

*Life Coaching Encouragement for Your Advancement*

**IT BEGINS WITH YOU!.....**

Do you always do things to your best ability - or are you just scraping by? It pays to do things well and following this pattern continuously will gain you recognition, appreciation and the gems of success. People are impressed by a job carried out with pride and excellence. So start where you are. Some think that the way to quick and certain success is to make changes to what you're doing - that change is progress. So they begin to try to change things, people and situations around them when really they would do better by looking at themselves and at what they are doing. Begin right now, just where you are, by taking advantage of the boundless opportunities to be had. Change yourself into being opportunity-minded about your own surroundings and circumstances. Start with you, Fight where you are and with what you've got - right now !

**CHOOSE THE MASK YOU WEAR.....**

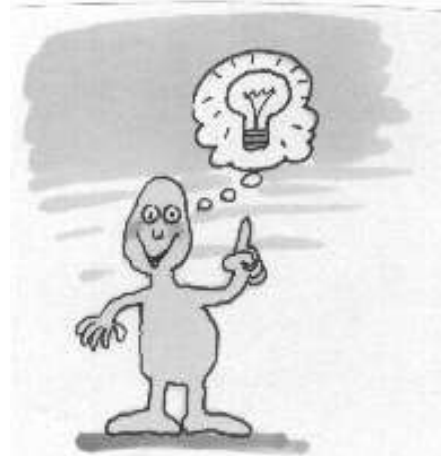
Shakespeare wrote "God hath given you one face and you make yourselves another." Children are constantly 'dressing up' in different roles, choosing a certain personality to go with a certain mask that goes with it. It's all a fun game and they know that the choice is theirs to play any role they want to. We all have that same choice - every day of our lives, often assuming a personality and a mask which conceals our true identity - or what we really are. And what are we really? The true self of each person consists of a host of affirmative, positive and successful qualities: beauty, strength, capability and a loving nature that doesn't very often show through the mask that is being worn.

Sometimes it becomes such a habit to wear masks which misrepresent the true self, that the attitude and personality are completely taken over and the natural joy of touching the lives of others in a helpful and useful way, seldom shine through the false mask. Man is a powerful creator - capable of choosing any mask in the world. What mask are you presenting to the world today? Is it your true self - does it pay justice to you? Does it represent who you really are ! - Is the mask you've chosen giving you the best opportunities for your own advancement ?

**WHY WORRY.....**

Have you ever heard someone say "I'm worried sick"... It may just be a figure of speech, but there's no doubt about it - worry can make us sick !! Dr. O.F. Gober, a chief physician of the Santa Fe Hospital Association tied in the relationship between worry and certain things such as headaches, nervous indigestion, insomnia, some types of paralysis, heart disturbances and stomach ulcers. He said that fear causes worry, worry creates tenseness and nervousness and affects the nerves of the stomach. This actually changes the gastric juices from normal to abnormal and can lead to ulcers. Dr. Gober stated that 70% of all doctors' patients could cure themselves if they could rid themselves of fears and worries !!

A study of arthritis, carried out by Dr. Russell Cecil, at the Cornell University Medical School, listed marital worries, financial worries, feeling lonely and deep resentments as being some of the most common predispositions to arthritis. It is said that worry can even cause tooth decay, by upsetting the balance of calcium in the system, thus weakening the teeth for cavities to form. What good does worrying do? Consider this thought: "Half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge." A lot of unnecessary worry can be eliminated by making a concerted effort to get all the facts related to the problem and getting them straight ! And in the doing, - the problem usually solves itself !



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](http://www.goodwillpeople.net)