

GIVE YOURSELF A DAY OFF...

"I should have done this", "Why didn't I do that", "I am such an idiot because...", "When will I learn..", "If only I had made a different decision" and so on. Have you ever found yourself saying these things in your head. I have; just about every day and in many cases multiple times per day. I have found in my life and would like everyone to know that being consistently hard on or critical about ourselves will never help us achieve the health, happiness and prosperity that we want in our lives. So, with my infinite wisdom & power (in my own mind anyway!) I declare today to be...



'BE NICE TO ME' DAY!

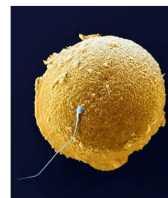


Today is the day to drink out of the '**I Love Me**' cup. So to get started let's stand up and find the right place; in the bathroom, in your office, in the broom closet or where ever. Then we are going to give ourselves a big hug and say out aloud "**I love me!**" Go on I dare you!! I did it, did you? Come on play with me - I bet you will at least laugh and feel better about yourself!

Today is the day to stop beating ourselves up about all the things we should have done, shouldn't have said and wish we had. Today is the day to stop wishing we were more confident, less insecure, skinnier, a better parent, a harder worker, more motivated, had more money, lived in a bigger house or whatever is plaguing our thinking. Today is most definitely the day to stop dwelling on our mistakes and imperfections because all we are doing is attracting more of these things into our lives!! Yuck!!

We already good enough and have a great life

Today is the day to think about all the amazing things about ourselves. In January I wrote an article titled 'One in 250 million'; all about when we were sperms racing to fertilise the female egg, we started alongside 250 million other sperms. We beat all of them!! How could we not think we are already amazing? Why not spend today thinking about all the great things in our lives?



When I start to think about the great things I have already done, the strengths and abilities I already have and the fabulous people and things I have in my life right now I smile and feel incredible. Why don't we all spend today thinking about these things? Why don't we spend today thinking about how lucky we already are? You may be saying right now; 'what a load of rubbish, he doesn't know or understand my circumstances.' You are right I don't know your circumstances, but I do know there are many people worse off than you and I.

I used to get myself all tied up and dragged down by my own negative circumstances, until I watched my mum go through everything she had to overcome for 15 years dealing with cancer. I got over myself pretty quickly! The thing is that we are all human and we all have things happening in our lives that we wish were different. I would bet a lot of money that you, as I, have many many **more** things in our lives that we can be grateful for and happy about than those we are not happy about. All we have to do is focus on them. That is what TODAY is all about...

Heroes or Victims

I am currently half way through a great book titled '**Be the Hero**' by Noah Blumenthal and it is very appropriate to what I am talking about. The book is a parable and is largely the story of a man named Jeff looking for some answers to his less than perfect life and his friend Martin is helping him see things differently. Here are a couple of excerpts from the book;

*"Martin says to Jeff; 'When you only look at what you don't have and what's wrong in your life, your story is always that of the **victim**. You need to learn to see people who are less fortunate than you and also to see how much you have. Then you will see like a **hero**;"*



"'I do have quite a lot,' Jeff said. 'But now I need to challenge you again. Where I was born will never change. Yes, I was lucky to have been born with these freedoms and opportunities. Does this mean that for my whole life I never have the right to be angry or sad?'

'That,' Martin said, 'is a very interesting way to phrase your question.' Jeff looked puzzled.

'You asked if you have the 'right' to be angry or sad. I would suggest you have the right to feel anything you want. To me the real question is, how is your anger or your sadness working for you?'

Jeff still looked confused. 'How is it working for me?'

'Yes. Does it lead you in a direction you want to go? Does it make you feel the way you want to feel? Does it lead to outcomes you desire?'

Jeff paused as he considered this. 'Well, I certainly don't enjoy feeling angry or sad. Most of the time when I feel that way I am not motivated. I make bad decisions. I am not very considerate. I guess it's not working very well for me.'

Martin smiled. 'Once again, you have the right to feel any way you want. That means when things go poorly, you have the right to feel angry. It also means at those very same times, you have the right to feel grateful and happy. You will undoubtedly encounter situations in your life that make you angry or sad. Now you simply know you don't have to stay angry or sad. You can choose to see like a hero and tell a new story that works better for you.'

Give yourself the day off...

Today is officially '**Be Nice to me Day**!' Can I suggest we all spend this day focusing and thinking of how great we are and how fantastic our life already is. Let's give ourselves the day off!

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