everything to do with the conscious choices and the sincere amount of work you put into living a good life; to flourish, thrive and to be joyful even while you may be living in painful and seemingly hopeless circumstances.

Your ability to make decisions, your choices to do specific things, made you feel good, glad, grateful, jubilant, optimistic, hopeful, and inspired. Even while you felt stuck and sad at times you always liked setting goals and making plans to get away from negativity, to improve your life and to make your own happiness.

Happiness lies in contentment and satisfaction. It does not mean that one should not strive for more, but one should strike a balance between contentment and ambition. An over-ambitious person can never be happy. Moreover, one should use one's wealth, talent, etc., which he possesses, as a trustee and not as an owner and master. Moderation is the need of our life. If we go on craving for more and more, there is no end. What is important is that how you enjoy and use the money you already possess. Of what use is the enormous wealth in your treasury or the huge bank-balance if you do not enjoy it, or use it in the welfare of others.

Gandhi perfectly describes the solid feeling of happiness I was building:

“Happiness is when what you think, what you say and what you do are in harmony.”

Sure we might be happy if we win the lottery and have an abundance of money or are very or find someone who understands and loves us but if those elements are not there, we only have ourselves to count on and to create our own happiness.

- If you're in an unhappy relationship you can choose to change it and that could mean getting out.
- If you hate your job you can make a choice to change it.
- If you want to be healthier that's another choice for personal happiness.

Happiness is up to you. Your choice. Your way.

Be good and you will be happy. You can become a minister, a leader, a very wealthy businessman or a bright cinema star, but these days it is very difficult to be a good man or woman. To be good is to be really happy. It reminds me of Lord Baden Powell who observed, “Happiness does not come from being rich, nor merely from being successful in your career, nor by self-indulgence. But the real way to get happiness is by giving happiness to other people. Try to leave this world a little better than you found it, and when your turn comes to die, you can die happily feeling that, at any rate you have not wasted your time, but have thing your best.” Mother Teresa is a living example to show us the path in the present context.

As a Life and Career Coach I thrive at assisting people to figure out what they want to do with their lives and then to do it so they can be happy! Knowing your purpose, setting goals and intentions enables you to be blazingly free to live your life the way you want to. That will always make you happy.

When you know the facts of what makes you happy you can choose to do the same things you love, choose to use your gifts and talents to be fully expressed and entirely yourself. Isn't that what happiness is about?

Happiness does take work. It takes steady practice. It's not just easy. Happiness is not something you can turn on in the midst of heart ache, profound worry or fear but at least you have the knowledge, the facts and the life experience to know what makes you happy and then you can create it, work at it and have it in your life always. I'm not saying ignore the real problems we all face in life but, think about what works well for you — know what satisfies you — do what gives you ultimate pleasure and practice it.

We all want to be happy. Why not make happiness a daily ritual? Choose happiness. Live it! Remember - "Happiness is when what you think, what you say and what you do are in harmony."







## Believe and create yourself

**W**e have the ability to take control, figure out what we were really meant to do, believe that we are more than capable of achieving it, and then do everything we know we should to make that vision a reality. Perhaps this sign can do for you what it did for me and serve as additional inspiration and confirmation of that reality.

You have the ability to create the life you desire. All you have to do is realize that is indeed the case and then continually choose to do something about it.

Most of the time we blame others for not trusting in us or not supporting us. What I believe is rather than expecting the acceptance from other around us, you must accept yourself first. Then only you can make progress and be a self-confident person.

How many times somebody said to you, you can't do it. They can be your parents, relatives, and sometimes friends too. When you say, I want to participate in music show or I want to be an actor or an athlete for that matter; they say you can't do it. When somebody wants to do something out of the league people around them try to demotivate them. Why do they do it? What's there motive behind it? What I will say is, that's not important. You should believe in yourself first.

Let me tell you that, every human brain is same. The only different thing between us is how we use our brain, how dedicated are you towards your goals; and that makes the difference. If you are demoralizing yourself then everybody around you is going to do the same. So rather than blaming others to draw you back, you must take it on yourself. You must prove yourself that you are not a penny less than anybody else. The day you will get that feeling you will start to believe in yourself.

I will go one step further and say it doesn't matter whether they believe or not; all that matters is whether you believe in yourself.

The most important goals in life are personal tranquility and peace of mind, yet these

objectives are very hard to attain so if you are trying to live by someone else's rules. This is why you must be yourself and do exactly what you love in order to have a fulfilling and liberating life.

In order to be yourself, you must grow a backbone and have thick skin. No one knows what makes you truly need to be happy other than yourself.

This is an important concept to realize because you will never please yourself if you are constantly trying to please other people instead. You need to stand up for what you believe in and show the world the beauty of what makes you unique.

When you are being yourself, it is easier to see what you want out of life and what is truly important to you. Think about how when you fall in love, whether it is in your work, your hobbies or that special person, the whole universe seems to be in tune to your feelings.

You know exactly who you are as a person and those around you can see it as well. This helps eliminate the people in your life that do not complement the person you want to be come and attract those who do.

Nothing in this life will be easy; we will cry, laugh, scream and be silent. What you do to get over that wall is what defines you. There's more than one way over a wall! Remember that!

We learn after our hard times what it means to love ourselves whole heartedly and how important it is to look in the mirror and say to yourself, "You are beautiful."

Thinking positive thoughts enhances self-love and confidence. See how I told you that I was comparing myself, those thoughts resulted in me feeling less confident. I put down the phone and did things that made me feel beautiful and competent.

There's nothing better than maturing and knowing that you are enough. All that you have is what the Creator gave you. Nothing more and nothing less.

You are what the creator made you to be and that's perfection. You are no mistake and the mistakes that you do make, help you become the person you were meant to become.

Think of this when you've hit a wall; I'm exactly where I'm supposed to be. That helps me not stress myself with where I am in life. Instead of us encouraging women to be and act what they see on reality shows, we should be encouraging our women to love what they see first. Then love what you do and carry yourself with dignity and know that no one can take that away from you.

Trust yourself and work hard. Life gives no promises; all that the universe recognizes is your energy. You give out good energy; you will be given exactly what you give out.

Have you ever seen someone who didn't buy a car because he failed to learn how to drive? Or have you ever met someone who tried to learn how to drive then decided not to try again after failing for few times?

Personally, I have never met anyone like that. Almost everyone who starts learning how to drive ends up being able to drive well. Although not everyone becomes a driving expert still everyone who tires learns the basics of this complex skill.

Believing in yourself is all about being sure that you are going to do whatever you want even if others were against you. Usually, when you decide to take a big challenge or to do something that people failed to do you will find that everyone is putting you down.

Billions of people fail to live the life they have always wished to live. They fail to realize their ambitions and give up on their big dreams as soon as they encounter the first obstacle. One of the strongest causes for this attitude is that they do not believe in themselves.

Some people think that unless everyone agrees with them then they are wrong. This is completely wrong. No one ever succeeds without being rejected. If people think that you are wrong or that your efforts will yield no results then just go against them by either convincing them with your point of view right away or by waiting until they believe in you by force when they see your success.

If you don't believe in yourself you will end up discarding your ideas and no one will remember you. On the other hand, if you believed in yourself and continued fighting for what you want then people may reject your ideas in the beginning but they will be forced to believe in you in the end after seeing your success.

Trust your heart. Believe in yourself. Follow your dream and you can do whatever you want to.

Because it's not true that "you can do anything if you believe in yourself". But there are things you can do that you never will if you don't believe in yourself. Don't let that happen.

I believe that a person can do practically anything but only a few can be really good at whatever they choose to do. In addition, you can often make up for a lack of natural talent through plain old hard work, though it's often the naturally-talented who rise to the top simply because it's easier for them to do so and remain full of passion.

When a person believes in their abilities, skills, talents, and value, they also develop a new logic to life. They understand that for every action there is definitely a reaction, however, each reaction can be a positive and fulfilling experience.

These individuals have a high level of self-confidence, they are usually quite motivated, and they understand the power of positive thinking.

You will discover a couple of ways that you can create a positive self-belief. If you are looking to improve yourself, your life, and the general circumstances of your life, this article is for you!

first methods of learning to believe in yourself is learning to take a close look at yourself and being able to identify the potential that you have.

second methods of learning to believe in yourself is to overcome the obstacle of fear. Many individuals are frightened to attempt a new challenge or task because they are afraid of failing and not succeeding.

third method to building the belief of yourself is to challenge yourself. In order to do this, you should establish a list of items that you are thoroughly convinced that you are unable to do. Once you do this, you should start tackling each task, one by one. You will quickly find that you are able to do much more than you ever imagined that you could.

Any individual with a high level of self-worth will quickly inform you that it is better to try, fail, and learn to succeed than it is to not try, failing, and not learning to succeed.

If you are able to keep in mind that failing is just another form of winning, you are creating a strong belief in yourself. Those that fail in the attempts that they make will learn from the mistakes of the attempt. However, those that never try to attempt anything at all will stagnate in their personal growth.

Most people start off with little or low self-confidence, but as a result of their own efforts, they become bold and brave and outgoing. And we've discovered that if you do the same things that other self-confident men and women do, you, too, will experience the same feelings and get the same results.

The key is to be true to yourself, to be true to the very best that is in you, and to live your life consistent with your highest values and aspirations.

Take some time to think about who you are and what you believe in and what is important to you.

Decide that you will never compromise your integrity by trying to be or say or feel something that is not true for you.

we all have our own talents, skills, and abilities that make us extraordinary.

No one, including yourself, has any idea of your capabilities or of what you might ultimately do or become. Perhaps the hardest thing to do in life is to accept how extraordinary you really can be, believe in yourself, and then to incorporate this awareness into your attitude and personality.

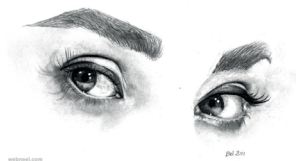
If you have positive values, such as love, compassion, and generosity, you will believe that people in your world are deserving of these values and you will treat them accordingly. When you believe in yourself and chose to be a good person you will find yourself to be more positive and successful in life.

If you believe in yourself to be a good person, you will expect good things to happen to you. If you expect good things to happen to you, you will be positive cheerful, and future-oriented. You will look for the good in other people and situations.

If your value is that this is a good world to live in and your belief is that you are going to be very successful in life, you will expect that everything that happens to you is helping you in some way.

You will be a more cheerful and optimistic person. You will be someone who others want to work with and for, buy from and sell to, and generally help to be more successful.





## Being true to yourself

Being true to yourself is a life-long practice that requires commitment and re-commitment, moment to moment, as you grow and evolve. The answer to what is true for you always exists at the core of who you are, if you give yourself the space and time to listen.

When you are being true to yourself, you are completely honest with what you feel, deeply value, and desire. It also means communicating your feelings wholeheartedly both with yourself and others, allowing your truth to flow through you and into the world.

When you are being yourself, it is easier to see what you want out of life and what is truly important to you.

The fact that people continue to conform each and every day just makes it more special to see someone stand out and ignore the standards of the masses. A true sense of ingenuity comes through that shows that this person is a leader and is dedicated to an elite lifestyle.

To know your truth fully and express it authentically, you first need to cultivate a deep and trusting relationship with yourself. Ultimately, this begins with awareness of your thoughts, as well as awareness of your whole-body experience and how you interact with the world each day.

In order to uncover who we are and why we act the way we do, we have to know our own story. Being brave and willing to explore our past is an important stepping stone on the road to understanding ourselves and becoming who we want to be.

When we try to cover up or hide from our past experiences, we can feel lost and like we don't really know ourselves. We may take actions automatically without asking why.

By learning to pay attention to your deeper senses and feelings, and by cultivating greater awareness in your life, you can establish a strong connection to yourself and feel confident in



knowing what is deeply true for you.

But what is true also yearns to be expressed. So it is up to each of us to be courageous in bringing forth our own truth, expressing it fully and authentically in the world.

There's a tendency in life to focus on the negative. Many of us fall too easily into victimized thoughts and complaints about our circumstances and surroundings rather than orienting ourselves toward positive goals, strategies and solutions. Put simply, we think a lot about what we don't want instead of concentrating on what we do.

Knowing what we want is fundamental to finding ourselves. Recognizing our wants and desires helps us realize who we are and what's important to us.

Most of us are, to varying degrees, defended against our feelings of wanting. We may feel guarded, because we don't want to get hurt. Wanting makes us feel alive and, therefore, vulnerable in the world. To truly live means we can truly lose. The experience of joy and fulfillment can be met with feelings of anxiety, and on a deeper level, profound sadness.

Getting what we want can also make us feel uncomfortable, because it represents a break from our past. It can make us feel guilty or spark a sea of self-critical thoughts that tell us, "Who do you think you are anyway? You can't be successful/ fall in love/ feel relaxed?" In order to honestly discover what we want in life, we must silence this inner critic and drop our defenses. As an exercise, when we are having a lot of negative thoughts, like "I don't want this or that," we can try to shift our thinking to what we really do desire. If we are fighting with our partner and thinking, "You never hear what I say. You don't care about me," we can instead think about or even communicate on a level that genuinely conveys our end goal. "I want to feel listened to, seen and loved." Changing our outlook in this way makes us feel more in touch with who we are. It strips us down to our more basic desires without the unnecessary layers of defense that divert us from our core values and truest selves.

When we know what we want, we are challenged to take power over our lives. No longer are we engaging in a spiral of negative thinking that tells us all the things that are wrong with the world around us or all the reasons we can't have what we want.

Mahatma Gandhi once said "The best way to find yourself is to lose yourself in the service of others."

In addition to improving our mental and physical health and lengthening our lifespan, generosity can enhance one's sense of purpose, giving our lives more value and meaning to

us. Studies even show that people get more joy from giving than from getting. If we want to find our way in life, it's beneficial to practice generosity as a mental health principle and take on a compassionate and attitude toward ourselves and others. People are generally happier when they create goals that go beyond themselves. These individuals show care and concern for others and practice generosity.

We do not choose the family we are born into, but often, we assume that this family defines who we are. While as children, we have little say in where we spend our time, throughout our lives we can choose who and what we want to emulate. As adults, we can create a family of choice. We can seek out people who make us happy, who support what lights us up and who inspire us to feel passionate about our lives. This family may, of course, include people we are related to, but it's a family we've really chosen, a core group of people who we consider true allies and friends. Creating this family is a key component in finding ourselves, because who we choose to surround ourselves with has a profound effect on how we relate in the world. Having a support system that believes in us helps us in realizing our goals and developing on a personal level.

Resolve to make peace with who you are so that you can start showing up for the world. When we're constantly overwhelmed by our insecurities, the light of our authentic self does not shine; and, it's that light that draws in every person, experience, and opportunity that aligns with our true happiness.

Nothing's perfect. Nobody is. Flawless doesn't exist and it's not even attractive. Someone trying to be perfect is hard to get close to because it's not realistic. So, just relax. Everything we consider a flaw about ourselves someone else might find endearing. Just get real and let that lead the way.

Stop judging, Drop the expectations of what you want, how you think someone should behave, and the order things need to happen in. The good stuff is easy to accept because it makes you happy, but change your tune about the bad stuff too.

Find the balance between ٪٥٠ selflessness, and ٪٥٠ selfishness. Take your "me" time, know when you need it, and learn how to give it to yourself. Figure out what energizes you, what makes you happy, how you connect to yourself.

Don't sacrifice those things – put them first. In the end, you can't rely on anyone but yourself to bring you true happiness so stop waiting for anything or anyone outside yourself to try

and start being the vessel that helps you receives it.

Everything about others we put on a pedestal, or everything which we are frustrated by, resides somewhere within ourselves. All it takes is acknowledging that to find it. If it's positive, enhance it, if it's negative, appreciate that it reared its ugly head so you could see it, but make a note to self that you're cool to move on without it.

If you allow yourself to recognize in other people that which exists within you, you will become aware of how and where to shift.

