

Get To Know Yourself

Do you wish you had the perfect husband/wife/house/car? Well even that may not make you happy. Happiness comes from inside you. Once you get to know yourself, you can find this true feeling of happiness.

When you have time for yourself, you will be happier. Don't over-extend yourself. Staying up late just to do laundry, or skipping breakfast is not good for YOU! If you don't get enough sleep, or eat right how can you take care of everybody else?

Take some time for yourself. A long leisurely shower, a nice walk after dinner. Stop during the day and breathe deeply. Even once or twice can make a difference.

Once a week, don't cook. I always order a pizza or two.

Spend some time doing nothing. Watch television for a few hours. Watch the sun go down. Or drink a nice cup of green tea.

This way you can unwind, relax and you will be more patient with everyone, especially the kids.

Talk about your accomplishments. If you volunteer as a girl scout leader, as I do, you can even add that to your resume.

Are you involved in the PTA? Get to know the parents at your kids school. This can help with attendance at the meetings.

Most people care what others think of them. Women are always looking for positive reinforcement. They will help with an after-school project just to be told they are super. But don't do too much. You can't be everywhere for everyone. Always remember your own happiness comes first.

Everyday recall your accomplishments. Don't worry about other peoples opinions. Before you go to bed think of all the good things you did that day.

What makes you happy? Shopping, reading, cooking? Go to a bookstore, walk through the aisles. Maybe something will click and you will be inspired. Maybe you can find a new hobby.

Learn to say "no" and not feel guilty. If someone asks you to run an event for them and you are put on the spot, say I have to check my calendar. Don't say yes too quickly.

Listen to your inner voice. It usually is right.

Try to stay upbeat. Pessimism is not good. If you try to keep those negative thoughts out of your head, there is more room for the positive ones!

Always tell yourself that the new day will be better. Take notice of the flowers blooming, the blue sky, the warm air on your face. Don't focus on the broken sidewalk, the ceiling that needs painting. It can wait. Give yourself some credit for throwing away those cigarettes, for good. If you treat yourself half as good as you treat everyone else, you will feel better, fast.

So, take charge of your life right now!

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