



Live Your Perfect Weight

Weekly Insights

June 22, 2009

LIGHTENING YOUR WAY

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.” – Mark Twain-

I recently read a book on dealing with negative people, which sorry to say I can't remember the title or author.... I actually bought the book to give to my daughter-in-law because she was dealing with some negative people in her life, and I thought it had some great tips that could help her. I wrote down several tips from the book, and added a few before I mailed it to her and these are what I want to share with you this week.

1. Free yourself from carrying a grudge or carrying hurtful words from others around with you, because they are a burden and will weigh you down.
2. Stay teachable, realizing that every challenge in life is an amazing lesson and will help you to grow and expand. It also helps you so you can help others.
3. Don't take advice from people who are negative and who are only looking out for their own best interest, not yours.
4. Think positive thoughts, and “think” for yourself. Don't get sidetracked and off the path toward your goals for yourself.
5. Take care of the inside (your heart and your mind) and the outside (your world) will take care of its self. First be good and then do good.
6. Discover your “true” self. Be reflective, be still, and as William Shakespeare said, “To thy own self be true, and then thou canst not be false to any man”.
7. Stop blaming others for your short-comings – own them, change them and become “who you have always been, and will always be” – your true, authentic self.
8. Give up your attachment to depression and sadness, and replace them with a positive, grateful attitude.
9. Learn Truth, Love Truth, Live Truth.
10. Take a leap of faith and know that all things are for your good – Let Go and Let God.
11. Think of others, and what you can do to make someone else happy,
12. Joy and pleasure both exist, but seek joy and it will create lasting happiness.

“Most folks are about as happy as they make up their minds to be” –Abraham Lincoln-

Till Next Time,

Rosemary Evans
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