

# Start Your Day In A Confident Way

By Linda Ingleson



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Start Your Day In A Confident Way is a book of short stories, quotes and exercises for you to complete.

By working through these you will improve the start of any day.

Read them often and in any order, they all have a message inside.

Life is very precious and it's your responsibility to get the best out of each and every day.

Have a wonderful day – each and every day.

Be Confident.....

*Linda*

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## Introduction

This little book is to help you on your journey each day; it will kick-start your day by improving your attitude, your state and your motivation.

Give YOURSELF some time and a chance to start your day, rather than having your day started for you, by someone or something else.

In this fast way of life, everyone's time is so precious and most people think they haven't got enough time. I would question how you are spending this very precious commodity. Jobs and tasks will still be around when you are not so start giving you some special consideration and give yourself time to get into the right state for the day.

Value yourself and know your self worth and what you give to the world around you. Starting off the day in a positive and confident way from the moment you wake will have an impact on you for the rest of the day.

A good way to get going is by completing the ***moving and breathing exercise*** first thing. Get out of bed and stretch, shake up your body and take some good clearing out breaths.

Take in a good deep breath, breathe in through your nose, hold for a few seconds and slowly release out through your mouth. This gets rid of all the toxic breath that has been stored all night. If you do this for a couple of minutes or at least 3 big breaths, you will already have started oxygen pumping around your body, and into your brain.

Do something fun, be light, let go of heavy thoughts and feelings. Run downstairs or to the kitchen for a glass of water. This gets your blood flowing around your body.

I personally jump out of bed, and go downstairs and out onto the patio, and unless it's really raining hard, I put my head outdoors to do my breathing. That provides me good clean air, not the stuff that has been recycled around my bedroom all night.

Also the rushing downstairs has got my body mobilised and limbered up.

## **Gratitude Attitude**

It's a fantastic thing to do, thinking about all the things to be grateful for in life. And there really are so many when you lift the cover off and start to really think about it.

Look at people in and around your life. All the opportunities that there are in life together with the challenges that arrive every day to stretch you and use all of your experiences.

Appreciate all the good things in your life, your family and friends, and all the people you love or care about. Next consider all the great things in your life, health, food, shelter, happiness, love, peace, and ambitions.

For example, you may go in the shower each day and water comes out of the nozzle. How wonderful is that. Think of all the people in the world that would like to just have a glass of water, let alone that your shower water is clean and hot. How many people walk miles a day to get a bucket of water to live on. So yes, you can be very grateful, and you may look in your fridge for the milk to go in your morning drink and thank the heavens above that you can afford milk, that you have a fridge to put it in, that you have constant electricity and a place to sit whilst you eat or drink – without fear.

So for me personally, it is an essential part of my day, that way I find that I don't get hung up on the trivial things in life. I put it in perspective and get on with most things.

I recommend you start this as a daily routine too. It is beneficial to say out loud all the things you are grateful for, no matter how big or how small. Go for a walk and say it whilst walking, say it to the dog, say it to the mirror, say it to the open air, but make sure you say it. It will increase your energy levels and passion for the day.

Keep a small book by your bed where you can write all the things you are grateful for. Do this on one side of the book and on the other side write down all the things you are grateful for in the future (as if they have happened). Try it.

You will enjoy life and get the emotions that go with the feeling of being in control when you go through this short exercise. It's amazing how quickly the routine becomes easy to go through.

## Start Your Day with a Visualising Exercise

Ask yourself what you are excited or passionate about.

Challenges

Opportunities

People

Places

Tasks

Business

Work

Hobbies

Then visualise them exactly as you want them to be – focus on the positive picture

Get a really clear view of what it is you are focusing on. Make it bigger and brighter, and then bring it closer to you. Hear any sounds that are associated with the picture and the feelings of what it would be like to be in the picture right now.

Now zoom the picture out so it is in the distance. See it with all the associated people, places, environment, all the colours and sounds and even smells. Get all of the excitement or passion or laughter as if it is happening. Now draw it to you slowly and enjoy seeing the picture come closer to you with all the sounds and smells associated. Make it bigger and brighter and then hold that picture in your mind, hold it close and feel it so strong that you imagine you are there almost touching things in it.

