



Life Coaching Encouragement for Your Advancement

TAKING CHARGE OF YOUR LIFE.....

Perhaps you'll come to a point where you want to begin to take charge of your life, but unsure as to how to go about it. Well, one key that works is *'The choice is always yours as to how you react and how you experience any given situation.'*

You may say "Yes, but this thing has happened and I can't change it." WRONG ! Actually, you have already done something by reacting to it, in some way. How you react to a circumstance or situation is never automatic - it is always your choice. You may blame others for your reaction, saying "I was just minding my own business, doing my own thing, and this person came along and did something and he just made me so mad!" ... He didn't make you mad ! You didn't like what he did and you reacted - making yourself mad. Subtle, but important ! Maybe you can relate to this old oriental saying - *"You may not be able to keep birds from flying over your head, but you can keep them from building nests in your hair."* If someone or something gets 'in your hair' or 'under your skin' - you choose to have it that way. No matter what anyone says or does to you, you don't have to allow them to decide how you will act, think or feel !

.....Because the choice is always yours ! In taking charge of your life, constantly check yourself and observe how you react and why. If someone or something disturbs you, ask yourself "Why am I disturbed? Why am I reacting this way? Why am I giving my power over to them? - Why am I letting them have control over me?" It's really very simple - We get disturbed or upset because we allow ourselves to get disturbed or upset. WE ALLOW IT ! Not anyone else. That's not an easy one to admit to, but in admitting to it, you are on the way to being able to do something about things that happen in your lifeto taking charge of your life. The choice is always ours....If it's dark, we can turn on the light. After all, it makes more sense to light a candle than to sit and curse the darkness!

DO YOU LOVE YOURSELF ?

Going all the way back to early childhood people have been conditioned by their parents, teachers, friends, family, society - that it is 'wrong' to love oneself...not only is it 'wrong', but 'selfish', 'conceited', 'unhealthy', and 'egotistical'. Now we have to come to know, without a doubt, that to truly love oneself is not only desirable, it is vital for a healthy and well adjusted personality. I can only love another to the degree I love myself, and unless I love myself I cannot find nor express that love for others.

Unloosing negative feelings towards oneself create depression, anger, fatigue, dis-satisfaction and inadequacy in many areas. Re-discover that love of self is necessary to rebuild a new life. To love oneself is to care for, respect, trust and accept oneself, no matter what - recognising the strengths and weaknessesbeing totally honest with self and othersproviding for one's needs...risking...being aware of growth opportunitiesand most important of all, forgiving oneself for everything, realising that as we know better, we do better. Learning to love oneself is the basic requirement to fulfilment in life. Lovethe most talked about, publicised, sought after and fought for commodity is found inside ourselves, the greatest love song, poem or sermon is about people loving themselves. Learning to love yourself is the greatest love of all, for the ability to love yourself is also the ability to love others.



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to www.goodwillpeople.net

