

GIVING YOURSELF CREDIT

Now maybe it's time for you. You gave all year long, each day of yourself. Giving to children, nieces, nephews, elders, aunts, cousins, siblings, friends, neighbors, co-workers, and significant others and pets, of course. You may have given until it hurt and then some. When is your time? The time you thank and appreciate yourself for a job well done. The time you take to meditate for a moment. To get some sunlight on your face. To go for a walk. To take that bath with essential oils. To read that story you have been wanting to read. Do you take time each day to note all the things you do accomplish and give yourself credit? Do you make time to think kind thoughts about who you are and what you create?



"Failure to accord credit to anyone for what he may have done is a great weakness in any man."
William Howard Taft

"We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?"

-Marianne Williamson



Give yourself credit all along the way— don't wait to be finished!
-Anonymous



Some people like to take moments in their day to meditate, to do yoga, to pray, to sit and clear their mind and think of nothing. Others write in a journal and may include a gratitude or triumph list in their daily routine. They put down anything going well in their life, anything they or other's appreciate about them. They may include any big hurdles they overcame like ridding themselves of an addiction, mending a relationship or starting an exercise program.

Some people say affirmations throughout the day. "Every day, and every way I get better and better" was what Mensendeker said years ago as his positive affirmation. "I am fine the way I am", "The planet is a safe and peaceful place", "I will be part of the solution." These are some. What would your positive affirmations be for yourself, your loved ones, the country, the world? Please let us know, we would love to hear them. End the year noticing what you did do. You can always finish the rest of your goals next year. That's why you're still here. You don't have to finish them all at once!
Blessings and peace for a lovely ending of the year. And a fresh start for 2012.



"Trust in yourself. Your perceptions are often far more accurate than you are willing to believe."
-Claudia Black



Things to Give Yourself Credit For:

- Being consistent and conscientious in your work, inside or outside the home.
- Being a good friend. Being loyal, dependable, and caring no matter what the situation.
- Being a loving family member. Putting those you love first, often ahead of yourself.
- Taking care of your physical health. Eating well and exercising as much as you can.
- Acting responsibly. Behaving responsibly or exhibiting responsible attitudes about finances or education.
- Making positive gains in any area!



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