

Life Coaching Encouragement for Your Advancement

SURRENDERING TO CHANGE..... Change presents challenges and it is necessary to accept the challenges of change, for the only thing permanent is change. Human nature has a tendency of spending long periods - sometimes consciously and sometimes unconsciously - trying to steer clear of situations that are painful or uncomfortable. Avoiding them at any cost, but never quite succeeding ! Look back over your life. Can you see now that those 'difficult times' were very necessary and important turning points in your life? Can you refer back to those times and relate them with things happening in your life today, seeing them as 'teachable moments', presenting lessons that you can adapt to situations on the long road ahead of you? A very important key to assist you in surrendering to change is that you must be willing to surrender - for to resist change is to resist life ! - Welcome changes as they appear and have that good feeling of flowing with life.

WHICH DO YOU CHOOSE FOR YOURSELF TODAY... AN OPTIMIST OR A PESSIMIST?

The optimist is the one who turns the impossible into the possible; the pessimist makes the possible impossible.

The optimist delightedly dreams how high his kite will fly; the pessimist sorrowfully surrenders to how soon his kite will fall.

The optimist sees stepping stones in every ocean; the pessimist looks no further than the doom and gloom.

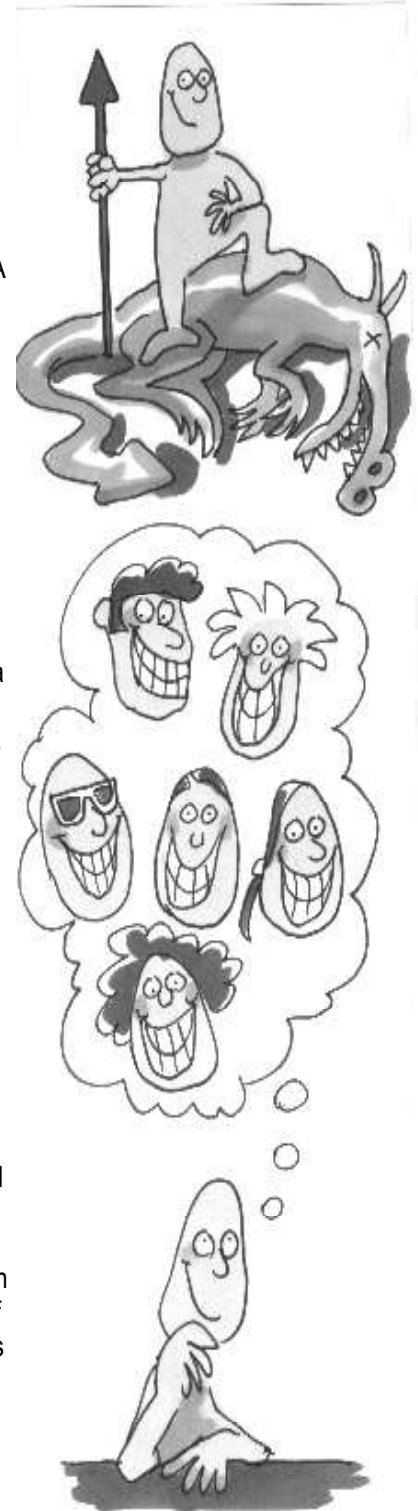
The optimist sees opportunity in each new day; the pessimist peers into the distance and fears a problem.

To the optimist all doors have knobs and keys; to the pessimist all doors have locks and latches. The optimist adheres to advancement, abundance & availability; the pessimist burdens others with his boundaries and beatings.

The optimist marvels over money, miracles & meaning; the pessimist majors in mistakes, mistrust and misery.

The optimist goes right out and rings the bell; the pessimist just gives up - wringing his hands. It doesn't take much to guess who is the happier of the two. The choice is yours ...what today ?

'THAT PERSONS REALLY GOT IT'Have you often heard the term 'she / he has really got it' being used, and has it set you wondering just what 'it' is and why some people have 'it' and some people don't have 'it'? When looking at people who've 'really got it' - the top golfers, TV personalities, salesmen, business executives, models, film stars, etc., do you get to wondering what makes them that little bit better than those who are just 'good'? Could it be that these 'stars' in their own field are just being who they are naturally, and perfectly matching their natural talents with what they are doing in life - perfectly attuned and perfectly happy doing exactly what they are doing? They all say they would be doing what they are doing no matter what the odds, no matter how much or how little money they made. Another important factor is the dedication in which they carry out their line of work, going about it with total gusto, and putting their whole self into making their work something special - Going with 100% - no holding back. The bottom lines of someone who has really got it are that they know they are o.k. just as they are, they have practised, practised, practised, they have the utmost self confidence, resulting in 'a consciousness of competence' and this enables them to totally relax and allow their natural knowing to guide them, above all they enjoy what they are doing. Firmly, boldly and confidently they move on, always ready to take the next step to risk a little. They don't always win, but maintaining this positive attitude keeps them in the ranks of those who have really got it !



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