Eventually, life smacks us in the face enough times that we're forced to admit the truth: we're totally lost. In that moment, there is surrender to something much bigger than our individual selves, and we start this journey again. Only this time, we're present; we're tuned in to what's up, and we're ready.

Your core is your stabilizer; connect to it. Physically, emotionally, and mentally. When you feel off in a work out, or in your day, or notice a negative thought or insecurity arise, engage your belly. Draw your stomach in, and up – hold it, then take some deep breathes and you will immediately center yourself in a powerful way. It's a very simple, life-changing tool.

Make everything about love and gratitude. That's all she wrote guys... love changes your perspective and gratitude is absolutely the only way to attract more of what you want.

The path to figuring it all out requires a determination to stay committed to the trail, to hang on and keep moving forward, even when it gets tough – which it does. We travel to our darkest depths inside ourselves and see everything we've hidden, covered up, locked, and repressed.

It all surfaces and it's a wild ride. But, there's a light at the end of the tunnel: our perspectives about ourselves and this life shift tremendously and open the doors for some miraculous opportunities, love, and peace.

A powerful step in finding yourself can happen when you begin believing in a higher power. This is a process that takes time, but to have a faith is perhaps the most powerful and transcending experience you will ever have.

Always find a role model who you look up to and read about their life journey. Learn from their mistakes, apply their wisdom, and find out what shaped them into a person of character.

Some examples of historical role models are:

George Washington, Hellen Keller, Martin Luther King Jr., Susan B. Anthony, Mahatma Gandhi, Jesus, Father Flanagan, Rosa Parks, Ralph Bunche, Eleanor Roosevelt, Nelson Mandela and Mother Teresa.

Spend time alone, with no distractions (no TV, music, cellphones, etc.) outside in nature. Walk for 10 to 30 minutes every day and listen to the sounds around you. No headphones, no music! This will help to center yourself in the moment, and will also provide your mind time to process your thoughts.

In the words of Terri Guillemets, «If you can't get quite enough to hear yourself, your life is too loud.





## Value yourself more

Most of us undervalue ourselves – we either learned this behavior, we have an incorrect image of our self-worth, or we think it's inappropriate to see ourselves as having or offering value. The exact opposite is true – it's absolutely appropriate to Value Yourself, and what's more, it will help you bring more valuable experiences into your life.

The truth is, if we don't value ourselves – who we are at our core, what we offer as a friend, family member or employee – others won't value us either. We teach other people how to treat us – so it's a good idea to Value Yourself starting now!

Another truth is that we are all deeply valuable, yes, all of us, (even those people you don't like), and we all offer value in this world in unique ways.

Some of you need to examine why this makes you uncomfortable. Why wouldn't you Value Yourself? Do you think it's a waste of time, or not worth the effort? Or maybe you think it's just awkward. I have been deeply valued by many people in my life, and I value everyone I come into contact with, even if I don't like them!

And what does this have to do with attracting abundance? When you communicate to the Universe that you are valuable, then the Universe can match that vibration and “deliver” what you want on any level – spiritually, emotionally, physically, financially – into your life.

When you Value Yourself, you are offering a clear signal to the Universe that you are ready to receive the abundance you have been asking for because you are worth it. When you Value Yourself, you are providing the energetic vibration that will attract more value into your life. When the Universe receives this clear signal or message from you – (no energetic interference from your negative emotions) then the Law of Attraction starts to work in your favor. So give the Universe the right message – you are valuable.

Self-respect is the most crucial aspect of one's life. If you do not understand how to appreciate

yourself and your worth, how do you expect others to? Life is too short to maintain toxic relationships. In order for yours to flourish, you need to work on yourself first.

If you don't respect yourself then you won't take care of yourself the way you should. By achieving this, you set boundaries for your life and your relationships. This will encourage people's deference to you. You cannot allow people to treat you poorly and if they do, you need to recognize your worth and walk away. Others cannot negatively influence your opinion of yourself; this will only lead to degradation of your worth. You must love and respect yourself before anyone else can.

When you love yourself, you take pride in who you and what you have to offer. Too many people place the needs of others before their own, but in order to respect others, you need to meet your own needs first. How can you truly learn to appreciate others if you can't even appreciate yourself? This is fundamental to personal growth and a concept too many people do not realize.

One thing's for sure: The universe never rests for long. If you follow the spiritual transitions that are constantly echoing all around us, it's clear that even when life might seem boring or slow, there's always something beautifully dramatic waiting for you just around the corner. We've been blessed by a healing and challenging summer that pushed us to new extremes and taught us a few life-changing lessons. Through all the ups and downs, it's been a wild and memorable ride, but the time has come to let it all go. If you're hoping that the shift into fall will be made of quiet decline, you need to rearrange your perspective, because the autumn equinox and the harvest moon will descend on our world just two days apart, making this change everything but motionless.

I believe a person's self-esteem begins to take shape at an early age, with their parents being a major influence. Kind, positive, knowledgeable and caring parents help children create a positive self-image. Parents, who do not feel good about themselves or others, sometimes take it out on their children by belittling them or discouraging them. This leads the child down a path of self-doubt and eventually given the right circumstances a lower self-esteem.

You and only you are responsible for your fate. Life is no fun if you spend it hating yourself; this stifles any progress you hope to make. Once your confidence is up, you will stop making the terrible mistake of comparing yourself to others. You will already be comfortable and happy with who you are.



If you were hoping for silent meditation, this transition will interrupt your thoughts with cosmic fireworks. If you were hoping for relaxing ease, you'll be getting emotional intensity instead. Although summer was all about external stimulation and endless opportunity, autumn is about retreating inward. Change is coming, and its power is surging within you. Don't believe me? Just wait and see what autumn has in store for us all.

When you know your value, you will confidently approach a negotiation with full belief in your knowledge, skills, and experience and the difference you can make. For example if you help a client introduce a new process within their organization, you are not too consumed by the process used but in how much they have benefited. Have they had an increase in sales or productivity or have they saved money? Or it might be that you're the main career for a disabled or elderly relative and your presence and support is invaluable.

In any given situation, knowing your value means feeling that you are an equal with anyone you interact with: clients, bosses, colleagues, or friends. You are not a supplicant. Nor do you feel privileged to be with someone or to work in a particular type of organization. You have a personal sense of value and deservedness and assert yourself as an equal in personal and business relationships.

When you pitch for new business, you believe that you have sufficient experience and have the qualifications, case studies, and testimonials to back them up. You don't need another certification, course, degree, or further experience for validation before you feel you are good enough. You simply are.

Some of these indicators may resonate with you and others may not, but, in my view, being clear about your value leads to a greater sense of clarity and confidence about who you are and what you stand for. This can be in your personal life as well as in business. This confidence will be reflected in how you interact with people, deliver your service, and in the fees you charge or the salary you earn. People who are confident and believe in themselves stand out.

Here is a suggestion; for the next seven days, use the above list and write down how many ways you value yourself. Be honest. From your list select an area where you may not feel valued or would like to change, and ask yourself this question: If I valued myself more, what would I do in this situation? Who would I be and what would be the first step I would take in asserting my self-worth? The purpose of this exercise is to encourage you to recognize the qualities that lie within you and the areas that you need to work on.

Remind yourself every day that you are worthy and have value.

A person with a high sense of self-value takes responsibility for their mistakes, but does not degrade themselves for making them. If they goof, they say, “I did a bad thing” instead of “I am bad.” They say sorry when they need to, and do what they can to make things right.

They do not grieve alone, but lean on their loved ones for support. They know that they’re not the only person who’s experienced this, and that by sharing their story with people who have earned the right to hear it, they are taking good care of themselves.

On the other side of things, the self-worthy person does not become overly dependent on success, flattery, or adoration. This person is confident and takes pride in their achievements, but shows grace and humility, too. They don’t do things to get love; they do things for the love of them.

This person welcomes both success and failure — both of which are useful, largely subjective, and never a barometer of a person’s worthiness.

You are not the clothes you wear, the car you drive, or the relationship you do or don’t have.

Yes, it is healthy and even fun to enjoy the finer things in life, and a person with solid self-worth is able to do so joyously. But this same person also recognizes the impermanence of everything. Money comes and goes. Relationships end. Accidents happen. Things lose value, break down, get lost, get old, and die.

The person who honors their worthiness knows that they can enjoy external things without attaching their identity to them. They appreciate what they have while they have it, and wholeheartedly strive to get what they truly want. But they also know that even without these “things,” they can still look in the mirror and say, “You are enough.”

People with self-worthiness are not “always happy.” They feel all the same feelings that anyone else feels.

The difference is that a person with a solid sense of self-worth creates space for their emotions without feeling guilty about them. They understand that their emotions are just tools that are helping them pay attention. They notice their emotions, and allow them to be as they are. Then, when this person no longer needs those emotions, they simply let them go.

A self-worthy person is not afraid to be alone. They love hanging out with their closest friends and family, but also cherish solo time.

This person doesn't go to parties and events simply because they are afraid to be left out. They believe the people who really matter will always welcome them, and even if they don't, they will still be okay on their own.

This person knows that what other people think about them is none of their business.

People who have a high sense of self-worth haven't had easier lives than people who don't. They simply remember that only they are responsible for their feelings, thoughts, and actions. They do not stay stuck in victim-hood, and they don't spend too much time feeling sorry for themselves when things hit the fan.

But it's not that people with self-worth never feel bad or get down on themselves. They do — we all do. The difference comes in how these feelings are handled.

They are able to help others by helping themselves. They believe in fair trade and equal exchange. They find joy in doing what they love, and they honor other people's right to do what they love, too.

Self-value or worth requires the belief that the world is a like a mirror. If people are judging you, it's because you are reflecting a part of them that they have yet to accept. Sure, their judgment may hurt — but ultimately, it's about them. It doesn't have to become your truth. And their judgment can only hurt you to the extent that you hold that judgment against yourself, as well.

The same is true for when you judge others. Whatever you see in someone else is something you have in you. To this end, self-worthy people are thankful for the challenging people in their lives because they see them as opportunities to learn more about themselves. And these people take heart in seeing the positive in others, because that means they can see those things in themselves as well.

Gratitude is a daily practice for people with high self-worth. These people appreciate the small and big gifts of life, and expresses appreciation whenever and however they can.

**Think Worthy Thoughts, Take worthy Action.**



<http://gallery.world/wallpaper/423432.html>



## Self confidence

### **Confidence is the Key to Success,**

Confidence. Some people are born with it, some have to work for it, and others do not know how to obtain it. It is something either one has or does not, but can always be accomplished over time. The question that many want answered it “what can I do to gain confidence?” I have learned that confidence is hard to achieve, but with friends, trust, and time it can be reached.

The denotation of confidence is the “belief in oneself and one’s powers or abilities.” Everybody is lacking confidence in something; not everyone is perfect. Whether it be giving a speech in front of the class, competing in a large competition, or accepting one’s appearance, people lack the confidence needed to enjoy life. Helen Keller said, “Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” This quote is absolutely true because if one does not have confidence they can never achieve or go beyond what they want to do.

Some people have so much confidence that they are not afraid to do anything. Others are the complete opposite, and are scared of being judged or ridiculed by others. Self-confidence cannot be taught, but is reached by the individual when they decide to believe in themselves. In order to attain self-confidence, one needs to believe that they can do the task at hand. It cannot be accomplished overnight, but slowly gets stronger and stronger over a period of time. One of the major ways to obtain confidence is acting like one is confident, even when not. Acting will transfer into truly being self-confident and having high self-esteem. Another way to gain confidence is by talking to others.

In conclusion, confidence is a characteristic that everyone struggles with at one point, but can be achieved by trusting one's abilities and speaking with others that are supportive. Mark Twain once said, "The worst loneliness is to not be comfortable with yourself." Being comfortable in one's own skin is the key to achievement and enjoyment in life, so start with some confidence.

If you pay attention, you might notice that these self-confident people usually are successful in every area of their lives. Is this because they are smarter? Or is it because they have more money? Maybe they are just lucky? The reality is that none of these things are true. Self-confident people understand the impact of believing in themselves and relying on their abilities.

This confidence ultimately creates opportunities for success and with each new success; another self-confidence building block is put into place. Success builds self-confidence with each new achievement. Self-confident people perceive themselves as able to achieve those things they set out to do and this perception creates reality in their lives.

Make a list of your strong points. Note down all the positive things about yourself and the things that you are good at doing. Think of compliments you have received or things that come easily to you. It doesn't matter what it is, if it's good, write it down.

Choose two of those things that you want to improve in yourself. It's important to succeed and by concentrating on the areas you are already good at you will have a better chance of becoming even surer of yourself. Remember that success builds upon success.

Exude confidence even if you don't feel like it. Talk to yourself in an encouraging way and stay away from negative thoughts and people as you can. Surround yourself with positive, confident, and successful people. This will become a habit and will build confidence.

Look at yourself in a different way than you are used to doing. It can change your life and help your confidence level to rise.

See yourself as the self-confident person you want to be and before you know it you will become that person.

If you have a setback, do not let it get the best of you. Remember the times when you exhibited self-confidence and how good it felt and then try again and each time will help you to build confidence and confidence building will become a way of life. Success will

automatically enter your life once you start believing in yourself.

Self-confidence is something that cannot be taught. It is up to the individual to decide how much belief that they possess inside of themselves. I am at the point where I realize that I must first believe in myself before others will believe in me. Nobody teaches us to be happy or sad. They are natural feelings that come along as we develop mentally, physically, emotionally and psychologically.

When you get to the point where you allow others to dictate how you feel about life, you have to stop and take an internal survey. Ask yourself if your lack of self-confidence and self-assurance is holding you back from being the best that you can possibly be. Most often these feelings come from people allowing the negativity of other people to overcome them. You have to be willing to take control of your life and whatever is holding you back. So often we, as a people, look for the validation from society before we validate ourselves. I have allowed society to determine how I should look, dress and feel. It is time for me to take a stand and be in control of my own destiny.

Confidence is the belief that one will perform in a correct, proper, or effective way. This belief, in my opinion, is the key to succeeding in many things we do. I can recall several circumstances in which the possession of confidence was the deciding factor between my success and failure.

In the study of human development, it is vital to understand one's self by determining an individual's self-concept of his or her self. Self-concept, defined as one's awareness of personal character attributes, and limitations, is also directly linked to the development of self-esteem. Self-esteem takes the idea of self-concept to a higher level in understanding human development: it is the evaluative component of self-concept.

The effects of working out on your confidence are so overwhelming that it can't be understated. When you exercise, your body releases a cocktail of endorphins that make you feel pretty good as is. When you're done, you have tangible proof that you've done something constructive and everything in your body is programmed to second that response. If you keep at it long-term, the results of a healthier body become more and more visible.

If you've never taken steps to assess and improve your wardrobe, you may not realize the dramatic effect it can have on your confidence level. Everything from the style of your shirts to the color of your glasses frames affects how people view you. When how you appear is in



sync with how you want people to view you, confidence can easily follow.

As much as might hurt to say, sometimes the problem isn't your attitude or your emotions. Sometimes you need to change some things. This doesn't have to mean you're a bad person or not good at things, but it does mean that if you want to be more confident in a particular area, the best way to do so is to get better. Feel crappy because you can't play the guitar? Practice. Do conversations about politics or economics make you feel unintelligent? Read up about it. Ask for help, even. There's nothing wrong with admitting you don't know something, but pretending you do when you don't won't help your confidence.

If you do not accept yourself for who you really are, you will create a number of problems in your life. Some of these problems are internal affecting you personally and some will affect how others treat you. Many people fall into the trap of not accepting who they are and then try to be like someone else.

Self-confidence means that you understand who you truly are and where your strengths and weaknesses lie. You know what you want. This will allow you to be comfortable with your place in the world and be honest with yourself.

No trust in yourself – low self-confidence can follow when you are unsure of who you are and what you want.

Self-acceptance means that you understand who you truly are and where your strengths and weaknesses lie. You know what you want. This will allow you to be comfortable with your place in the world and be honest with yourself.