Now I want you to anchor this feeling. before you let your vision clear of the image. With your thumb and finger take hold of your earlobe and press it whilst keeping the image so big and bright and clear and close to you. Hold for 3 seconds and then let go. This will create an anchor for you to recall this feeling anytime you desire. All you will do is take hold of your ear lobe exactly as you have just done and recall that wonderful state, then enjoy the feelings.

## **Staying Positive**

Don't read a news paper or watch the news first thing in the morning if the effect it will have on you is negative.

Be the gatekeeper of your thoughts! What is going on in the world does not have to impact on where you are in your life. Your individual life is completely different to everyone in the world.

The effects of the negative information coming to you will take your power if you let it.

Whatever the state the economy is in, it does not have to be your reality.

If you focus on you or you focus on what you want to do you will draw it to you

Focus on your life and your requirements

Control your state

Whatever you focus on you feel

The moment you wake up use your journal and write what you want to create in your life.

You will find the answer to your questions in your thoughts.

## **Start Your Day With A Warm Up**

Let your day warm up with the right fuel, positive and confident thoughts and actions.

You wouldn't turn the key in your cars ignition, ram it into gear and take off (and if you do, you will soon have engine problems). Your car engine needs the oil to pump around the whole engine, get it lubricated ready to work and perform to maximum potential. So you give it a few minutes to 'warm up the engine' for longer life, better performance and fuel economy. Well how about you give your body the same degree of care and attention, because unlike your car, you are not able to pop it into the repair shop for a new engine.

You only have one body, look after it and get the best performance out of it. If you start the day well, you will have the correct state for the rest of the day. You will be in a different frame of mind to what you could have started with if you were sluggish. Your life will take on a different attitude, you will want to achieve so much more, and the more you do achieve the happier you will feel.

It's a loop, exactly the same as if you were in a bad state, that's a loop of unhappy, unmotivated, unproductive and people will avoid you, which in turn will put you in a worse state.

Break the habit of starting the day in a negative way. Start looking at the best way to kickstart your day in a confident way.

When someone asks how you are, give a real and honest reply. Most people say

"Fine" or "Not bad"

**No! No! No! - How negative is that.**

Give a real reply, "I feel great today I am so happy with life" "I have a great day planned with some terrific tasks"

Or

"Terrific thanks, I hope you are feeling as wonderful as I do today" and that kind of comment is infectious, it will help to stimulate another person who may not be at the peak of their day.

## Seasons

*There is an autumn of the inner mind*

*Leaves will drop, It will be painful*

*You have lived with these old leaves for so long  
that you will feel that you are losing something*

*Then there will be a winter of waiting,*

*an inner winter, when you will be nude,*

*with no leaves, a naked tree against the sky*

*and you don't know what is going to happen to you.*

*Now everything has stopped, all movement is gone*

*This has to be passed, because then there will be spring,*

*New leaves will come, new life, new flowers.*

*A totally new dimension will appear within you*

*Autumn is not against the spring; it is just the beginning of it.*

*The gap is also necessary, because in the gap you become ready*

*The old has left.*

## **How to Boil a Bullfrog**

Years ago some scientists did a simple experiment on a bullfrog.

They threw a bullfrog into a container of boiling water, and the bullfrog instantly popped out of the boiling water.

Next they put the bullfrog into a container of cold water. The bullfrog liked it and stayed in the container.

The scientists then turned on the heat at the bottom of the container. As the water got warmer, the bullfrog relaxed and took a nap. The bullfrog was so comfortable that it stayed in the container and was "cooked".

**The moral of the story** – You may be in the "grey zone". You may have a house to go home to, a nice bed to sleep on, and food in the fridge, a group of friends to mingle with, along with some basic necessities of life. You have worked hard to get to where You are now. So why should you change this?

The truth is most of us are like the bullfrog, we refuse to get out of our grey zone, and prefer to stay where we are regardless of whether it is satisfying and fulfilling or not.

In life we are either creating or disintegrating. There is no such thing as "staying static", because there is always movement. So if you are not moving ahead in life, you must by nature, be moving in the opposite direction.

Can you think along those lines to see where you are in your life and if there are changes you want but you are not unhappy enough yet to do anything about it? Give this some thought.

Happy thinking!

## **The Wardrobe**

One day you are looking in the wardrobe for something to put on that day and it is so full of tired, worn out clothes that either don't fit you or give you a look you don't want any more, you are always uncomfortable in these clothes now. You decide that you want to have some really new clothes that make you feel good and look great, so off you go shopping and get some fantastic outfits that fit you perfectly and you feel wonderful when wearing them. They are the style you want now, not the old style you always had, out of habit.

