

## Self – Help

The amount of "self-help" modalities, books and resources has skyrocketed since I first studied kinesiology 25 years ago. Although I certainly see this as a positive thing, I am concerned that too many people have become focused **only** on what is "wrong" with them, with the expectation that with enough "work" they will finally be perfect. I hate to burst the bubble, but we are all here to make mistakes, learn and grow. We can always find something wrong or something that needs to be fixed or changed.

I offer this suggestion: spend some time focusing on the *positive qualities* that you already have, on what you are proud of or what you are good at. Give yourself a pat on the back each day, not from an ego place, but from an observation place. Be aware of your positive qualities, talents, values, abilities, passions and accomplishments.

OK, I'll start. I am proud of my ability to create beautiful jewelry. I love knowing that someone enjoys wearing something that I made. While bead weaving, I feel that I am in a calm, meditative state. It is so great for my soul! Even if I never wore, sold or gave away my jewelry, I would feel such a sense of peace doing something that I love.



If you like looking at jewelry, feel free to browse at:  
<http://www.gingerbeaddesigns.etsy.com/> or  
<http://www.mustlovebling.etsy.com>

Now, tag...you're it. Tell me about what's "right" with you!

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