If you can build your self-confidence, you will live a life free of self-criticism and you can begin to face the challenges in your life and overcome them. Imagine being at ease with people, being able to speak in public and feel good about yourself, no more shyness or fear. Build your Self Confidence with hypnosis – quick, easy and guaranteed! (Prepared by experienced psychologists and gets my full recommendation).

If you accept yourself you can also value yourself and tell others that they should respect who you are. You will also be able to accept others and not demand that they try to reach your standards. You will also be able to ask others for what you want and need.

Self-acceptance means that you are happy with who and what you are but it does not mean that you give up any hopes of change or improvement. Self-acceptance is a necessary first

step towards self-improvement because you need to see the truth about yourself and accept it and then decide whether or not you can change.

Self-acceptance does not mean being happy with the present situation or standing still, you are still free to change what you can in complete honesty with your truth.

You need to think positively by accepting and loving yourself. If you treat, judge or criticize yourself too cruel, you are lowering down your self-confidence. You should accept, be thankful upon what you have and feel proud of yourself, as there is meaning and value beneath it. Then, you should love yourself by taking care of your health, relaxing, awarding yourself when you have done well and advising yourself if you failed. Hence, you are feeling happy, good and positive with yourself. That is, you have your self-esteem and self-confidence. The most common negative view about oneself is the physical look, that are, not beautiful, not charming, fat body, too short, small eyes or flat nose. You must not compare yourself with others because it is a bad habit where you will forget what is good about you as you comparing you poor criteria with others will put yourself at the weak end. As a result, you will lose your self-confidence.

You also need to think positively about the predicted outcomes. People who are lack of self-confidence are tending to predict the negative outcome before they start doing anything although the reality is not that bad. You must focus on your strengths rather than your weaknesses. For instance, you want to take part in the competition. Before the competition started, because of certain obstacles such as difficulty or feeling threaten by competitors, you predicted that you are not going to win the competition. The reality will not be worst as if you think if you have tried. There are some people claimed that by thinking positively, they even worst, that is, they failed and by thinking negatively can be more successful than thinking positively. These are explainable because they are too focusing on thinking instead of concentrating on what they were doing and they are some people who can use negative thinking to stimulus and challenge themselves. For example using self-talk, "I am scare to lose" or "You have to do it or you will regret". Actually, thinking is your mental preparation before you start to do something.

You must be assertive as you are sure about your judgments and you have you own opinions and thought. Therefore, you must be able to voice out your opinions to others. You should not let anyone treat you like a doll, taking and playing you around. If you know that you are fooling by others and you are very angry, you should not keep and cry inside of you because you scare to let them know your real feeling. As you being assertive, you are able to express

your feelings and desires non-aggressively to let other knows. You assert in what you want and do not want, you do not hide yourself in the behind, you step up to pursue your desire. In addition, there most common expression that most people are afraid of is saying “No”. If you are sure that you could not do, tell them “No, sorry, I cannot do it”.

Everything around us, conviction on your judgment and evaluation, hold on own self-concept, appropriate and real missions of life, and non-stop studying about life to increase standard of yourself. Self-confidence gives your power to live meaningfully. Self-confidence drives you to your dreams of successes. Although, self-confidence does not guarantee success, but, at least you have try to pursue what you wish for, and therefore, there is no regret at the end of your life. Therefore, close your eyes, think who you are and what do you want in your life, fill up your confidence and go after your dreams as time goes by fast and will not stop for you. On the other hand, you must know how to balance your confidence as do not have too much self-confidence, that is, overconfidence which may lead to failure too. It is improving and repairing your self-confidence, and not boost it up high.



## Take care of yourself

**M**aintaining a healthy body is not that easy and not so difficult also. Always there is a need to be healthy because unhealthy body will be attacked by many diseases.

Taking good care of yourself is paramount to the success of your life process. People in life find that their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Taking care of all aspects of you will increase the likelihood that you stay well.

### **Some tips for self-care include:**

- Live Healthy, eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups.
- Practice good hygiene. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- See friends to build your sense of belonging. Consider joining a support group to make new friends.
- Try to do something you enjoy every day. That might mean dancing, watching a favorite TV show, working in the garden, painting or reading.
- Find ways to relax, like meditation, yoga, getting a massage, taking a bath or walking in the woods.

Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. None of the nutrients are available in these junks foods so no point in having them. Your diet should contain food which has more nutrients. Try to include leafy vegetables, fresh vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health.

If water content in your body goes low then it will lead to dehydration. So to keep the body healthy make sure you drink more amount of water daily.

Exercise also plays a vital role in keeping your body healthy. Regular exercise will also keep your body in good health. By exercise it doesn't mean a simple and slow walk. It should be in such a way that your body should start sweating. You can go for running, do cycling, walking faster etc. Daily find some time 30 mins to one hour per day for your exercise. Have a regular checking of your weight and try to control it. It's nice to have Medical checkups and dental checkups by which you can have an idea about your health condition.

Apart from these always try to manage your stress. Most people due to stress at work have health problems. By controlling your stress you can maintain a healthy body. Bad habits like smoking, drinking, using of drugs should be avoided. Usage of these items will have a very bad affect on your health. Your body should get enough time to take rest. Make sure you get a sleep of 8 hours daily. Sleep is very important for healthy body and also for mental and emotional happiness.

Health can be maintained by proper diet, exercise and hygiene. But in the other case to keep your body you need to do proper exercise. Usually sports people will have a fit body. They shape their body in such a way that it will be fit for their respective sport. But coming to healthy body it is just a matter of controlling weight and making your body immune to diseases. Some people will try to make their body fit so vigorously that they will not think about their diet and health. This creates a problem. So always make sure your body to be healthy and fit. Compared to healthy body, fit body needs more exercise and diet.

For a healthy and fit body walking is very good exercise which helps in burning the excess fat in your body. A fit and healthy body should be physically active and energetic and smart enough to accept any tasks given to them.

For a healthy and fit body you need to keep on doing exercise. Many factors will come across us and can divert us from achieving our goal of being fit and healthy. But you should be having strong self-discipline and will power to achieve this healthy and fit body. Below given are some methods through which can maintain a fit and healthy body.

Most important is the exercise. Make it a routine to move your body. You can do this by running around your home, playing with your kids, climbing up and down the stair case and so on. This will help in increasing your blood circulation. You can also join a gym where you

will have an instructor who can guide you to have a healthy and fit body. Try to avoid fatty food and junk food. These foods are not going to give any nutrients to your body. Better stick on to a diet which includes fresh vegetables, fruits, fish and Dairy Products such as milk. Limited number of dried fruits can be included in your diet. Reduce intake of foods which are more salty and food with more sugar. Too much sugar and salt is bad for health. Have food at proper timings .try not skip any meals. If you don't feel hungry also eat something but don't skip the meals.

Avoid all the bad habits like smoking, drinking, using drugs etc. This will make your health more badly. Try to manage your stress by walking in beach or watching any sport channel or by listening to music or anything that makes you relaxed.

Just by being more active generally such as ascending stairs instead of taking the lift, moving in the office instead of sitting still in front of our desktop as well as showing some enthusiasm instead of boredom, are all various means to burn calories and reducing body fat. It seems everyone have forgotten the value of being active. Dieting without exercising will result in getting fatter. One should increase his/her metabolism by exercising regularly to avoid getting fat.

The easiest exercise for strengthening your bones, controlling weight, leg muscles toning and improving self-esteem is walking. It is advisable to walk at a moderate pace. Walking at high speeds every alternate day will help improve one's system. Walking aimlessly for per hour day will not be effective at all.

Exercise and diet are linked to each other when it comes to good health and weight loss. Better than maintaining a balanced diet without exercise, it is better to exercise without dieting.

Performing sit ups and crunches alone, the fat in your body will not transform to muscles. You have to do many other activities like active sports, running, cycling that help get rid of excess body fat as it burn lots of calories.

Running at full vigor burns more calories than walking at brisk pace. It is very important that you keep in mind to lose body fat; burn more calories and eat less. More calories can be burnt and you can attain your goal quicker if you focus on exercising harder.

It reduce stress by a small amount of stress can serve a purpose, but after a while, it just

breaks down your mind and body. Taking care of yourself means keeping your stress from taking over so you can function at full capacity.

It's important, though, so you want to make time for it in your daily routine. Consider teaming up with a workout buddy or a group to hold yourself accountable. If you're busy, try an app like (daily work out – Exercise). It suggests specific exercises and routines based on how much time you have, even if it's only five minutes. Or, find a gym that's close to work, or better yet, along your commute. This way, you get a workout and you beat traffic. Of course, no matter how busy or unmotivated you are, sometimes you just have to get up and do it.

Everyone wants to eat well and find food that's good for them, but it's hard to cook or plan meals when you're busy. When I have three deadlines on my tail, I'm much more likely to reach for leftover pizza rather than make myself a salad.

You can start by experimenting with healthy foods you might actually like, and not trying to force yourself to eat stuff you hate just because it's healthy.

Sometimes being busy feels good. When I was working ٤٠-٣٠ hours a week, I felt successful just because I was constantly working. I wasn't necessarily getting anywhere, though. It was the illusion of progress. In fact, I put off a lot of goals I wanted to accomplish in exchange for the satisfaction I got from crossing stuff off my to-do list. Sometimes, real progress means being unproductive. It can be hard to put tasks and obligations on hold, but sometimes that's exactly what you have to do in the spirit of self-care.

There is only one constant in your life, from the time that you arrive to the time that you leave - yourself. You are the only person on your journey. People, jobs and homes all come and go, but you will remain. As you experience changes and new situations, you make millions of choices about how you react, how you move forward and what you choose to take away from your experiences. As the only person who makes these choices, I am fully responsible for being in the best of physical, spiritual and emotional health.

Self-care has been one of my most important values. I often notice that when I don't take care of myself, every other area of my life takes a hit. It's easy to feel that self-care shouldn't be a priority, that it is selfish, or that it isn't meaningful. If you choose to dip your toe into this practice, I hope that you experience what I have: taking care of yourself is one of the most important practices that can be implemented in a person's life, and it will transform you and the world around you.



If you wish that the world had more love, connection and giving, start with bringing those things into your own life. Your light connects beyond you, to the universal energy of our world. The poet Kabir said “All know that the drop merges into the ocean, but few know that the ocean merges into the drop.” The holidays are a wonderful time to connect with the ocean, but we first have to recognize that the drop is worthy of our attention.

If you're thinking you'd like to practice cultivating your own light, how do you begin? Personally, I define self-care as giving myself permission to do anything that is focused on strengthening my light. There is no one answer for what self-care can look like. It's highly personal to what you need at this moment in time. It can be as simple as having a good night's sleep or saying the word 'no' out loud. I call mine my “happiness routines” and I rely on them to feel strong, happy and fulfilled.

Self-care brings me great peace and joy, which in turn allows me to bring peace and joy to the world around me. It is empowering to be able to make small daily choices that have positive ripple effects through my life.

Your friends and family are your biggest supporters. Even if you are having a very stressful and busy day, pick up the phone for a few minutes just to say hi to Mom or your best friend, and just talk about the good things that are happening in their lives. It will keep you grounded.

Many people who are overweight do not feel good about themselves. They want to be thinner but instead of doing it the right way, they try crash diets that seem to always fail or do nothing at all about their condition. If we would exercise at least 30 minutes per day, 3 to 5 times per week, it is guaranteed that we lose weight and get in shape. When a person is at the size and stature that they would like to be then their self-esteem rises.

Having sufficient sleep is also a vital factor. Every day, school children, teenagers and adults should get 10 to 11 hours, 8 to 9 hours and 7 to 9 hours of sleep respectively. The insufficiency of sleep can lead to serious heart problems, high blood pressure, stroke, diabetes and obesity. To improve the quality of our sleep, it is important to sleep in complete darkness, since artificial light interferes with the production of hormones or chemicals that tells our body to rest. If we are unable to eliminate the light in our room, then wear an eye mask.

Over-eating and under-eating can give rise to health problems as well. Therefore we should eat the right amount of food each meal.

About 70 percent of our body is made of water. Since our body is constantly using it up, we need to drink about 8 glasses of water daily to replenish it. Water is needed to flush toxins out of our vital organs, carry nutrients to our cells and provide a moist environment for our ear, nose and throat tissues. It also cools our body through the process of perspiration. When sweat evaporates from our skin, it takes heat with it and lowers our body temperature.

It is extremely vital for us to do everything in moderation. As long as one cultivates good habits and leads a healthy lifestyle, it is not difficult to keep oneself healthy.





## Accept yourself

The key here is to accept yourself so much that you will not even have enough time to think of the negative things. But the reality is that not everyone is perfect. We all have our flaws and the solution is to be acceptable of our own flaws. When you accept yourself of all the strong points that you have and be acceptable of your own flaws, you will have a sense of gratitude towards life. Not only will you only accept yourself, you will also start to accept other people too and be acceptable of their flaws too.

Appreciate yourself at every achievement of yours. No matter how small it is, it's an achievement nonetheless and hence deserves applaud and appreciation! Make sure that you give yourself special treatment at success and even small achievements. Be proud of them so that the world knows you have done something important and special!

Life truly is very hectic and we hardly get time for ourselves. But that doesn't mean you keep neglecting yourself. So take out time from your hectic schedule and listen to your heart. Do something special for yourself and pamper yourself. It can be anything; drinking hot coffee at midnight, listening to soft music, getting a massage, going to spa or simply sitting outside while it's raining! Just make sure you do pamper yourself once in a while!

So go ahead. Love yourself. Be good to yourself. Treat yourself well. Replenish yourself. You will discover that, the more you love yourself, the more you will be able to give love to others – and the more others will want to be around you and give love back to you. This is a win – win situation. Loving yourself will ultimately benefit the lives of others you encounter, as well as your own life.

We all have strengths and weaknesses and we certainly possess the resources to work on

improving ourselves.

Each of us is unique and has specific talents and abilities to offer.

In order to appreciate yourself it is up to you to discover what makes you unique and to further develop those talents. We have a responsibility to ourselves to do so.

You cannot sit around and wait for approval from others. Work on accepting yourself. You are the only «you» that you have. It is in your best interests to be the best you can be.

Until you love yourself, you will not be able to love anyone else. You can only love another to the degree that you do yourself.

You understand that you are human, but you acknowledge that you have the potential and spiritual capability to rise above whatever conditions and obstacles are put in your path.

When you love yourself you endeavor to take care of yourself physically, mentally and emotionally. You take care to look and feel your best by nurturing your body, mind and spirit.

Conversely, if you don't love yourself enough, start taking care of your body, mind, and spirit. You will not only become more self-aware, you will generate feelings of worth and accomplishment.

When someone accepts themselves, they accept all facets of themselves. The good, the bad, and even the ugly. When we are self-accepting, we learn to even love our flaws.

Robert Holden said «Happiness and self-acceptance go hand in hand. In fact, your level of self-acceptance determines your level of happiness. The more self-acceptance you have, the more happiness you'll allow yourself to accept, receive and enjoy. In other words, you enjoy as much happiness as you believe you're worthy of.»

**So basically: self-acceptance = happiness**

One the most important aspect of self-acceptance is that it is unconditional. Very often we only love ourselves when we are doing well or when we accomplish a goal.

Self-acceptance, on the other hand, teaches us that we should love ourselves no matter what. Even if we fail or make a mistake, we are still valuable. This, in turn, allows our happiness to be unconditional as well. Our joy is not based on whether or not someone likes us. It is based

on who we are, not what we do or how people perceive us.

Like any other skill, self-acceptance is something that we build up over time. Many people are taught to accept themselves at a young age and never struggle to be self-compassionate. Others of us are constantly struggling to love ourselves for who we are.

We are all at different levels of self-acceptance and some of us will be able to learn it faster than others.

There are many guided meditation practices that center on the theme of self-acceptance. While meditation in and of itself will likely lead you to an acceptance of yourself, guided practices will likely help more.