You get them home and squeeze them onto the rails of the already overfull wardrobe.

When you go to the wardrobe the next time to look for something special to wear, you can't even see the new clothes, so cluttered up by the old stuff, so you drag out an old outfit that you are not really keen on but it's there, in your hand, readily available. You don't feel comfortable all day but you don't bother to go and get changed, what's the point, it's the one you have always worn.

Then one day you have a thought, what about if you were to throw out ALL the old clothes that don't serve you well anymore, then you would have space in the wardrobe. The nice new, well fitting, comfortable clothes will have a chance to shine out and show you just how good they look and what they can do for you if they get a chance to be worn.

You see, you are totally unable to separate the old from the new when it's all squeezed in there together. Clean out the entire old negative unwanted stuff, before you look for something new, that way, it has a chance to be seen and valued. Just let go of the past negative emotions, destructive habits and all the baggage that it brings with it.

## Attitude

I wanted to share this event with you, because it may help you to be aware of your actions.

I was in a taxi in London last wee. I smiled as I got in and politely gave the address of my destination. It takes me a little time to get in as I walk with crutches, so it was not a good start at the driver snarled at me to hurry up and get in. He had a deeply frowned face and couldn't wait to tell me how bad his life was. That's ok, it's good to talk, only he wasn't talking, he was having a good old rant and moan and was very bitter with it. He told me he had to work 5 days a week now and he didn't like that. He also said he liked to stay at home more and watch the Television.

After several rants about customers not spending money on taxis or giving decent tips, he changed the subject to his daughter. She is apparently getting married and he had always promised he would pay for her wedding. Ah Ha, that had conditions attached. He said he wouldn't have offered if he had known the credit crunch would happen. Hmmmm, I wonder how many of us wouldn't have done certain things if we had known.

Anyway, back to the story. His beautiful, special, and only daughter was excited to be getting married and Mr. grumpy was doing his best to pour cold water on the idea. He was really getting agitated and going into a spiral dive.

I managed to get a break when he stopped for air and I started to point out how wonderful it was that she had chosen this time to get married whilst there were so many opportunities to get a bargain. With so many people wanting the limited business it was going to be a great time for negotiating really good prices. All the wedding dresses would be discounted because so many people would be delaying their wedding with other things going on this year.

Restaurants and venues would be plentiful because of the lack of people going on weekend breaks, with the credit crunch biting. So many areas where money would be saved or better facilities for reduced costs. What a magical time to get married.

We then went through various other areas of his life and I put a positive slant for him to view in different ways, not just the black hole of negativity.

When I reached my destination I gave him £12.00 for the £10.50 trip. He snatched the money wholeheartedly and said "You are a fabulous person, you have really brightened my day by getting me to look at things from a different angle." He then went on to tell me that in future every time he felt down he wanted to ring me so I could cheer him up - then he asked me for my phone number!!!

He never once asked what I do for a living, if I could manage to get in and out of the car easily or where I was from, yet he wanted me to be there for him, for free, anytime he wanted.

Obviously he never got my phone number or name. I got out of the car and went into the entrance of the building I had come to visit.

I was meeting my best friend and her husband. He had just come out of the hospital the

day before after his third major operation for cancer in 18 months. He had also been through the Chemotherapy and radiation during last autumn and then the cancer spread. Very sad as he is one of the nicest people I know.

When I entered he radiated a wonderful smile, looking so glad to be alive and the first thing he said was "how are you doing? Was it a comfortable journey?" We chatted on and he was witty, interested in what was happening to others and everyone around him.

I had traveled over 200 miles to visit him and it was going to be a short visit and a quick return back up north, another 200 miles.

So which kind of person are you? A grumpy, miserable, unhappy, moaning and selfish person or a bright, lively, thoughtful, caring, positive and glad to be alive person?

I know who I would want to be around.

Think about the effect your attitude has on others.

## **Destructive Behaviour**

"If you always do what you've always done

You always get what you always got"

I want to ask you a question. Do you follow a pattern of behaviour that always gives you the results that you don't want?

Most of the time we do not know we are doing it because it has become a 'habit'; and in some cases, a very bad habit. Habits can be hard to break or change but you can change them if the desire is there and the outcome is worth the effort. You have to want to change. This is the trigger to get you started. I had many habits to break and much of my destructive behaviour had become embedded in my life for so many years, it seemed a daunting task to start the process of change.

