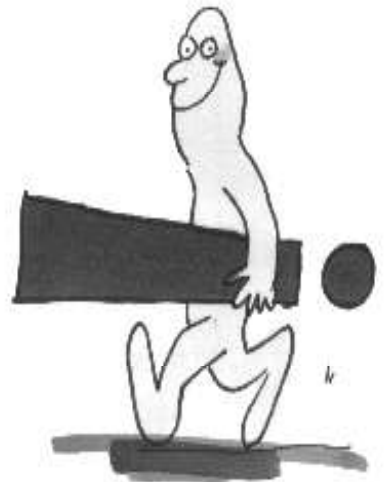


Life Coaching Encouragement for Your Advancement

WHO MAKES YOU MAD..... Do you honestly consider that anyone but you can choose your feelings and attitudes? Firstly, a person can think about anything he wants to, at any given moment. For instance, you can think about London right now, and you choose how you will think about it. If you want to think of it as a dirty, violent and noisy city where everyone is rude and the food is awful, you can do that. Or, you may prefer to think of London as the beautiful, history steeped cathedral city - the home of our Queen. You and you alone make the choice of what you want to think about anything or anyone, at any given time. Have you ever thought about that well-used saying "They make me so mad!" No-one else has the power to make you mad or angry but you. How can anyone else possibly choose your feelings for you? It's not so much what happens around you or to you that upsets you - it's your reaction to them that upsets you! In any situation you have the choice of reaction and the choice you make determines the affect it will have on you. Criticism, unfriendliness or jealousy has no power whatsoever to affect you in any way - even if it's directed at you - unless you choose to accept it into your consciousness! You have to allow it in and react to it - only then can it affect you, but not until then. Before that it belongs to the other person it's their 'stuff' and has nothing to do with you at all. The choice is yours, try practicing with different choices.

YOU CAN HAVE IT ALL..... The way in which you have managed your mind has a direct result on what and where you have been, are and will be. Are you dissatisfied with your lot? Do you often blame others for your unhappy circumstances of experiences? With your present understanding you cannot blame others "Ask not for whom the bell tolls - it tolls for thee." Now that may come as a shattering revelation, but it can also be life's most glistening hope, because those same thought forces that create failure, unhappiness and discouragement can also allow you to experience success, fulfilment and hope. It is so easy to have what we want - to have it all. Success is within the reach of everyone, in the discovery that altering the attitude of mind can and does alter you life.

ENTHUSIASM..... Always keep your goals in sight. Know that you can do anything within your range of possibilities. Obstacles don't have to be road blocks "Where there's a will, there's a way" You can always find a way over, around or through any obstruction. Often, after you have been through an adverse situation, you may discover that the effort you made to pull through has strengthened you, and that strength has added to your character. For any worthwhile achievement you must be willing to pay the price, which might include going the extra mile with your work, and perhaps a sacrifice in some areas. You will surely need plenty of patience and faith as you surrender to what you need to do to achieve your goals. Persistence and lots and lots of endurance are the keys to obtaining what you want in tile. It is human nature to tend to 'follow the line of least resistance' - to do what is obviously easier. So it's important to 'keep that fire burning' - keep that driving urge going You need to generate the power to get you on the move, to produce that 'drive' so necessary to get you where you want to go. That 'drive', that energy, that power all comes from the Spirit within it's called enthusiasm. You can lift your Spirits - don't rely on others to help you get your enthusiasm up! Get busy - start your own plan of action and help yourself. Sure, you will receive help along the way, from your friends, family, situations and events - but YOU and you alone will always be the powerhouse, the driving force, the reactor, the source of your enthusiasm. So... what counts is how you're feeling about what is happening to you and around you. No thing, situation or person can ever lick you - unless you allow it to happen. Remain in control of your feelings, hold your positive attitude and your goals always in sight and remember - **ENTHUSIASM WILL ALLOW YOU TO DO ANYTHING**



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