Many of us that struggle with self-acceptance are plagued with negative thoughts. Psychologist often refers to this as our inner critic. Our inner critic is that voice inside that is constantly telling you that you aren't good enough. It tells you that you're unattractive or inadequate.

It is important to remember that your path to self-acceptance is a journey. You will have setbacks along the way but you'll make progress as long as you stay persistent.

Self-acceptance is a beautiful thing. Practicing it will bring you happiness and will make you less vulnerable when facing criticism.

If you think about it, human beings are the only species that have relationships with themselves.

We don't only live to survive; we live to understand our survival. We live to analyze. To craft an image of ourselves that is "acceptable" as we have been conditioned to understand it. To believe that following and outlined trajectory will yield our own contentment and happiness. Just the fact that we can be aware to the degree that we feel that yearning for awakening and lightening and overcoming and joyousness says something. The fact that we absolutely torture ourselves over even the simplest of daily transgressions says even more.

We accept this torture as the human condition, as an unmoving, salient part of our existence.

We tend to accept ourselves as a matter of course. It's what's preached to us all the time: that

all of life and happiness and goodness can only begin with accepting ourselves as we are.

When we accept ourselves “as (what) we are,” we’re overlooking a huge aspect of that overarching statement: there are parts of us that are not really us. There are things we’re holding onto, pain we’ve identified with, labels and titles and issues that are so part of our lives we make ourselves them. We’re insecure, we’re nervous, we’re anxious; we’re this and that and the other shitty thing. And then we just not only become “okay” with that, we placate it into existence by doing so.

I learned that I wasn’t an insecure person, and that the insecurity wasn’t what I had to accept. I didn’t have to accept myself as I was, I had to accept myself as I wasn’t — when I removed myself from all of the ideas of who I should be.

Or rather, what I really mean by this title is: don’t accept yourself how you think you are. People often take their resolvable issues, their blocks or whatever, and let them be part of their lives because that’s “part of who they are” when it’s not. It’s what they’ve come to learn is a part of them, what they’ve been told is a problem, all the little poisons they’ve let sink under the skin. But those don’t have to be there. You can heal yourself.

Elizabeth Gilbert writes in *Big Magic: Creative Living beyond Fear*, “No matter how many hours you spend attempting to render something flawless, somebody will always be able to find fault with it. (There are people out there who still consider Beethoven’s symphonies a little bit too, you know, loud.) At some point, you really just have to finish your work and release it as is—if only so that you can go on to make other things with a glad and determined heart. Which is the entire point. Or should be.”

No matter how many mistakes you make, or how slow you progress, embracing good enough, and sharing your work is still better than everyone else who is waiting for flawless art.

Don’t let the fear of making mistakes be greater than the excitement of getting things done and shipping.

Screwing up does not mean you will never, ever be successful. Trying and failing is better than doing nothing.

Making a mistake will not irreparably damage your credibility or reputation.



Don't hold yourself back by telling yourself it's not ready yet when you know it's good enough to share and iterate.

You'll learn more by doing than planning.

Most people can't show their most amazing work to the rest of us because they fear criticism. They feel inadequate.

They are scared people will think it's not good enough.

Others are living in their comfort zones because of fear.

You don't act because you are afraid of too many things that could go wrong.

Don't be afraid of the unknown, because everything is unknown.

Keep doing what you love, even if no one buys it, sponsors it or shares it. It matters that you show up and create.

You'll suck at most things in the beginning. It takes time, persistence, and patience to create your most amazing work.

Henry ford said: "One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do."

The fear of failure never goes away. It can prevent you from putting yourself and your work out there. Use fear to your advantage.

When you ship, momentum happens. You evolve. Your creative processes get better. If you aspire to be a great writer, just start writing.

You can't be an amazing artist if you don't enjoy the intense process of sharing your work with the rest of us. So if you don't like writing, trying to become a famous writer might not be the best career choice.

Author Kurt Vonnegut says, "Practice any art, music, singing, dancing, acting, drawing, painting, sculpting, poetry, fiction, essays, reportage, no matter how well or badly, not to get money and fame, but to experience becoming, to find out what's inside you, to make your soul grow."

Start something you deeply care about and don't look back. Don't stop because it's not perfect. Don't stall because it's not good enough to ship.



You don't need to be perfect to be successful, so don't stress yourself, perfectionism often leads to micro-managing, procrastination, low productivity, depression, stress and anxiety.

Sometimes being a perfectionist can even prevent you from achieving your goals, so try to avoid obsessing over every little detail and focus on the bigger picture instead.

Self-acceptance allows you to celebrate each step that feels like an accomplishment, leading you to stack achievements as you grow.





## Make life easier on yourself

**B**efore you do anything that is important to you, take a few seconds to breathe. Even just a few seconds helps me approach my task with calm and focus, rather than with anxiety. I remember why I'm doing it, and that helps me do it with my mind at ease, rather than all stressed out.

Give yourself an easy day; where nothing short of a true emergency is urgent. Email doesn't have to be checked. Deadlines don't have to be pursued. Meetings don't have to take place. Giving yourself this space reminds you that you are in control of your life, inspires you to choose what is and is not important, and offers you a chance to rest.

«Should» is a word that drives us to perfection, but it will drive us and drive us to delirium, because nothing is ever enough. Take should out of your vocabulary. Replace it with «could» or «get to,» and you will find yourself resting easier, even about the stressful things. You will be able to choose when to push yourself and how to be healthy about it, without compulsively running from here to there.

If you find yourself pushing all the time, stop and ask if that is how you would treat your mother, your favorite sibling, or your best friend.

If the answer is no, figure out how you would treat them and proceed to treat yourself that way, too. Let go when you would let them rest, and your life will become much easier.

Even when you're working hard, you're in the zone, the work is important, and you need to get it done, stop working every 90 minutes. Take a short break; take a walk, go outside, stretch a little. This coincides with your body's natural rhythm, and even hard work seems easier when you're not working against yourself.

While we may strive for perfection, the truth is that we are not perfect and we live in an imperfect world. Instead of beating ourselves up over that, we can begin to accept it as fact and give ourselves compassion when we make mistakes or don't meet our own standards. If you find that you are berating yourself, take a deep breath and consciously offer yourself compassion instead. Something as simple as «I am human. I am not going to be perfect and that's okay,» can change your life if you say it enough.

Most people who have high standards include their home in that, and then beat themselves up when other projects make it hard to clean. Hire some help, even if you feel weak or lazy doing it, and realize that some things don't have to be your job.

Give yourself some alone time away from work and home and anyplace else that makes you feel guilty or where you feel like you need to do MORE! and BETTER! all the time. Taking yourself out of the physical space removes many of the triggers of your perfectionism and makes it more likely that you will truly relax and recharge.

We all have tasks that, for whatever reason, are ours. Work is an obvious one, especially if your job is important to your financial survival. The relationships in our lives — significant others, parents, children, friends, etc. — are also important and are clearly ours to work on and in.

Many of us, though, take on things that are not ours. Take some time to look at where you spend your time and energy, and determine which of those things that you really need to be doing are. You'll probably find that some are important, some are unimportant, and others are important but really fall more into someone else's realm.

When you find yourself stressing over trying to do well with a job that isn't yours, let it go. I found it helpful to actually clench my hands and then unclench them (sometimes under a table or behind my back so no one could see!). Releasing these tasks will help you release the need to do them so well, and you will automatically begin going easier on yourself.

My mom and I have quite a lot of fun with each other. In fact, we're the closest we've ever been even though we've spent +0 hours around each other every day for the last year.

Even my dad is the same way. We can talk politics for hours without a problem.

**At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.**

**Jane D. Hul**

When you get older your parents can become less of an influence, but if you keep them in the spotlight just a little bit more, you'll find decisions become easier (because of their guidance), and life gets much more fun because there's a new dynamic now.

They respect me as an individual and I do the same. It brings me a lot of joy.

I love cooking. You might not and that's okay, but I promise if you incorporate more home-cooked meals into your weekly routine, you'll feel much healthier.

You'll be surprised how much you come to love cooking when you do it more often.

My best friend and I chat for an hour every week. It's short, sweet, and to the point. After I tell her all the recent news from my life on the phone, it's like the slate is wiped clean.

First of all, best friends are hard to come by—I know that. It's even harder to get on the phone with someone regularly once per week (I'm a lucky girl).

BUT, even if you call your best friend once every two weeks or once per month, that would still get the job done in my opinion.

You need to get that slate wiped clean. There are certain things you can only tell your best friend, and that time with them is incredibly helpful to get things off your chest.

Living an easier life means eliminating a lot of useless physical belongings, but it also means eliminating a lot of useless stuff from your mind!

To keep your mind clear, writing is one of the best tools to accomplish that.

Every couple months you need to get out of your city, town, etc. It's incredible how refreshed you'll feel coming back to reality.

All it takes is one trip every couple months, and you'll see a remarkable difference.

I spend way too much time in front of a computer screen. By the time it hits 11 PM, I've

used my brain way too much during the day, and I need to do something monotonous.

Playing video games does not satisfy this need for me, as many times I'm just using my brain EVEN MORE for a couple more hours.

Watch TV. Read a book. Paint. Take your brain out and throw it into the sky for a while.

**«I like to be lazy. I do like to be busy and really active, but when that's done, you can be sure I will be a lazy boy. I like to take time and relax and enjoy life.»**

**Olivier Theyskens**

Being kind can also make you happier. It feels good to be nice and help others and it can physically make you feel happier. There is a chemical reason for that:

When a person performs an act of kindness the brain produces dopamine, associated with positive thinking. Secondly, the brain has its own natural versions of morphine and heroine: endogenous opioids, such as endorphins. It is believed that when a person does an act of kindness they feel good on a chemical level thanks to the production of these endogenous opioids.

Remaining calm in tough situations is a bigger challenge, but equally as important. Stress, deadlines, and surprises can get to us mentally and emotionally. Even the strongest of people can succumb to the almighty power of unpredictability. Figuring out how to stay calm will, for obvious reasons, make your life a lot more enjoyable.

Irrespective of your sex, if you want to cry, just let it out. Crying helps to release that bottled-up feeling and clears the mind as well.

Staying calm will make you more likeable and make others think that you are more in control than you actually are. You can't control everything that happens to you, but you can control how you handle situations in a way that will have people gravitate toward you.

So extend your hand in kindness and offer help to those who need it. They just might extend their hand back to help you get where you want to go. Admit you're wrong when

you are and find a way to believe that other people might be better than you at something. They just might offer you advice or teach you how to get better at a particular skill. And, no matter what happens, always try and remain calm and keep from going off the deep end. Everyone you've ever met is trying to do the exact same thing you are. Life is a lot easier when you accept that you aren't the only one living it.

Caring about others is fundamental to our happiness. Helping other people is not only good for them; it's good for us too. It makes us happier and can help to improve our health. Giving also creates stronger connections between people and helps to build a happier society for everyone. It's not all about money - we can also give our time, ideas and energy. So if you want to feel good, do good.

Our relationships with other people are the most important thing for our happiness. People with strong relationships are happier, healthier and live longer. Our close relationships with family and friends provide love, meaning, and support and increase our feelings of self-worth. Our broader social networks bring a sense of belonging. So it's vital that we take action to strengthen our relationships and make new connections.

Learning affects our wellbeing in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things throughout our lives, not just through formal qualifications. We can share a skill with friends, join a club, and learn to sing, play a new sport and so much more.

Feeling good about the future is really important for our happiness. We all need goals to motivate us and these have to be challenging enough to excite us, but also achievable. If we try to attempt the impossible, this creates unnecessary stress. Choosing meaningful but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

All of us have times of stress, loss, failure or trauma in our lives. How we respond to these events has a big impact on our wellbeing. We often cannot choose what happens to us, but we can choose how we react to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.

People who have meaning and purpose in their lives are happier, feel more in control and get



more out of what they do. They also experience less stress, anxiety and depression. But where do we find meaning and purpose? It might come from doing a job that makes a difference, our religious or spiritual beliefs, or our family. The answers vary for each of us but they all involve being connected to something bigger than ourselves.







## Forgive yourself

**F**orgiveness means being specific about what we did that needs forgiving.

People think forgiving yourself means you are letting yourself get away with whatever it was you did, The pain and anger you are feeling are supposed to be your punishment.

Your heart and mental health may depend on your ability to reduce hurt and anger, even at yourself. So effective is forgiveness.

All the world's major religions preach the power of forgiveness. But forgiveness is such an elusive act, quicksilver in its ability to be strongly felt one moment and then dart away beyond reach the next.

Have you ever noticed how you can hold on to past mistakes long after they occurred? Some of us hold on to things for years!

Forgiveness is a process. It does not happen overnight and the process will be different for everyone.

The reason most of us feel guilt or shame for actions done in the past is because those actions are not in line with our current morals and values. Our past wrongs can actually clue us in to what we hold important. By identifying our morals and values, we start to get a clearer picture as to "why"

We're hurting over what we've done, or what others did to us.

When we can really wrap our head around the fact that we can't undo the past, the past is done, those things happened, we open ourselves up to more acceptance. Increased acceptance

can lead to the emotional healing we are all looking for.

The way we respond depends on the skills we have, the frame of mind we're in, and how we perceive the situation at that moment. Maybe we didn't have as much objectivity, or acted out of survival or protection mode. Maybe we'd let stress build up, which put us at a higher risk of responding poorly. Whatever the factors, cut yourself a break. If you learn from it, it was never in vain.

The best thing you can do for yourself in order to forgive is start replacing the negative behavior and thoughts with more appropriate ones that are congruous with your morals and values. By so doing, you reaffirm to yourself that you can handle situations in the way you want to. This can lead to a sense of pride, which is a huge part of building self-esteem.

When I work with clients on moving on from their past, it can be very overwhelming for them because they see so many regrets. It's often helpful to categorize these things because people often only hold on to a handful of big categories/patterns. Working on patterns of behavior is often more helpful than working on individual regrets.

There may be some regrets that don't seem to improve, and they're going to require some extra work. I call it "clearing your conscience." This means it might take bringing this regret into the room and apologizing for your past mistake.

At some point, you have to accept that the past has happened and you've done everything in your power to amend past mistakes. It's now time to turn the page and accept those events as part of your story. They've all contributed to making you who you are. Being grateful for those experiences allows you to move on and truly forgive yourself.

When we learned how to ride a bike, most of us realized it would probably take a few tries before achieving perfection. New behavior and thinking patterns are no different. They're both skills. Cut yourself some slack while you're on a new learning curve. Realize that you're going to make mistakes. We all do.

The last step in building self-esteem is moving toward loving yourself. Think kind thoughts toward yourself and show yourself some compassion. If we can learn to think of ourselves as our best friend, to speak to ourselves with love and kindness, and put ourselves as a priority, it reaffirms that we believe we are worth it. Engage in psychotherapy or coaching if you need some outside perspective in this area. Seek books on this subject. Surround yourself with

supportive people.

You are more than your past mistakes, and I promise you, you are so worth it!!

“A lot of people struggle with self-condemnation or self-blame because they’ve either done something they feel was wrong and they feel guilty, or because they feel that they’re wrong or defective in some way and they feel a sense of shame,” says Worthington

Take a step back and look at the big picture, not just those guilt-inspiring moments of your life. Remind yourself that everyone make mistakes, and that you, too, deserve to be forgiven. If you have a spiritual practice, revisiting your teachings and growing your connection with your beliefs can also help you let go.

Even after you’ve forgiven yourself, you may have a hard time coming to terms with your past mistakes. Accept what you can’t change. Remind yourself that actions don’t define who you are. Getting stuck in the past makes it impossible to move forward to a better future.

We all make mistakes. By vowing not to repeat them, you’ll have an easier time making amends with what’s been done while being hopeful about what’s to come.

Everyone messes up. Me, you, the neighbors, Mother Teresa, Mahatma Ghandi, King David, the Buddha, everybody.