Even something like biting your nails, it's a habit and has to be replaced by a good habit in order to change. And the good news is that this is possible and once you learn the technique you can apply it to all habits.

If you are thinking or feeling that it would be so hard to change the way you are, or that it would be difficult to behave in a different way, let me tell you - IT IS NOT. All it takes is the desire to do it and then take action and just do it. Sometimes it's hard to make the decision to change and after you have changed something, you wish you had done it years ago. It's a similar feeling changing all your old negative destructive habits and patterns.

Maybe you have identified areas that you want to change and you have even taken some actions now. For instance, you signed in to get these emails to help you. That's a positive step in the right direction. Keep the momentum, you are doing great.

## **Habits Can Kill**

A scorpion wanted to cross a river. He saw a frog by the side of the river. He asked the frog to help him cross the river. The frog refused and said, "I am not willing to sacrifice my life to bring you across the river because I know that you are poisonous and will sting me when you have the chance".

The scorpion pleaded with the frog and convinced the frog that he would not sting the frog if the frog agreed to help him. Moreover, if he stung the frog, he would also perish in the river.

The frog finally agreed to help. The frog swam across the river with the scorpion on his back. When they reached the middle of the river, to his surprise, the scorpion gave him a fatal sting.

With his last breath, he asked the scorpion, "But, you promised not to sting me. Now both of us will perish- why?"

To which the scorpion replied, "I just can't help it, it is my habit".

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## **A Million Dollar Lesson**

A cab driver taught me a million dollar lesson in customer satisfaction and expectation. Motivational speakers charge thousands of dollars to impart his kind of training to corporate executives and staff. It cost me a \$12 taxi ride.

I had flown into Dallas for the sole purpose of calling on a client. Time was of the essence and my plan included a quick turnaround trip from and back to the airport. A spotless cab pulled up.

The driver rushed to open the passenger door for me and made sure I was comfortably seated before he closed the door. As he got in the driver's seat, he mentioned that the neatly folded Wall Street Journal next to me for my use. He then showed me several tapes and asked me what type of music I would enjoy.

Well! I looked around for a "Candid Camera!" Wouldn't you? I could not believe the service I was receiving! I took the opportunity to say, "Obviously you take great pride in your work. You must have a story to tell."

"You bet," he replied, "I used to be in Corporate America. But I got tired of thinking my best would never be good enough. I decided to find my niche in life where I could feel proud of being the best I could be.

I knew I would never be a rocket scientist, but I love driving cars, being of service and feeling like I have done a full day's work and done it well. I evaluate my personal assets and... wham! I became a cab driver.

One thing I know for sure, to be good in my business I could simply just meet the expectations of my passengers. But, to be GREAT in my business, I have to EXCEED the customer's expectations! I like both the sound and the return of being 'great' better than just getting by on 'average'"

Did I tip him big time? You bet! Corporate America's loss is the travelling folk's friend!

Lessons:

- Go an Extra Mile when providing any Service to others
- There is no good or bad job. You can make any job good
- Good service always brings good return

## **Burning the Boats**

Fernando Cortes was born in Spain in 1485. He left home at the age of 14 to study law at the University of Salamanca, but his ambition in life was to become a conquistador, or conqueror, as well as an explorer.

In his twenties and thirties, had had many adventures around the seaports of Cadiz, Palos and Seville and eventually joined forces with another explorer called Diego Velasquez. Together, their goal was to conquer the Aztec capital city or Tenochtitlan.

Cortes and his team of some 500 soldiers set off in the year 1519, and having landed at a village that Cortes later named Veracruz, he soon realised that some of his men wanted to return to Cuba, rather than facing the journey ahead – they would have to navigate some 200 miles of jungle and swampland prior to attacking the fortress city itself, which was surrounded by water.

Expecting mutiny from his men, Cortes took the bold and unexpected step of ordering all their own boats to be burnt. With no way to retreat, the soldiers had just two options left – to fight or to die.

The expedition duly went on to fight the Aztecs and successfully conquer Tenochtitlan, which later became known as Mexico City.

### ***Moral of the story***

Sometimes we only move out of the grey zone when there are no other options

## **Do you LOVE yourself?**

You may not realise it without thinking about it, but if you are not looking at yourself as the truly remarkable person you are, then maybe you are conditioning others to not look at you as the truly remarkable person you also.

A good exercise might be to list down all the really great things about YOU. What you do really well, one of your best features, some of your great talents, one or two wonderful things you have done recently and lastly, a look in the mirror to see into those eyes, the windows to your soul. How wonderful you are, what a terrific thing that you are here on planet earth to make this a better place because of your existence.

Please write your list, and avoid anything negative at all.

Love doesn't always have to be romantic love. I love my grandsons little dog, basil, because he makes me laugh and is so energetic. I love my friends, all for different reasons, I love to see the morning sun rise in the sky when there is blue and orange mixed together, it makes me feel good to be alive and I love myself because I am a special person. Can you think along those lines and come up with a handful of reasons why you love yourself and all the other things you love.

There is a lot of doom and gloom in the world right now and I want you to take this opportunity to say right now that its not all doom and gloom and that you do feel good about yourself, no matter what is happening around you. Shoulders back, head up, deep breaths in and out, there you see, its easy when you take a moment to yourself.

## **One of These Days**

There was a young boy who wanted to do many things.

When he was small, he said, "One of these days, I am going to do this and that, and then I will be happy."

But he did nothing. Later, the boy said, "Wait until I finish my studies, I am going to do this and that, and then I will be happy."

But when he finished college he said, "Wait until I get my first job, I will do this and that, and then I will be happy."

But when he started work he said, "Wait until I get married and then I'll do this and that, and then I will be happy."

But when he got married he said, "Wait until the kids get out of school, I will do this and that, and then I will be happy."

But when the kids got out of school, he said, "Wait until I retire and I'll do this and that, and then I will be happy."

But when he retired, he said that it is too late to do anything now!

How does he see himself now? He sees himself as an old man and life has gone by in front of his eyes.

Does this story resonate with you?

Procrastination is a disease, and it can be a deadly habit. We have to realise that the only time that we have is "NOW". Make use of today as if there is no tomorrow and you will have more time to do things tomorrow when it arrives. To be successful and to avoid procrastination, it is crucial to have well planned goals with time lines attached. Soon we will be working on your goals, think about what it is you want. What you really, really want!

## **Wait For The Brick**

A young and successful executive was travelling down a neighbourhood street, going a bit too fast in his new Jaguar.

He was watching for kids darting out from between parked cars and slowed down when he thought he saw something.

As his car passed, no children appeared.

Instead, a brick smashed into the Jag's side door!

He slammed on the brakes and drove the Jag back to the spot where the brick had been thrown. The angry driver then jumped out of the car, grabbed the nearest kid and pushed him up against a parked car, shouting, "What was that all about and who are you?"

Just what the heck are you doing?

That's a new car and that brick you threw is going to cost a lot of money. Why did you do it?"

The young boy was apologetic. "Please mister ... please, I'm sorry... I didn't know what else to do," he pleaded.

"I threw the brick because no one else would stop..."

With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car.

"It's my brother," he said, "he rolled off the curb and fell out of his wheelchair and I can't lift him up."

Now sobbing, the boy asked the stunned executive, "Would you please help me get him back into his wheelchair? He's hurt and he's too heavy for me."

Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat.

He hurriedly lifted the handicapped boy back into the wheelchair, then took out his fancy handkerchief and dabbed at the fresh scrapes and cuts. A quick look told him everything was going to be okay.

"Thank you," the grateful child told the stranger.

Too shook up for words, the man simply watched the little boy push his wheelchair-bound brother down the sidewalk toward their home.

It was a long, slow walk back to the Jaguar.

The damage was very noticeable, but the driver never bothered to repair the dented side door.

He kept the dent there to remind him of this message: Don't go through life so fast that someone has to throw a brick at you to get your attention!

God whispers in our souls and speaks to our hearts. Sometimes when we don't have time to listen, He has to throw a brick at us.

It's our choice: Listen to the whisper ... or wait for the brick!

## **Risks**

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas and your dreams before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

The person who risks nothing, does nothing, has nothing, and is nothing.

They may avoid suffering and sorrow,

but they cannot learn, feel, change, grow, love, or live.

Chained by their attitudes, they are slaves, they have forfeited their freedom.

Only a person who risks is free.

## **Two Frogs**

A group of frogs were travelling through the woods, when two of them fell into a deep pit. When the other frogs saw how deep the pit was, they told the two frogs that they were as good as dead.