It’s important to acknowledge mistakes, feel appropriate remorse, and learn from them so they don’t happen again. But most people keep beating themselves up way past the point of usefulness: they’re unfairly self-critical.

Inside the mind are many sub-personalities. For example, one part of me might set the alarm clock for 7 am to get up and exercise . . . and then when it goes off, another part of me could grumble: “Who set the darn clock?” More broadly, there is a kind of inner critic and inner protector inside each of us. For most people, that inner critic is continually yammering away, looking for something, anything, to find fault with. It magnifies small failings into big ones, punishes you over and over for things long past, ignores the larger context, and doesn’t credit you for your efforts to make amends.

Therefore, you really need your inner protector to stick up for you: to put your weaknesses and misdeeds in perspective, to highlight your many good qualities surrounding your lapses, to encourage you to keep getting back on the high road even if you’ve gone down the low

one, and – frankly – to tell that inner critic to Shut Up.

With the support of your inner protector, you can see your faults clearly with fearing that will drag you into a pit of feeling awful, clean up whatever mess you've made as best you can, and move on. The only wholesome purpose of guilt, shame, or remorse is learning – not punishment! – So that you don't mess up in that way again. Anything past the point of learning is just needless suffering. Plus excessive guilt, etc., actually gets in the way of you contributing to others and helping make this world a better place, by undermining your energy, mood, confidence, and sense of worth.

Seeing faults clearly, taking responsibility for them with remorse and making amends, and then coming to peace about them: this is what I mean by forgiving yourself.

Forgiving yourself is also important for those in your sphere of influence. It is a well-known fact that hurting people hurt others. The longer you avoid forgiving yourself, the longer you allow yourself to harbor the feelings that you deserve to suffer for what you did, the more explosive you will become and, therefore, the more apt you are to hurt others.

The reality is that you cannot change what has happened. You cannot restore lives to where they were before the event. However, you can make a difference in the lives of others. You can give back some of what you have taken away by finding a different place to invest your time and compassion. Forgive yourself and let the healing begin!

Forgiving yourself will change the direction of your life. Consider the following prayer. Read quietly through the following declaration and then read it aloud. Or perhaps you would like to use your own words. Whichever you do, give voice to it. You need to hear yourself forgive yourself! There is great power in the spoken word!

A big obstacle to forgiving yourself is the inability to see things objectively. Maybe what you did was a big deal...or maybe it just feels like it was. Pretend it was someone else that you love who did what you did. Ask yourself how you would view them. If you need to, look for help from someone you trust to examine what occurred.

Taking responsibility for what you did is important. But one bad choice doesn't have to own you or define you. You can't control how others define you, but you can control how you define yourself.

If a tragedy was averted in your situation, focus on the good of that, and be thankful. If,

however, a tragic loss occurred know that it's okay to grieve the pain. Beating yourself up constantly is not a requirement of grief.

Forgiveness from others can free you up to forgive yourself. If you haven't yet, seek forgiveness from the person you hurt.

Everyone fails. Everyone stumbles. Everyone hurts others eventually. It's part of the human experience and condition. But not everyone will learn from what they do. Be someone who is willing to learn from your past to benefit your future.

Sometimes capturing a record of your thoughts and feelings can help you face them honestly. Do some light journaling for a few days. Focus on what you are struggling to let go of and what you would do if you could be free of the burden of guilt you feel.

If you know God and have confessed your wrongdoing to Him, you can know you are forgiven. So if Almighty God, the One who knows you better than yourself, forgives you, then you should agree with Him and forgive yourself.

In order to keep moving forward in the face of remorse, we need to be able to find compassion and forgiveness for ourselves. We all know, however, that forgiveness cannot be forced. But if we can find the courage to open our hearts up to ourselves, forgiveness will slowly emerge.

The simplest way I know how to do this is to, in the face of painful feelings, start by just forgiving myself for being human. This can be done with a simple breath practice.

By bringing awareness to our experiences and acknowledging our feelings, we can then start to breathe these feelings into our hearts, allowing our breath to slowly open it up as wide as possible. And then from this place, with our breath, we can send ourselves forgiveness.

I find that forgiveness is a state that we move in and out of, and will continue to revisit, oftentimes, for many years, oscillating between shame (or anger, resentment, fear, etc.) and compassion. Ideally though, with practice and patience the time spent in shame will become fewer and farther between.

If we practice this way, continuing to acknowledge, forgive, and let go, we will learn to make peace with the feelings of remorse and regret for having hurt ourselves and others. We will learn self-forgiveness and eventually, we will learn to forgive those who have harmed us too.

You can forgive those around you who you love dearly far more easily than you can forgive yourself. So by loving yourself and being less critical, less harsh, and giving yourself the benefit of the doubt, you will come to appreciate yourself that bit more.

Putting yourself first, taking care of your needs, creating boundaries, and practicing self-care will give you a new positive perspective on yourself.

Start sharing your feelings with someone you trust. You will soon realize that sharing your thoughts will actually stop you from sliding down a path of denial and repression.

If you're struggling to forgive yourself for something you have done to someone else the best way is to say "sorry" to that person. Face to face if possible, but if you can't do that perhaps send a message or an email. Don't expect a response; just know that you have said, "Sorry."

Forgiveness is the very best tool that allows us to face what we have done in the past, acknowledge our mistakes, learn from them, leave them behind, and move on. It does not mean that we excuse what has happened, and it doesn't mean we forget what has happened. It means we have learned and moved on in a better way.

You are so worth it. Don't let your past mistakes define your future. Forgiveness is not a destination. Do it regularly.



## Be kind to yourself

Human beings are the only creatures who can make themselves miserable. Other animals certainly suffer when they experience negative events, but only humans can induce negative emotions through self-view, judgments, expectations, regrets and comparisons with others. Because self-thought plays such a central role in human happiness and wellbeing, psychologists have devoted a good deal of attention to understanding how people think about themselves.

To understand what it means to be self-kindness, think about what it means to treat another person kindly, and then turn that same orientation toward oneself. Just as kindness involves a desire to minimize the suffering of others, self-kindness reflects a desire to minimize one's own suffering and, just as importantly, to avoid creating unnecessary unhappiness and distress for oneself.

People who are high in self-compassion deal more successfully with negative events – such as failure, rejection and loss – than people who are low in self-compassion. Whether the problem is a minor daily hassle, a major traumatic event or a chronic problem, people who treat themselves with compassion respond more adaptively than people who don't. Just as receiving compassion from another person helps us to cope with the slings and arrows of life, being compassionate to ourselves has much the same effect.

To understand how self-compassion works, consider how people respond to negative events. When we are upset about something, our reactions stem from three distinct sources. First is the instigating problem and our analysis of the threat that it poses to our wellbeing – what psychologists call the primary appraisal. Whether we are dealing with a failure, rejection, a health problem, losing a job, a speeding ticket or simply a misplaced set of car keys, a portion of our emotional distress is a reaction to the negative implications of the event.



Second, people analyse their ability to cope with the consequences of the problem. Those who think that they cannot handle the problem emotionally will be more upset than those who think that they'll make it through.

Third comes blame and guilt. When problems arise, we often think about the role that we played – the extent to which we were responsible and what, if anything, this says about us. People often experience additional distress when they believe that the problem arose through their own incompetence, stupidity or lack of self-control. Of course, assessing one's responsibility is sometimes useful, but people often go beyond an objective assessment of their responsibility to blaming, criticizing and even punishing themselves. This self-inflicted cruelty increases whatever distress the original problem is already causing.

Although kindness is encouraged by every major religion and is recognized as a value in many cultures, sometimes it's really hard to be kind. We all know it. In fact, at some points in our life, it feels easier to be unkind – especially when we're not in a great place and we feel like the world is working against us. If our self-esteem is a bit shaky, or if we want to be perceived as strong by others, then sometimes we act unkindly towards people.

But – underneath – we are all vulnerable. As Plato once said, “be kind, for everyone you meet is fighting a hard battle.”

If we think about it rationally, we'd probably understand that horrible people do horrible things because they're hurting. Sometimes a person can't afford to acknowledge how unkind they're being because deep down, they already feel terrible about themselves.

An act of kindness is a gesture of goodwill towards someone or something. Random acts of kindness can be performed anywhere, at any time.

It can be as simple as a smiling at the cashier in the corner store, giving up your seat for the old lady on the bus, or buying a sandwich for the hungry, homeless man. It's a way of connecting, if only for a short moment, with those people we pass in our daily lives.

Perspective and how you choose to view the world around you are, in fact, a choice. I encourage you to always choose to focus on the abundant good that is all around you. To adapt to the notion that the glass is half full, that rain is a blessing because it brings us beautiful flowers, that the grass is greener under your own two feet not on the other side of the fence. Choose this perspective, because it is no one's choice but your own.

Choose to be kind in an unkind world. There are many things, people, and circumstances that will try to bring you down. Tear you down. Shake you. Don't let them. For anyone who is "trying to bring you down is beneath you already." I read this recently, and I couldn't agree more. What you stand for, believe in and work hard at, you should hold true to, be proud of. So don't ever let someone take them from you. They are yours alone. They are your own personal gift. Own them.

Showing kindness towards yourself and others does not necessarily mean doing something big for yourself and them. It can be something as small as being polite and offering emotional support to someone. It can be something as tiny as passing a smile to the old lady who sits all alone in her balcony watching people go by or giving a small bite of your bread to the sparrow that tweets on your terrace every day. Such acts of kindness don't take much but can make a big difference in the other person's life.

You don't have to be a millionaire to offer help and be nice to people around. You just need to have a good heart. Each one of us has something to give to the world. We just need to recognize what it is. Besides, we need to understand the need to be kind to people around us. We need to understand that the world would become a much better place if people are kind to each other.

It is rightly said, "You will never have a completely bad day if you show kindness at least once". Being kind and compassionate towards others brings immense joy. The joy of giving is much greater than that of receiving. Kindness gets us closer to God and renders inner peace.

Being kind in general by being polite with others keeps us in a good mood as compared to the times when we get into arguments, or judge others or raise our voice. Similarly, offering even a small help to someone makes us feel good about ourselves. Helping others and being kind to them gives us an immediate sense of satisfaction. And whatever we give comes back to us in abundance. This is also known as the law of Karma.

What is the most common trait that people look for in a relationship? It is nothing else but kindness. Nobody likes to befriend people who are rude, arrogant, selfish and haughty. Everyone likes those who are polite, soft-hearted, kind and generous. We must be kind to those around but as it is said charity begins at home so we must start with our near and dear ones.

Many people are kind and polite to their neighbors, friends and colleagues but are rude with

their immediate family members such as their wife, parents, children and siblings. They scold them, do not pay much attention towards them and often indulge in arguments with them. Such people cannot be called kind no matter how nice they are with people outside or the amount of charity they do. If they are not kind at home, they are merely donning a facade to maintain a good image outside. In reality, they are frustrated inside and all their frustration comes out at home.

If a person is really kind at heart, he will be equally kind at home as well as outside. Being kind to people without expecting anything in return renders inner peace and happiness. It makes life sweeter.

“I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again”, said the American philosopher, William Penn.

To be kind to yourself takes courage. It requires you to be introspective, sincere, open-minded and fair. It does not mean that you are inconsiderate or disrespectful of others. It means that you will not let others define you or make decisions for you that you should make for yourself.

Be kind to the very best that is in you and live your life consistent with your highest values and aspirations. Those who are most successful in life have dared to creatively express themselves and in turn, broaden the experiences and perspectives of everyone else.

Stop Comparing Yourself to others, this is huge. The age old saying is true, compare and despair. Wasting your precious energy comparing yourself to another person lowers your vibration and keeps you in a trance of feeling unworthy. Next time you find yourself in a sea of comparison try this: Pause, put your hand on your heart, take a deep breath, exhale, and then repeat ten times, I am enough.

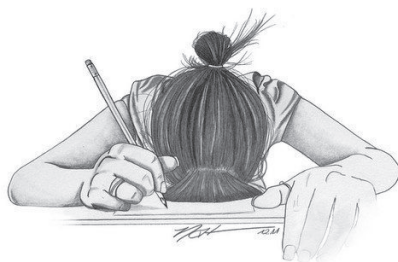
We all have those voices that tell us we're not good enough or that if we only had xyz we would be happy. Depending on our own programming those voices might be daily reality. If so, it's important to get a handle on them as quickly as possible because they are keeping your life small. When you're caught up in a limiting thought spiral, pause, take a deep breath, exhale, and replace that thought with something positive.

Release Toxic Relationships for real. Anyone that doesn't lift you up, fully support you and

inspire you to be the best version of yourself needs to go. Life is way too short to hang on to relationships that don't nourish your soul. Clear these people out of your life and make room for new amazing friendships to blossom.

At the end of the day, be kind to yourself. Be kind to others. Realize when someone is unkind to you — that are about them. Not you. You get what you give, choose to be kind in an unkind world.





## Stop comparing yourself to others

I am sure the idea of not comparing yourself with others is not entirely new to you. Likely you have heard it dozens or even hundreds of times.

Not comparing yourself to others has become a platitude. But it is a platitude because it is so true and so important.

Comparing yourself to others is one of the easiest ways to feel bad about yourself. You see what others are doing on social media, at work, and on television, and compare yourself unfavorably with these folks.

These negative comparisons are the path to unhappiness. They make you feel jealous, inadequate, and inferior. They cause you to make poor decisions. They cause you to feel greater stress, anxiety, and depression.

In short, making comparisons with others just sets you up for failure.

When you look at someone else's success, you only see the result. You may be looking at years of effort, comparing your beginnings to their end. To achieve the success you desire, you need to walk the road to success. It never helps to jump to the end and make comparisons to those who have arrived.

Comparing yourself to others means you compare what you see in others to what you know about yourself. Things always look better from the outside than they do from the inside. People often put up a good front, making themselves look better to the world than they feel inside. You have no real idea about how they feel inside.

People often compare themselves to others to determine how well they are doing in life and

base their personal value on that. However, that usually doesn't lead to feeling too good about yourself. Plus, who actually wants to judge themselves in a negative way?

While in some circumstances it can be motivating and inspiring to compare yourself to others, but in most circumstances it is negative and can lead to:

- Debt, such as when you're trying to keep up with the Joneses and buy the same expensive things that other people are buying.
- A feeling of defeat, like when you feel that you aren't as good as someone else.
- Unhappiness, in that the process of comparing yourself to others is never-ending.
- A waste of time. If you spend all of your time comparing yourself to others, you will never have enough time to do what you really want. Comparing yourself to others can take valuable time and moments away.

To put it simply, by comparing yourself to others, you are holding yourself back.

Now, I know that just telling you to stop comparing yourself to others is easier said than done. In today's world, with social media and how everything seems to be on full display for the world, it can be easy to compare yourself to others.

But, you need to stop doing it in a negative way. By doing so, you'll be able to move on with your life, reach your goals, be happy for others, and more.

Sure, you may not be able to reach a goal as quickly as someone else or it may require more hard work, but that doesn't mean that everything is impossible for you. Everyone is on a different path, and there are people who are better or worse off than you.

Instead of comparing your path to those around you, you should focus on what you can do to make your dream a reality.

You are not the person you compare yourself to. You have different strengths and different weaknesses. We are all special in our unique ways. By comparing yourself to others, you are trying to take the things that make you special and unique and strip them away, comparing yourself to some mythical "norm."

Comparing yourself to others takes time. Our time is limited. There are only so many hours



in a day. Why worry about what others have or have done when you can be taking action to make improvements to yourself?

What others have done makes no difference in what you have, can, or will achieve. Your goal is not to be in the top 1% of some skill, but simply to be the best you can be.

Instead of feeling jealous or like it's a competition between you and whoever you are comparing yourself to, you should just be happy for the success of others.

Good things can happen to other people, it doesn't mean that your life is any less important. Plus, by being happy for others, you'll learn to accept yourself and let more positivity into your life.

Instead of feeling jealous or competitive when comparing yourself to someone else, you should instead turn that emotion into inspiration and/or motivation.