The two frogs ignored the comments however and tried to jump up out of the pit with all their might. The other frogs kept telling them to stop, that they were as good as dead.

Finally, one of the frogs took heed to what the other frogs were saying and gave up. He lay down and died.

The other frog continued to jump as hard as he could.

Once again, the crowd of frogs yelled at him to stop. But instead he jumped even harder and finally made it out.

When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

### **This story teaches two lessons:**

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them.

### Today - think of this...

Be careful of what you say. Speak life to those who cross your path.

The power of words... it is sometimes hard to understand that an encouraging word can go such a long way.

Anyone can speak words that tend to rob another of the spirit to continue in difficult times. Special is the individual who will take the time to encourage another.

## Clearing Out The Clutter

When I looked out of my bedroom window at 6:00 a.m. on Monday morning, the whole view was full of deep snow. I could hardly see where the car was on the drive. Whilst the TV news shows were busy filling everyone with doom and gloom, I decided to make the most of this wonderful opportunity

I didn't go the gym so I thought some sit ups on the bedroom floor would be a great start. Whenever I do exercise first thing in the morning I feel totally energised all day. It also stops me rushing straight to the kitchen to eat things I will later regret. Instead I do exercise, just a few minutes is enough for me, then a fabulous bowl of fresh fruit chopped up - another kick start to my day.

Because I was unable to go anywhere due to the heavy and deep snowfall I thought it would be a great day to clear out the clutter in my life. I started with the wardrobe and being ruthless by chucking out anything that I haven't worn for a year, anything that looked shabby (I confess to being a hoarder) anything with missing buttons or needing repairs, and anything that was really out of date.

Then it was the turn of the shoes that I bought in a sale because they were a good bargain but they were uncomfortable to wear! (Come on, you can all confess to an event like that, I bet). They all went in the charity bag and lastly all the clothes, scarves, bags and accessories that made me look tarty or frumpy.

I felt brilliant when I had finished that. Next was the dressing table and cupboards, full of all the lotions and potions, creams and jars of dreams. Yes, I am a big collector of anything that is sold to make me 'last longer'.

The laundry shelves were next. All the bedding that really had seen better days (and nights), towels that were no longer white or fluffy (most of mine felt like a loofer or back scratcher). Now I was really motoring and still wearing my pyjamas, what a busy start to the day. Into the kitchen now, but not for breakfast, no, it was to clear out the cupboards of all the jars of pasta sauce that were months past their sell by date. And lots of other stuff that was never going to be used. Do you have anything like that in your kitchen cupboards?

By the time I stopped for my mid morning tea break I felt brilliant. A good clear out is essential to make room for all the great things coming into life. That means emotionally too.

I sat with my steaming hot cuppa writing about my feelings. I always have a little book on the go, filling it regularly with my brain dump of thoughts, feelings, emotions and ideas. That little book has brought some wonderful benefits to me and i strongly recommend you always have one handy.

Some things I write about move me forward. I can say how i feel about things I have done or seen or felt and i can always learn from it. It's not like a naughty school report, its to record everything i feel like noting. If have i have done something really great and it made me feel terrific - i write that too.

The reason I sat doing this after my clear out in the house, was to also do an emotional clear out. When i write it then it is out of my unconscious mind and its closed off as resolved in my mind. The unconscious mind will always hold onto unresolved issues and it will keep bringing them back into focus trying to resolve them.

So a great way to address this situation is to put them down on a piece of paper and then

let them go. Just like clearing out the clutter, it creates space. Its especially helpful to do this at the end of a busy or stressful day to enable sleep to come peacefully. Emptying the jumble of the day helps you relax and let go of the stress that has built throughout the day, allowing you to enjoy good quality sleep.

Sleep is essential to repair the mind and body so please make sure you always get good quality sleep every night. That doesn't mean lots of hours, it just means good quality for the hours that you do sleep.

Now, back to my tea break! I then got out my goals book and reviewed them all again. I added some new ones and deleted the completed ones. I wrote a list of actions i want to complete during February. By the time I finished all this I felt so inspired, positive and motive to go on and achieve.

Suddenly it was not a bleak winter's day, it was a golden opportunity and I took it.

Opportunities present themselves in many ways. Be sure to look at events in a positive way so you never miss that special one that comes your way. Sometimes it can be a life changing event, and sometimes it is a new road to travel - ultimately taking actions improves your life.

Where ever you are in the world, take a look at what you are doing and look for ways to improve your confidence.

***Clearing out your emotional clutter is a great start.***

## **There Is Something Better**

In 1938, while still in school, Soichiro Honda took everything he owned and invested it in a little workshop where he started to develop his idea of a piston ring. He wanted to sell his idea to Toyota Corporation, but was turned down by Toyota.

He had to go back to school for two years as a result of his failure. With sheer persistence, after the two years Toyota gave him the contract. As the Japanese government was preparing for war, he was not given the concrete needed to build his factory. Because of this he created his own form of concrete and managed to construct his factory.

Unfortunately, his factory was burned down twice and major portions of it was destroyed. Then, a major earthquake destroyed his factory and he finally decided to sell off his piston ring factory to Toyota. After this, he tried a few other business ventures but did not have any success.

In 1947, after the war, there was a gasoline shortage in Japan. He could not use his car, so he thought of an idea to attach a small motor to his bicycle. His neighbours were impressed with his motorised bicycle, and asked him to make one for them. He finally ran out of motors, and decided to start a factory to build his own motors. In order to raise funds for his factory, he wrote to 18,000 bicycle owners and received 5,000 replies to provide him with the necessary capital.

When the motorised bicycles were manufactured, the sales were not as expected because the motorised bicycles were too big and bulky. Later, he came up with the idea to improve the motorized bicycle, and finally introduced to the world the “Honda Cub”.

### **Morale of the story**

We can see from Mr. Honda’s story that he was a man who had a *burning desire* to succeed. He took *action* and hung on to his purpose although he met with many obstacles. His main goal of becoming successful in the piston ring business was not fully realized since he had to sell it to Toyota. But after the setback and challenges, he stumbled upon something better – the motorized bicycle. This story teaches us two things: Firstly, it is indeed true that everything happens in our life for a good purpose. Secondly, every great achievement began with an *IDEA (a thought)*

## **The Journey**

Let's assume you want to go somewhere about 1000 miles away. You have no vehicle and you can only set off walking in the hope that you will be able to hitch a ride.

There is risk involved.

You have made a gesture of intention, faith and determination and can see where and what it will lead to.

The alternative is to stay at home and do nothing, decide that the journey is impossible; the destination can never be reached.

With this there is no gamble, you can be quite sure that nothing will change.

***So which is it to be?***

## Changing Your State

Do you ever have one of those days when everything appears to go wrong and everyone around you is doing something or saying something to irritate you?

Have you every wondered why this happens?

It's usually a change of state that has occurred. Let me explain by telling you a recent event of mine.

I woke up particularly early because a truck was reversing in the area where I live and had one of the loud 'I am reversing bleep bleep' horns going. Clearly I hadn't had the sleep I required, not a great start to the day.

Normally I jump out of bed when I wake, and I always wake naturally, not with an alarm. I do sit ups straight away to get the blood pumping and then pop to the kitchen to make a hot drink, usually hot water and lemon because I find it kick starts my day.

Now on this particular day, I didn't feel I had the energy to get out of bed and do sit ups so I bundled into my dressing gown and meandered my way to the kitchen. Not feeling very lively I thought I would have a coffee to get me alert. I brewed a lovely hot coffee and took it to the desk and put the laptop on. Another ghastly mistake. I put the coffee down on my pine desk and there wasn't a mat under it so it left a ring mark on the wood. (I really must get that desk waxed).

As you can guess, by now my mood was sinking quicker than a 50 year old elephant in quick sand. Definitely going down hill, which is unusual for me but it shows it can happen to any of us when we are least expecting it.

I got logged on and started reading my emails, whilst enjoying my lovely hot cup of coffee. After the junk mail was removed I got the real emails. The first one was reminding me to leave feedback on Amazon for something I had purchased. The second one was a receipt for a payment of £54.05 for something I had said I did not want. I followed their procedure to cancel the sale and here I was, in a grotty mood with a bill I shouldn't have. The emails started flying back and forth about the cancellation and after several contacts they agreed that it was 'an error' on their part. By now I was well and truly 'off kilter' with myself.

Was I in a good state? No, I was in a 'right old state' and I don't mean right good, I mean right bad..... and that's how easy it can happen.