The next time you find yourself comparing yourself to someone, you could think about how you could possibly do something similar (only if that's what you truly want to do, of course). You can use their achievements as inspiration for your own life and goals.

When you attempt new things, like habit changes, there is a joy that comes from your accomplishments. Let's say you start a walking habit. You may get a lot of joy from the first time you make 10,000 steps in a single day. Then you may take joy from 20,000 steps. Then you may start jogging and get achievement from running a mile, then a 5k, and eventually 10 miles. The list goes on....

But if you initially compare yourself negatively to someone who runs marathons, you will always be behind, and get no joy from the very important milestones and achievements you could be making.

As you can see, comparing yourself to someone else doesn't have to be entirely bad, as long as you use that process for positives means.

When you compare yourself to others, you focus on the other person—what they have done, what they have achieved, and what they do. But you have no control over this other person. All you can control is you. And the only person you should be comparing yourself to is who you were previously. If you are improving, that is all that matters.

Take a break from social media, Social media can be fun and all, but for the most part, you are just seeing carefully selected pieces of someone's life.

While that can be great, some people allow it to drag them down.

If you find yourself feeling jealous or negative when you are on social media, then you may want to take a break from it until you figure out how to turn that self-doubt into inspiration. This way, you can stop comparing yourself to others.

You may find yourself comparing yourself to others because you lack self-confidence.

Some believe that confidence is something people are born with and that a person cannot learn how to be confident.

I used to feel the same way. While I'm not as confident as I would like to be, I am a fairly confident person and I believe that has helped me a lot in life. That sounds odd to say, but I am confident enough to say it!

I believe that gaining confidence can help you as well. Learning how to be confident can lead to getting the job you want, making more money, reaching your dreams, public speaking, meeting new people, networking, managing a business or employees, traveling the world, and more.

As you can see, gaining confidence can help a person in many, many different ways.

Plus, by being confident with yourself, you will learn how to stop comparing yourself to others because you'll already believe in yourself.

It is easy to see that your boss, who is years younger than you, has a lot of money and a great career trajectory. Or you might see that your friend HAWZHEEN is a stunning beauty, and that your friend ROJ has an insane level of physical fitness.

It is easy to become jealous of these idealized versions of others. But these versions are never the complete picture. You need to take the complete picture and humanize these idealizations.

By doing this, you may realize that your boss is a workaholic. He is constantly stressed and constantly working. He has no social life to speak of, and has burgeoning health issues. He may be successful, but is not happy.

By humanizing your friend HAWZHEEN, you may see that she is a bundle of anxiety. She is beautiful, but has low self-esteem. Her entire sense of self-being is locked up in the perception of her beauty.

Finally, you may humanize your friend, ROJ. With a bit of analysis, you may see that yes, ROJ is extremely fit and healthy, but the only thing that matters to him is his fitness. He has little drive to succeed, and his relationships are mostly shallow and meaningless.

Humanizing others is not about knocking them down, but about trying to get the complete picture. It is about seeing a balanced view of others, not the “perfect” view that may drive you mad with jealousy.

Realize others are human beings, and that they, like you, have strengths and weaknesses.

Before you can make any real change, you need to accept where you are, and move on at your pace. Don't try to live some ideal of where you “should be.” Let's give an example:

Maybe you had an exercise buddy five years previously. Due to “life,” you quit working out, but he kept going. Five years and ٢٠ pounds later, you look at his physique and athletic attributes and feel jealous.

But this is unfair. Your old exercise buddy has worked hard for five years and is ahead of you. You can catch up, but you can only do so if you start over again from the position of a beginner—not from someone who has been working at it for five years.

Accept where you are, and only compare yourself to who you were last week.

Gratitude is an important concept that many people unfortunately overlook.

When you are grateful for the things you have achieved, you also acknowledge your successes.

Gratitude does double duty. It allows you to revel in your successes without being vain or self-centered, and it also allows you to give credit and gratitude to all the people who helped you along the way—because no one truly achieves anything of significant value without the support of others.

One of the best ways to express gratitude is by keeping a daily journal. At the beginning or end of every day, spend time thinking about your accomplishments. What are you proud about from the previous day? Who and what are you grateful for?

Taking this moment of reflection has shown to be one of the best tools for mental health, mental clarity, and happiness. It is hard to be depressed when you keep reminding yourself of all the good things you have in your life.

Life is not something you can “win.” It is something to be enjoyed and savored. Many who are super successful in one aspect of life may be complete failures in other aspects.

Since life is not a game, you should stop competing. Don’t worry about how far ahead or behind others may be. Learn to work with others in harmony so that everyone gets what they desire from life.

Comparing yourself to yourself is the only fair comparison you can make—and even this comparison has limits.

For example, it is unfair to compare yourself physically at 0 with yourself at 20, just like it would be unfair to compare the wisdom of your 20-year-old self with the wisdom of your 0-year-old self.

If you do compare yourself, only compare apples to apples—comparing yourself to a baseline version of yourself before you began trying to improve a specific habit.

The idea here is to never belittle yourself, but to instead use the baseline version of yourself as a metric to measure against to ensure that you are improving and not staying static.

For example, compare yourself from a time before starting an exercise routine to a version of yourself after steadily exercising for six months. Have you lost weight? Do you have more energy? Do you accomplish more? Are you happier? These are all fair comparisons that focus on things that are measurable.

The only thing comparing yourself to others does is fill you full of doubt and insecurity. So stop it.

Just stop it!



## Don't be afraid from ask support

If you've ever shied from asking for help because of fear that you may seem weak, you aren't alone. It's a sad irony that it's during the times we most need to ask for help that most people are reticent in doing so.

Many people are reticent about asking for help, and because I think most of us should ask for more help more often. As with so many things that would serve us (and others), our fear is what gets in the way. Fear of over-stepping a friendship. Fear of appearing too needy. Fear of imposing. Fear of revealing our struggle and having people realize we don't have it all together after all.

When you don't ask for help when you need it, you assume all of a burden that might easily (and gladly) be shared. But you also deprive those who'd love to assist you of the opportunity to do so.

It's okay to ask the ones around you for their help. Do not ever think of asking for support as a sign of weakness. Many will be glad and praise you in your unselfish attempt of improving yourself and your life. If your habit happens to be the addictive kind, you might want to seek the help of a professional. If your habit has addictive qualities they are a lot harder to overcome and usually will require some medical treatment.

«We're all imperfect and we all have needs. The weak usually do not ask for help, so they stay weak. If we recognize that we are imperfect, we will ask for help and we will pray for the guidance necessary to bring positive results to whatever we are doing.» -- John Wooden

For so many of us, the idea of asking for help meant we were dependent, weak, uncertain or unsure of what to do. It meant we were not smart enough, good enough or worthy enough. So instead of asking for support, we try to do everything ourselves. We do whatever it takes

to get the job done on our own, and in the end, we feel a sense of accomplishment for achieving the feat that was deemed impossible.

The truth is, we never do anything on our own. And as leaders, we shouldn't want to.

I understand the benefit and desire for solitude. There are people who love to do things alone like hiking, traveling and reading. However, our natural human need is to share experiences with other people. Even after traveling or reading a great book, we are excited to share.

The act of asking for support and openly receiving is probably one of the hardest life skills to practice, yet it's the skill that can make you a better human being and a stronger leader.

There's a popular African proverb that brings light to this topic, «It takes a village to raise a child.» What this proverb actually means is that the work of raising a child cannot be done alone; rather, an entire community must participate to some extent for the best possible outcome.

Now replace the word «child» with «project,» «team,» «company,» or even something bigger like a «movement», you will see how this analogy can easily be applied. We are more powerful, stronger and effective when we work together. When we co-create, we can produce better outcomes and more innovative solutions in shorter periods of time than if we were to try to do everything on our own.

It's not just a theory, it's our reality

When I consider some of the greatest leaders of our time--Abraham Lincoln, Theodore Roosevelt, Martin Luther King, Nelson Mandela, Oprah and the Dalai Lama--to name a few, they all have something in common. They inspired people through sharing their failures and admitting they didn't have all the answers. These leaders were also openly grateful for the love and support of their circle and thus, attracted more of the same. They knew and understood they had a «village» supporting them on their journey.

Leaders who are aware, conscious, continuously growing personally and professionally, and who courageously ask for and openly receive support are stronger.

Asking for help--whether you want clarification on something you don't understand or you need assistance carrying a heavy box--is a sign of strength. Yet, our culture often tries to convince us otherwise.

Whether you're experiencing depression or anxiety, or you need more help watching the kids, it takes courage to ask for help.

If you're pretending like you've got everything together when you don't, you're not being mentally strong. Instead, you're just acting tough. Ignoring your pain, masking your weaknesses, and suppressing your emotions won't make you any better.

Remind yourself that asking for help means you're strong enough to admit you don't have all the answers. And that's a real sign of strength.

It means you're trying to deal with uncomfortable emotions, like humility, fear, and embarrassment, head-on. It also means you're willing to be vulnerable.

Sometimes, it's hard to find the right words to ask for help. How do you ask your spouse to help out more around the house? Or how do you ask your boss for more time to get a project done?

Start by saying, «I'm struggling.»

Those two words acknowledge that you're having a hard time. And they'll open up the dialogue to begin addressing the problem.

So whether you're struggling to deal with stress and you want to start a conversation with your doctor, or you're struggling to pass your college class and you want to talk to your professor, get the conversation started right away.

The best news is, asking for help develops the mental muscle you need to become mentally stronger. Over time, asking for help gets easier, and the more support you gain, the better equipped you'll be to take on bigger challenges.

Do you find it easy to ask for help? I'll admit this doesn't come easy for me. I'm getting better at it but still have a long way to go. I consider myself to be pretty independent so asking for help is definitely not something that comes naturally to me. There are many times I'd rather go it alone than admit I'm in need of assistance. I think this comes from, somewhere along the way something told me (or someone told me or society told me) that asking for help equated to weakness or dependence. What I've discovered is that it's anything but that. It's a sign of great strength to not only admit that you are in need of help but also to accept help from others. Why is it a sign of strength? Because it takes a strong person to be self-aware



of their own limitations and admit to them. It takes a strong person to solicit the support of others and then actually accept that help.

I often see this behavior in female leaders I coach. They sometimes act like martyrs because they feel if they admit to not knowing something or needing help in some specific area at work, it will undermine their authority or others will see them as weak and/or incapable of fulfilling their job responsibilities. These thoughts are typically just stories they've told themselves or picked up from other people who had those beliefs. Leaders who ask for help are typically the best ones out there because they know they cannot be good at everything; they acknowledge their limitations. They leverage their strengths and seek out those who supplement their skills in areas they are not experts. They surround themselves with good people, which, in turn, make them better leaders.

It's the same thing in any area of your life. When you've got a lot going on and/or are going through a tough time, what makes you stronger is admitting you need support and surrounding yourself with the people who can provide that to you. What makes you weaker is trying to do it all on your own and/or not admitting you need help. What typically happens when you don't ask for assistance is you end up crumbling under the stress of what you're trying to deal with because you're dealing with it alone. Admitting you need help and asking for it is what keeps you strong and helps you rise up to whatever challenge you are facing. Accepting the support of others not only eases your burden and strengthens you further but also reveals your authenticity and vulnerability to others. This makes you real. Yes, we all would like to be Wonder Woman or Superman but truth is, even they needed support. And, we are real people, not superheroes. Asking for help, admitting our limitations and being willing to be vulnerable makes us real and allows others the space to be real around us too. And this ends up making us all much stronger in the long run.

It naturally depends on your relationship with the person you're reaching out to how much information you want to reveal when you ask for help. While it is likely to make you feel uncomfortably vulnerable, you may in some cases need to reveal more than you would prefer to about the work, personal, or health situation that you're dealing with in order to enlist the help of others as you confront a difficult situation or time in your life.

If you are truly uncomfortable explaining why you need help with a particular one of your responsibilities, you might begin by being somewhat general, saying that you have a health issue, family issue, or the like, without being specific as to the precise nature of things. Giving a generalized explanation might help to show that you are not asking for help in order to

shirk responsibilities. If your colleague declines, you have to decide whether or not you are willing to reveal additional details about your situation. If you're willing to share more, being more specific about why you need help may be of benefit.

If you are in the position of asking a colleague or supervisor for an accommodation, you are probably already in a position to know whether or not that person is trustworthy and will keep confidences (some confidences, by law, must be kept, particularly by individuals with supervisory responsibilities over you). Generally speaking, people are more receptive to expanding their own responsibilities and carrying another's burdens temporarily if they know why. Painful as it is, you may need to explain your situation in order to find the help you need. This is true whether you are seeking the help of a colleague, a supervisor, or a different office or unit within your university.

Asking for help is something that can be surprisingly difficult. Sometimes people don't have clear boundaries and find it hard to say no to requests when they want to or need to. If you are someone with poor boundaries, and limits, you may feel that others do too. You may presume that they will feel pressured to say yes to a request when in fact they may be fine with that. This can lead to unwillingness to ask others.

Trusting that the other person has their boundaries in place makes it easier to ask. In this high-speed environment that we all reside in now it is common to be stressed and under pressure, and so it is unsurprising that we may not want to ask a favor from another person.

These days not many people in the world have a network of a community to rely on. There are online groups and support networks, and those can be very helpful but they don't help you pick up the kids when you are ill, or help you move a fridge freezer.

We need supportive friends and community networks to help alleviate pressure and loneliness.

People have unique personalities and quirks, and some people love doing what I hate to do, and vice versa. For example, someone who loves animals may be more than happy to pet sit for a week, someone who needs a change of scene or a retreat may jump at the chance of a housesit. Some people even love to clean or do accounts!! So I think if we could all get better at asking for help and use our online social networks to communicate with each other, then we could build more community support and enjoy reciprocal arrangements.

The barriers to asking for help:

- Pride
- Not wanting to burden someone else
- Fear of rejection or being ignored
- Embarrassment
- Fear of seeming incompetent or weak
- Shyness
- Fear of being judged or even labeled
- Not wanting to feel indebted
- Feeling vulnerable
- Not knowing who to ask or where to go for support
- Hoping the problem will go away by itself.

If you have been on the receiving end of words like those in the first point then you may simply fear hearing them again. There is a great undertone of rejection in those words. If you fear having your problems and concerns belittled then you will be more reluctant to bring them to another person.

There might also be a fear of judgment by the other person, especially if you need help with something that you feel embarrassed or guilty about. Judgment is itself a very real form of rejection.

The more I ask for help, the more people I find who are willing to support. Even if they are maybe not willing to do exactly what I requested of them, they are willing to help in some way or another or pass it to a person that can help. They are grateful I asked for their help and decided to come to them. They are supportive and gracious and considerate. And so, from these learning, I am asking you to help. Something I do not feel comfortable doing, something that feels very foreign for me and something that I hope will reach you in a way that spurs you to not be afraid to ask for help next time.



## Stop overthinking

**A**re you guilty of dwelling on a problem much longer than you should? Many people get caught up in overthinking problems from time to time, but some people make a habit of it. This habit can affect grades and academic performance because students can get so caught up in thinking mode that they never get to a good solution.

Some people who overthink tend to get stuck in analysis mode, by over-analyzing every nook and cranny of a situation repeatedly, and in a circular pattern (around and back again to the first). That situation - the state when a thinker is “stuck” in analysis - is sometimes called analysis paralysis.

We all do it – of course we all do it. I’ve come to the conclusion that it is probably one of my more hard-hitting habits. I don’t even realize I do it anymore; it has become that natural. Overthinking causes damage, and I mean the “it’s ram and we are overanalyzing every aspect of our life – what I’ve done right – what I’ve done wrong in the span of my 19 years on this earth” kind of damage. And by damage we are referring to the beautiful 7 hours of sleep we are willingly allowing ourselves to lose at night. That’s the problem with overthinking – your mind is going a mile a minute. If something is causing you that much distress or fixation, then it’s clearly affecting your state of mind – and sleep pattern. Innocuous thoughts or not, something is important enough to you.

Now let’s be real, thinking too much about ANYTHING is stressful. Our thoughts (whether positive or negative) consume us and are constantly on rewind and playback basically dictating whether we are happy or unhappy. “Just stop thinking about it” are words voiced at us. We are constantly thinking without even realizing we are thinking. Our brains are beating us up; maybe they are even essentially out to get us. Ultimately what I’m telling you is that our brains suck.

More often than not, we distinguish overthinking with heartbreak and every other ‘this is the end of the world’ love sob story. Though I am not saying this isn’t true (as I’ve been this ‘end of the world’ glorifier) I don’t necessarily think overthinking is at all bad for us either. It is how we choose to act on these thoughts that are what affects us the most. If you have the power to think about something let alone overthink it, you also have the power to tell yourself not to. Seems pretty manageable, right?

Maybe overthinking can teach us one of two things.

1. That we are absolutely insane
2. That we are experiencing something completely normal.

Now unless your overthinking has resulted in you becoming an axe murderer, I think it’s safe to classify everyone with the latter. Yes, thinking too much about one thing is frustrating and tiring. I can’t even begin to explain the numerous times I’ve wanted to physically just shut my entire brain off.

Not every overthought was an issue that was never there to begin with. Some things need to be thought-out deeply in order for them to come to the surface and for you to decipher if it’s worth making your mind vacant to anything or anyone else. Whether this is with your education, jobs or relationships – remember that your thoughts are your mediators and also your peacekeepers.

Maybe it’s an art because individually, we are all able to have such vivid and creative imaginations. Or simply just the art of conjuring up problems that were actually never there to begin with. Whatever it is, your thoughts are with you always and you are the only one that can decide whether you will let them get the best of you or make them the best you. Overthinking is draining, but it is also helpful in determining how much you are going to let your mind control your happiness. Don’t stop overthinking completely – just the things that you know are not worth your time and that take away from those precious hours of sleep when your head has finally hit the pillow.

If you’re focused on always trying to be original, you’re going to overthink things quite frequently, which is not a good place to be. Try to focus on being useful instead:

- Stop worrying about creating things that are 100% original
- Let your unique perspective and industry expertise be your guide

- Refine as you push forward
- Keep a personal knowledge base
- Look at the landscape
- If you find a formula that works, don't be afraid to keep using it.

Think but Don't Overthink! I can't say life's decisions are always simple, but more often than not, they are a lot simpler than we make them.

In a lot of cases, we're overthinking, yet have nothing to lose.

What is the worst case scenario if I write on Medium every day?

I don't know, maybe no one reads what I write.

Well, if I don't write at all, certainly no one is able to read what I don't write. Worst case is I get my feet wet and figure out this is not the direction I want to take.

Overthinking particularly came into play when I was trying to figure my passion. At first, it was an overwhelming beast to tackle. I knew what I was doing previously, was not my passion. But figuring out what was like solving a cryptic mystery. After researching and researching and weighing the options, I legit wanted to bang my head against the keyboard and scream, "what do I like?!"

But it's not that difficult.

Overthinking things is just another form of procrastination. It's another reason not to get things done. I knew I liked writing, but honestly, I didn't want to commit to doing it every day.

What if I miss a day?

What if I can't think of new topics?

Will I have enough time?

I could spend all day asking myself a bunch of BS questions that lead to nowhere.

All the times that I've spent agonizing over decisions or what to do next, are the times I could have spent executing.

The most important thing is to DO. Jump in and start swimming.

Numerous things can work, but being obsessed with the possibilities instead of acting on them does nothing.

Which thing am I going to choose?

Which path am I deciding to take in this moment?

It's possible that the path will change later on and for me personally, I'm fairly certain that it will.

But I knew that in order to start gaining momentum, in order to figure out what I wanted and what was right, I had to do something.

Overthinking adds a lot of undue stress. I'm learning to pick something, put in the work, while also taking a step back and allowing things to flow. After some time, I can evaluate and see where I'm at.

Everything is not so deep.

I'm learning to relax and enjoy the process.

You start translating your thoughts or ideas into actions, they're worthless. The best thought out ideas is worth nothing unless executed. A bad idea carried out will do more for you than a good idea that isn't. Even with a bad idea, you'll have something to build on or learn from, and it may inspire you in ways you didn't think was possible. Think about that. As a creative, you should be producing more ideas than actually thinking about them. On paper it sounds unintuitive, and frankly a little daft, but you'll end up achieving more than you think. Actions will carry you further than thoughts.

There's a sweet spot between jumping head first into an idea without much thought, and overthinking it to the point of not carrying it out at all. Ideas should need to pass criteria that you weigh based on your goals, but over-thinking them can lead to doubt, which can lead to inactivity. You can never make things perfect in your mind; your thoughts are continually in motion. Imperfect. Switching between dreams, expectations, and reality. Getting started allows you to gain momentum through the self-doubt. Be wary of over-thought, because even great ideas can be dismissed.

**'Live like everything is on the line. Know intuitively that whatever you have in your life is a bonus.'**



Regular feedback is great for productivity. It is the lifeblood of any good creative, especially in the early stages of their career—you have to take tactical advantage of feedback whenever you can. It's much harder to be self-critical and accurately analyze your own flaws without experience, because pride and bias can cloud your judgment. Designers, for example, have a natural tendency to defend their own work at all costs—subjectively or with post-design rationalization.

The best way to improve is to share your work early, and frequently—even when it's unfinished. Always be ready to expect the unpleasant so you're less likely to take it personally. Even if you don't receive constructive feedback, simply showing your work to others can induce a form of self-consciousness; elevating a sense of perception about how you feel about it out in the open. Flaws are more apparent to you than when reviewing alone.

The more comfortable you are with feedback and leveraging it on a regular basis, the less concerned you'll be with anticipating what others might think and put more focus on the execution. You'll concern yourself more with being productive, and have an urgency to create without over-thinking.

If you do not have a time-limit for when you must make a decision and take action then you can just keep turning your thoughts around and around and view them from all angles in your mind for a very long time.

So learn to become better at making decisions and to spring into action by setting deadlines in your daily life. No matter if it's a small or bigger decision





## Nothing impossible for yourself

**Y**ou should have patience and faith in yourself. You should have determination, dedication and devotion to attain success. Never bother about the results. Keep on going even if the pace is slow. Just ensure it remains steady. You are bound to face obstacles en route to success, but with courage and perseverance, you can master them. Your positive attitude and clear frame of mind determine your future.

In this world, there is no such thing as CHANGE. By your own ideas, will and ability, you can create a number of chances, circumstances and the desired atmosphere to achieve the toughest goal. Great minds have purposes, whereas others simply have wishes. Little minds are tamed and subdued by seeming setbacks, but great minds rise above them and fight their way to victory. Always and never are a fighter and never a quitter.

To attain your desired goal, you have to laugh at your trouble and have to forget it. When you laugh at your trouble, you will find it to be a mere bubble, which is swiftly blown away. To gather the fruit, to register victory, to score success, you require unwavering faith in yourself. Faith, works like miracle. It looks beyond all boundaries, transcends all limitations, conquers all obstacles and carries you to your goal. Therefore have faith, and take courage, onward and upward, till you attain the goal. Nothing is achieved without great enthusiasm and effort.

Everyday people hear amazing stories of success. They hear about people achieving goals that are nearly impossible. I believe that nothing is impossible if you put your mind to it.

Every person, who strongly believes that anything is possible and can be achieved, is indeed inwardly optimistic who never allows, failures to come. There are numerous examples from the lives of common people which enhance the vision of possibility. Louis Braille was a blind educationist who devised the touch system of reading and writing for the blind. His impediment did not deter him from devising the Braille script for the visually challenged. Helen Keller was both blind and deaf, but became an educator of the blind. She wrote books like “The Story of My Life”, “the World I Live in” and “Out of the Dark”. Sudha Chandran, the famous classical dancer, danced her way to millions of hearts across the globe. She lost

her leg in an accident during her early youth. Though it seemed to be impossible at that time to fulfill her dreams, she rose from the life of incognito and became famous.

How the degree of possibility could be raised to such an extent and lead to a great success which was completely impossible at the very beginning of their life? It is nothing but their will power, determination and confidence in achieving their goal.

Napoleon Hill wrote- “Whatever the mind of man conceives and believes, the mind can achieve.”

We are only making our destiny, shaping our life and deciding our fate. God has bestowed enormous power and qualities on human beings. Man is the supreme of all His creations. The qualities like courage, will power, determination, enthusiasm, concentration, memory, judgment, reasoning, etc. ensure that accomplish what we desire. Just we should learn the secret of doing things the right way.

Everybody is free to dream. But dreams should not remain in our heads. These should become a reality; otherwise they continue to live at the back of our mind forever trapped in the midst of our thoughts. But how can one aim at fulfilling one's dreams whose journey has been full of obstacles and failures? Obviously one will be frustrated with impossibility. But here one should remember that failure is the pillar of success.

Some may experience passing through a smooth paved road as they move towards their goal. On the other hand, for others, the road may be quite a bumpy one, with frequent stops, missed exits and roadblocks.

The real reason why we do not try to do certain things or fail to do them when we try, is often because we do not really want to do them, or if we really want a thing, our desire for it is feeble. When we do not really want to do it, we set to work to find excuses and make a mountain out of a mole hill.

Circumstances may be adverse, but it should not deter us. Carlyle said that genius is another name for the capacity to take infinite pains. The examples of many great men in different eras bear testimony to it. History of human civilization tells us about many such great leaders and their efforts which were beyond imagination. It is nothing but the ‘willpower’ or indomitable determination of a person which makes impossible possible. The story of man's progress from barbarism to civilization is nothing but a story of his dedication pitted against all

hostile forces of nature, which can be achieved by any one of us through continuous process of concentration on noble objectives. Once acquired, it will enable us to have our way in all things.

The notable achievements of science, art and literature are all the results of endeavors of men with will power who worked against heavy odds to achieve their goals. Madam Curie and Pierre Curie could discover Radium – a great boon to humanity only because of their desire and willpower which prepared them to lay down even their lives in the pursuit of their goal.

The work which seems unaccomplishable can be successfully undertaken with sheer grit, determination and hard work. Mahatma Gandhi, Father of the Nation, with his conviction in Satyagraha and non-violence, succeeded in his fight for the Blacks in South Africa and also in securing independence for India from the British rule.

Gandhi's willpower and determination converted this theoretically impossibility to practically possible. The 16th President of the US, Abraham Lincoln, was the son of humble parents, but rose to the highest rank of honor by dint of his unwavering determination and continuous efforts. Napoleon, though a poor background, became the emperor of France.

Mother Teresa worked for the up liftment of the destitute, ailing and dying, driven by inner spiritual powers, in spite of being frail in her physical appearance. We also have the inspiring examples of Sir Edmund Hillary and Tenzing, whom not even the dangers of high altitudes, could weaken and they resolved to reach the top of the Mt. Everest. In order to get success in a work one must be driven internally. Then only one can grow in conviction, competence and willingness to accept responsibility.

Swami Vivekananda said that Karma can directly lead one to the supreme goal. Dedication towards work is what makes the journey of life a meaningful endeavor. Work is the key to success, progress and happiness. According to Sophocles, "Heaven never helps the men who will not act." There is nothing impossible in this technologically advanced world, if efforts are on. The most important phenomenon to make impossible possible, undesirable desirable, failure success, fruitless fruitful, is by using the word 'right'. By taking the right decision at right time at right place with right direction, we can reach the right destination.

There is an old saying. The way you choose to look at the water filled glass will all the difference. If you see the glass as half empty, you will always be craving for more. However,

if you see the glass as half full, you will feel the need for nothing more. The same goes for things that seem extremely difficult. If you believe that they are impossible, the fact is that you will find them nothing but impossible. However, if you decipher the word “impossible” to read it as “I’m possible”, you will always strive to achieve it and the chances are that you will achieve it in real

It is the perspective of the person that makes all the difference.

It is the perspective of the person that makes all the difference. If you resign yourself to the belief that it is impossible to achieve something, you will give up the hope and stop fighting. However, if you believe that whatever you wish to achieve is not impossible, you will fight with a hope and when you have a hope and a will, you give a fight with all your heart and that is what makes all the difference. Some people have this optimistic approach to things and the never say die attitude that keeps them going even in the worst or the most difficult of the situations. Then there are some other people who are not born with this outlook. Instead, they develop the spirit of never accepting failure over the years.

A lot of people repel or rather run away from the idea of accepting something that is challenging or which makes them uncomfortable. Most of us like to work within our set limits of comfortable and fun. The moment things start to get a little difficult, we begin to pull our self-back. Rather than pulling yourself in the back direction, one should push themselves forward in the right direction. Until and unless, you take on some challenges and prove yourself in them, you will never realize your own potential and will never be able to believe that you can turn the impossible into I’m possible. Accepting challenges, fighting to win them and winning them at last, makes a person realize his own worth and his capabilities. Accept challenges as they make you strong and prepare you to fight in all kinds of conditions.

Work and forget about the result, Most of us do not even give something a full hearted try because we surmise in the beginning itself that we will not be able to achieve that particular thing. This is the biggest mistake that anyone can ever make. Once you have taken up a work, never think about the result. You may or may not succeed in the end. However, what matters more is that you give your best and leave the rest to destiny. Give a fight to win but let the victory not be everything. Realize that even if you lose, the experience of the fight will stay with you and help you in your next endeavor. We should always aim to win. However, at times, it is better to forget about the victory or loss and just be a part of the race towards the end.

Read about people who inspire you when the going gets tough, most of us lose heart and sit down broken. Do you think you should be really doing that? Instead of giving up easily, you should actually fight even harder and come back with a bang. After having lost your heart once and believing that what you wish to achieve is impossible, how can you be inspired to give a good fight all over again? The answer is simple. Read about people whose stories are great and who can inspire you. Human behavior is quite simple. When we see people around us and people like us who have achieved the impossible, it inspires us to work harder and strive harder for it makes us believe that when other people like us can do it, we can do it too. So, keep reading stories about people who can inspire you to do better.

In the end, it is the perspective that makes all the difference. The way you choose to look at things will determine very largely how successful you will be in your life.







## Be the reason some one smile

**T**ry looking in the mirror and smiling at yourself. By doing this and thinking something positive about yourself, you can improve your self-confidence.

Try smiling at someone who looks like he or she needs a positive boost today. One genuine smile can make a difference in someone's day. Plus, smiling at someone else can make you feel better and also improve your day in the process.

Just make sure that it's appropriate to be smiling at the person. For example, if you're married and you're smiling at a stranger of the opposite gender, it could be mistaken for flirting. There are certain times and situations where smiling isn't appropriate, so think about whether it's appropriate or not and if it could be helpful. If it's appropriate and could be helpful, smile away!

Is there any harm in smiling throughout the day? Yes, in serious situations a smile may not be appropriate. However, you may be surprised at how often a smile is not only appropriate but could help you enjoy your day and life more. Try smiling as much as possible throughout the day. It could be your goal to see how often during the day you can smile.

The world could be a brighter place if we would all smile ourselves and smile at each other more. You may notice at first that it feels strange to smile a lot, or your facial muscles may become tired. This is a sign that smiling is something you may not have been doing often.

The next time you are feeling stressed out, nervous, down, or just needing a lift, try smiling and thinking of something positive. A smile can brighten your day and someone else's, too...

A smile is not just an expression of your joy; but it also helps spread happiness. In that sense, if you smile well you are making this world a better place to live in. Imagine, if all the people you met each day would smile. How great would be the sense of happiness it brings to all.

A smile easily builds relationships. You make strangers your friends through a smile for it is the first step in building a relationship. A smile also gives your personality great attractiveness. All the big celebrities make sure that they appear before people with a winning smile.

At the same time, it is a joy to watch an innocent new-born baby smile. That is life at its beginning; ready to move on. It is again a joy to watch the smile on the wrinkled face of an old man or woman. It shows that they look back at life with the satisfaction of having run their race well.