When these events occur, as they do, it can build into something that does not benefit us whatsoever. Our blood pressure goes up, our ability to focus on good things in life and our contentment with life drops. I can spot these changes and get a grip of my state, and then

change it. Not everyone identifies this and it stays with them for the entire day, getting worse as the day progresses.

Once I established my state change I put a plan into action to change my current state to a more conducive one. I got my nice cup of coffee and walked out onto the patio. I looked at the little green buds making every effort to peek out of the heavy soil, I listened to the birds and thought how wonderful it was to be able to hear them, I looked up to the sky and saw a bit of sunshine working hard at burning through the grey clouds so it could shine for us all. I watched small insects scurry about the shrubs and bushes looking for breakfast and I thought 'what a lucky lady I really am'.

I am alive, I am healthy and I have so many opportunities at my fingertips. I have a wonderful family, lovely friends, a fluffy dressing gown and a hot coffee – what more could anyone want. I stood on that patio, took several deep breaths inhaling good quality air into my lungs and exhaling the toxic stuff that I had been building all morning. After releasing this I went back to my room, completed my sit ups and had a fantastic hot shower, washing away the remnants of a bad state. Then I felt really good. That was going to be the start of my day.

Now if I hadn't changed my state, my day would have been one disaster after another and I would have been tetchy and troubled. It doesn't take much to change your state to a more desirable one, a state where you feel at peace with yourself and have a good attitude. It really doesn't matter if an email has been sent in error, it's the way you handle it that counts.

If you detect a bad state coming on, or worse still, one that is hanging over you from another day, acknowledge it and think about what it is doing to you and all those around you, then change it. Get your gratitude attitude back out of the bedside drawer and feel good about yourself. Your day will improve 100% if you don't carry baggage all day.

I went to my office that day, chatted to everyone on the way, had a smile and cheery word for the postman and the parking attendant – all of which would have been so different if I had stayed grumpy and at the effect of bad start. That in turn would have had an impact on other people if I had let it. That is totally unfair to the world around me.

The next time you are feeling 'less than great' can I ask you to notice it, think about what is happening and why, and then what you can do to eliminate it. Instead of blaming others for the state we are in, why not look at what we do to change our states from good to bad and how easily we can revert back and enjoy life.

## **'if' by rudyard kipling**

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master,  
If you can think - and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it all on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breath a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,  
Or walk with kings - nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!

Rudyard Kipling (1865-1936)

## **Building Your House**

An elderly carpenter was ready to retire.

He told his employer-contractor of his plans to leave the house-building business to live a more leisurely life with his wife and enjoy his extended family. He would miss the pay each week, but he wanted to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favour. The carpenter said yes.

But over time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

When the carpenter finished his work, his employer came to inspect the house.

Then he handed the front-door key to the carpenter and said, "This is your house... my gift to you."

The carpenter was shocked!

What a shame! If he had only known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, a day at a time, often putting less than our best into the building.

Then, with a shock, we realize we have to live in the house we have built. If we could do it over, we would do it much differently.

But, you cannot go back. You are the carpenter, and every day you hammer a nail, place a board, or erect a wall.

Someone once said, "Life is a do-it-yourself project."

Your attitude, and the choices you make today, help build the "house" you will live in tomorrow. Therefore, build wisely!

## **I Promise Myself**

To be so strong that nothing can disturb my peace of mind.

To talk health, wealth and prosperity to every person I meet

To make all my friends feel that there is something worthwhile in them

To look at the sunny side of everything and make my optimism come true

To think only of the best, and to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

To give so much time to improving myself that I have no time to criticise others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world, not in loud words but in great deeds.

To live in the faith that the whole world is on my side so long as I am true to the best that is in me.

## **My message to you**

**I'm going to leave you with 12 Things to Always Remember**

### **And One Thing to Never Forget**

Your presence is a present to the world

You're unique and one of a kind

Your life can be what you want it to be

Take the days just one at a time

Count your blessings not your troubles

You'll make it through whatever comes along

Within you are so many answers

Understand, have courage, be strong

Realise that it's never too late

Do ordinary things in an extraordinary way

Have health and hope and happiness

Take the time to wish upon a star

And don't ever forget..... for even a day...

How very special you are.

**Hello again my Friend**

I sincerely hope you enjoyed this information and you are going to start looking at your life in a different way from now on.

This short book is just a starter to get you thinking and being aware of your habits.

Have a happy, contented, fulfilled and successful life

Kindest regards

*Linda*

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Linda Ingleson is

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