A smile is also very critical in helping you becoming a good communicator. This is because people accept a message coming from a person who appears pleasing on stage more than from a person who speaks in a very serious tone all the time.

Above all, you should always remember that smile is God's unique gift to human beings. Since man was created in the image and likeness of God, the ability to smile is a God-given gift to us. Like all other gifts God has given us, we should make good use of this gift.

Sadly, so many people simply forget to smile as they worry too much about what is going to happen tomorrow.

Smiling makes you feel good! Have you ever noticed that you feel better when you smile even if you were feeling sad before? Smiling is something that can lift your mood in almost any situation. It can help you see things in a more positive light.

Smiling is linked to a bunch of benefits for a few reasons. One is that a smile is a reflection of happiness. We already know from tons of studies that happier people experience a ton of positive outcomes. Therefore smiling is linked with life benefits because it shares a room with happiness. The other is that people are treated differently when they smile. One study showed that the more a person smiled in a photo, the more viewers of that photo expected an interaction with that person to go well...and expectations like that make people treat others with more warmth.

Smiling has also been associated with personal psychological benefits, too. In particular, smiling seems to help people deal with negative emotional events.

Many of us have grown up on a steady diet of expecting and wanting more. The media fans the flames of our desires. We're preoccupied with achieving some ultimate goal rather than enjoying the journey. Of course, future planning is important, but are we postponing our happiness to some imagined future time, such as our retirement years, rather than relishing the moment?

It takes a strong sense of self to not succumb to the belief that we'll be happier with more

stuff. We work hard to buy a big house and then work even harder to pay the mortgage and property taxes. If someone has more wealth, we may become envious and perhaps crave the imagined sense of respect and belonging that comes with keeping up with the latest trends and gadgets.

But when is enough enough? Can we find a middle way between wanting more and being grateful for what we have, especially our health? Can we find a way to hold our desires lightly without letting them sabotage our appreciation for what is ours? Greater freedom accompanies accepting our limits. Happiness comes from cultivating the art of living in the moment, not from leaning too far into the future.

A natural smile springs from an inner sense of feeling content and connected. If we're feeling deprived, we may not feel inclined to offer a generous smile to people we encounter. We're more likely to smile when we're experiencing some inner serenity. Being at peace with ourselves is only possible when we're living in the present moment, rather than being preoccupied by what we don't have.

I'm not suggesting that Thailand or other developing countries are a paradise free from suffering. It is stressful to wonder how you'll pay your bills. Nor am I suggesting that social and political factors are not a dominant suppressive force all over the world.

If you've paid attention, you must have noticed. Even someone who doesn't have the whole Greek God look, can end up looking pretty fine with a smile!

When you smile your face automatically brightens up. Your demeanor changes and you start spreading this happy vibe around you.

A study showed, that people with smiling faces are 40% more likely to have a positive impact, on the people around them. So be it a business meeting or a date, a gorgeous smile is your secret weapon to success!

So irrespective of what you don't wear, Do wear a Smile.

When you smile, you automatically trigger a connection with the person you are smiling at. That person, whoever they maybe, is then almost psychologically forced to smile. And just like a domino effect, smiles keep passing on.

So that's one contagious thing that you can happily spread everywhere!

If you've ever wanted to grow old with as few wrinkles as possible, SMILE!

When you smile, the creases on your forehead automatically even out and you have lesser chance of having fine lines and wrinkles as you age.

Conversely, when you frown too much, your forehead creases too often and the number of lines on your forehead and around your lips increase.

So avoid the frown and adopt the smile!

What more could you want?? Free treatment for wrinkles!

So kick the anti-aging creams and smile it out.

Now that you know about all the benefits, you can find the motivation to go ahead and try smiling more.

So, smile and smile often. Smile at urself, smile at your loved ones. Don't forget to smile at a stranger also. Share your smile with everyone and the same you will get back

So, keep smiling and spread love.

Find joy in your everyday life

Joy is what makes life beautiful. It's what gets us through challenges and allows light in to illuminate the shadows. Joy heals our wounds, inspires us to greatness, and fills our souls with goodness.

I choose to enjoy every day. I wake up early at 6am because I am excited about the day ahead, and throughout the day I try to maintain a positive attitude. Yes, sometimes "shit happens" and I don't have a good day. But I figure if I at least try to have fun and be happy there is a good chance I will enjoy myself.

I have some big dreams and ambitious goals for my life. I'm also human, which means I suffer from fear, self-doubt, and procrastination. This means that if I'm not careful, big and ambitious become overwhelming and intimidating. And the danger with feeling overwhelmed is that I won't take actions towards my dreams and goals.

What I have discovered is that the big things can result from taking small steps.

As Lao Tzu once said: “A journey of a thousand miles begins with one step.”

What this means in the context of the Every Day Mindset is that each day I try to get a little bit closer to fulfilling my dreams and achieving my goals. And so long as I am making progress, I feel happy.

Motivation is an ongoing struggle for me because I find it comes in peaks and troughs. What I discovered was that during these troughs, many of my good habits would slip away. For example, when it came time to exercise I would tell myself “I will exercise tomorrow”, despite having previously committed myself to exercising at that particular time. When I changed my mindset to one in which I exercised every day, this excuse disappeared. And guess what? It made all the difference.

We all want to be happy. It's a desire as universal as our want for water, food, and fresh air.

But happiness is a difficult thing to measure. It's a spectrum — not an absolute. There's a whole science behind our happiness levels, why they fluctuate, and what we can do to boost them.

In this life Sure, technology has its benefits, but it's also making us sick. Literally. Stress, depression, and vision impairment are just a few of the negative consequences of spending too much time on our phones, tablets, and computers. Luckily, there's a simple fix: power down. Unplug. After work, on weekends — whenever you can. By disconnecting from email, text messaging, and social media, you can actually increase your connectivity to the people around you. And you'll feel a heck of a lot better while you're at it.

Always try something new people who participate in bold, new activities and collect unique experiences are more likely to retain more positive memories than negative ones. The more positive memories we keep, the lighter we become. So go ahead and sign up for those guitar lessons.

By offering someone our forgiveness — no matter how grave the offense — we let go of the hurt and anger that person stirred in us, thereby creating more space for happier emotions. On our journey to collect joy from our everyday surroundings, we must also dispose of any residual negativity. Saying, «I forgive you,» is a great start.

Create Something Artistic

Try to creativity breeds happiness, Painting, sculpting, jewelry making, and music writing are all examples of activities we can engage in to work our creative muscle, thereby inviting into our lives more happiness.

Different people have different ideas of happiness. Some believe that it can be found in money, others feel happy and content when they are in a good relationship yet others feel elated when they are doing well professionally.

Happiness is something that only you can bring for yourself. If you choose to be happy and channelize for thoughts accordingly, then you shall attain happiness. However, it is not as simple as it seems. You need to make efforts to work on it. Secondly, it is not a one-time activity. You need to practice certain things daily in order to achieve this state.

Now, while you need to look for happiness inside at times you need to seek help from your family and friends. Many people these days suffer from depression because they choose to deal with their problems on their own and not to involve others. This is wrong! It is important to look within to find true happiness but it is equally important to surround yourself with positive people.

Instead of getting super excited or depressed in different situations you must practice to transform these activated feelings into deactivated feelings such as calmness and contentment. These feelings are healthier and also easier to sustain.

You must stop thinking about your past mistakes. Everyone makes mistakes; nobody is perfect. Stop blaming yourself or feeling guilty for all the bad decisions you have taken in life. Also stop worrying about your future. Live in the present moment. Don't let the good times go unnoticed.

Remember all your past moments and decisions that brought happiness and rejoice them. Be thankful to God for bestowing such joyous moments.

Your thoughts build your reality. Positive thoughts and positive mind attract positive things in life and negative thoughts fetch similar experiences. So the only way to experience happiness is to feel good about all that you have, so develop positive mind.

It is sad how people look for happiness outside. Many people associate happiness with money. If this was the case then rich people would have never felt sad. But on the contrary, we see that it is the rich who seem more anxious, fearful, stressed and often experience relationship



problems and suffer from depression. Celebrities such as movie stars, singers and ministers have hoards of money and yet the divorce rate of these people is much higher than the general public. These people live in constant fear of being chased or hit and hence require security all the time. They are more fearful about the safety of their children. They are also the ones more prone to theft and robbery. Many of them have so much overflow of wealth that they are constantly stressed about where to invest or hide it. On the other hand, those belonging to the poor classes are often more carefree and joyous.

This is not to say that being rich is a bad thing. Having money means that you have access to a lot of things. You can go on holidays, plan social gatherings, purchase good clothes, buy properties, live in a good locality and a lot more and all this brings in a feel good factor which is an essential component for being happy. However, believing that if you have all these you will be happy is wrong. Materialistic things can make you happy momentarily but cannot help attain true happiness.

It is rightly said, “You will find true happiness in life when you realize it only takes “you” to be happy. True happiness lies within yourself, it doesn’t come from others”. This point has been emphasized at several places. But most people dismiss it as irrelevant. It needs to be understood that happiness is basically a state of mind. It cannot be achieved from things we see outside. We have the power to create it with the help of positive emotions which can be achieved with good thoughts.



<http://gallery.world/wallpaper/457424.html>



## Take the challenge

Challenges are a part of everyday life. They make us stronger and without them life becomes somewhat meaningless because we have nothing to compare the good times to.

These challenges come in many forms. For some, the challenge is doing well at school, for others it is getting to grips with financial worries.

But, regardless of the challenge, facing up to it is key. Doing so will make you feel like you can take care of yourself, it will also make you understand the value of what you have now.

Facing up to challenges and living through them give us the experiences that make up our life.

I believe our differences do shape us, and the challenges we're dealt can help us make something beautiful and inspiring.

Your difference can make you into a stronger person as you learn during your struggle.

Alex, who is challenged by being overweight, said: "Eventually you're going to have to come to terms with this issue, but if you get past it, you'll be stronger because of it." It may not always feel like it at the time, but your struggle in being different will make you stronger over time because you will learn to withstand teasing and will find inner strength.

The challenge of being different provides great opportunities for growth.

It's amazing how your life can be running smoothly, and everything seems to be going well. You're kids have gotten the teacher of choice and they're enjoying school. Your job is going well and you seem to be making progress on your goals and objectives. Your health is good and you're enjoying what you do. Then suddenly out of nowhere, you get blindsided by a problem or challenge you hadn't anticipated and your steady state has turned into chaos.

Unfortunately, for many people, there really is no steady state. Your life challenges are continual and overwhelming and you can't seem to get everything on track no matter how hard you try.

What's important to remember is that the challenges in your life are what move you in a new direction and sometimes take you places you hadn't even imagined possible. It's your challenges that help you grow emotionally and make you stronger and better able to handle the problems that confront you each day.

When something happens that totally disrupts your life, determine the impact it will have on you and your family. If you happen to lose your job, you need to determine if you have enough money saved to help you as you work towards getting a new one. Can your spouse carry the load until you land another position. Determine some strategies to minimize the impact. See if there are ways to cut down on expenses. Try to negotiate a good severance package. Look at the resources you have to get you through this difficult time.

Based upon the type or extent of the challenge, determine possible options you can take to resolve the situation. In Alyssa and Kyle's situation, they could have decided to stay in their current location and find a new place to live or they could see what opportunities might be available if they moved. Consider the pros and cons of each option and determine the direction you want to take based on what you want to do with your life.

Once you've decided what you want to do and the direction you want to go, it's important to develop an action plan. Determine the next steps you need to take to put that plan into motion. Then give milestones for each goal, and determine what specific tasks you need to accomplish for each step.

The "Law of Attraction" is more about focusing your desires than it is about attracting good things to you. It's about sending your intentions out to the universe, focusing your efforts in that direction, and watching for the opportunities that appear before you. That doesn't mean that everything will come your way with little or no intervention. It means that you should be deliberate and intentional about moving in the direction you want to go.

Getting through any challenge, whether big or small, takes a concerted effort. You need to determine the impact of the challenge. You need to consider options for overcoming the challenge. And once you've decided what you need to do, you need to focus your efforts in that direction, develop an action plan and utilize your available resources to put that plan into action.

When a challenge is put in front of you, you shouldn't think that you need to solve it all by yourself. That's where your friends, family, colleagues, and peers can help you navigate

through the maize of options and help you “turn your challenges into opportunities.” It’s the key to helping you grow, both personally and professionally.

I thought if I could just get my life organized and in balance, accomplish the things I wanted and continually make good decision after good decision, I would reach the point where my life would be free of challenges.

Oh, how great that would be. Can you imagine a life free of challenges?

Well, not only was I wrong about that being possible, I now realize that not having challenges is not really something you want.

Even though they can be difficult to manage through and can hit you at your core, if you had a life free of challenges, you would really just be going through the motions and miss out on some very important opportunities to grow and get stronger.

Challenges help shape our character, round out any rough edges, give us lessons we need for our future success and most importantly allow us to realize that we absolutely can manage through anything that comes our way.

So, instead of working to organize life to try and make it challenge free, all we really need to understand is how to best ride the waves because challenges are going to come our way from time to time.

But, if you can step back, see them for what they are, and learn the lesson you are supposed to they will not knock you off your feet. They will just make you a better surfer. And, that’s exactly what we need.

It is easy to get bothered or upset by the fact that a challenge has come your way. “Everything was going so well. I can’t believe this is happening.” Why me?” “Can’t this issue just go away?” These are just some of the things that may come to mind when you haven’t really accepted a challenge. However, the first thing you want to do when you realize a challenge has come your way is accept it for what it is. Don’t resent it or pretend like it’s not there. Just accept the fact that you are being challenged.

Figure out the steps to take and take them. I am not one for experiencing a challenge any longer than necessary. Although I get it that they may come from time to time, there’s no reason to allow them to linger. Figure out the direction you want to go in and start taking

steps to manage through the challenge that has come your way.

It's truly fascinating how successful people approach problems. Where others see impenetrable barriers, they see challenges to embrace and obstacles to overcome.

Their confidence in the face of hardship is driven by the ability to let go of the negativity that holds so many otherwise sensible people back.

Successful people know that caring about what other people think is a waste of time and energy. When successful people feel good about something that they've done, they don't let anyone's opinions take that away from them.

Just think about it—some of the most successful companies in recent history were founded by brilliant pairs. Steve Jobs and Steve Wozniak of Apple lived in the same neighborhood, Bill Gates and Paul Allen of Microsoft met in prep school, and Sergey Brin and Larry Page of Google met at Stanford.

Just as great people help you to reach your full potential, toxic people drag you right down with them. Whether it's negativity, cruelty, the victim syndrome, or just plain craziness, toxic people create stress and strife that should be avoided at all costs.

If you're unhappy with where you are in your life, just take a look around. More often than not, the people you've surrounded yourself with are the root of your problems.

Life won't always go the way you want it to, but when it comes down to it, you have the same 24 hours in the day as everyone else does. Successful people make their time count. Instead of complaining about how things could have been or should have been, they reflect on everything they have to be grateful for. Then they find the best solution available, tackle the problem, and move on.

When the negativity comes from someone else, successful people avoid it by setting limits and distancing themselves from it.

Keep your eyes on the news for any length of time and you'll see it's just one endless cycle of war, violent attacks, fragile economies, failing companies, and environmental disasters. It's easy to think the world is headed downhill fast.

And who knows? Maybe it is. But successful people don't worry about that because they

don't get caught up in things they can't control. Instead, they focus their energy on directing the two things that are completely within their power—their attention and their effort. They focus their attention on all the things they're grateful for, and they look for the good that's happening in the world. They focus their effort on doing what they can every single day to improve their own lives and the world around them, because these small steps are all it takes to make the world a better place.

Don't ever hold back in life just because you feel scared. I often hear people say, "What's the worst thing that can happen to you? Will it kill you?" Yet, death isn't the worst thing that can happen to you...

Live Today Better than Yesterday.

