

WORKPLACE WISDOM NEWSLETTER

THE WAY YOU SEE THINGS

Are you disappointed because you don't have the house you want?
Or the car? Or the job? Or the mate? Or the boss? Or the health?

Do you think you will be happier when you get to the next stage of life?

Do you feel that what you're going through is too hard to bear?

Do you think the thing that has happened has ruined you?

Well, let me help!

"Change the way you see things!"

The answer to our problems is not **TOTALLY** in our attitude,
but attitude is a **HUGE** part of restoring personal happiness.

1. **Clearly understand what you want.**
2. **Don't wait for happiness.**
3. **Tell yourself, "This, too, shall pass."**
4. **Wake up! Others have it worse.**
5. **Don't sit there; deal with your depression.**
6. **Realize that you, nor I, EVER may know the ultimate outcome.**

FOLLOW ME AS I ELABORATE ON THESE CHALLENGES:

*If you can't have what you want, dig deeper to determine if you, in fact, can not meet your **REAL WANT**. Don't get stuck on "this-and-this-only"!*

If you want a new house for "status", find other ways to satisfy "status". If you want a new house for the "fancy kitchen", seek to satisfy by purchasing new appliances.

Many of my childhood dreams have not come true, but I've realized other things can make me just as happy, if not even happier.

*"I'll be happy when our life settles down...or I get promoted...or I get married...or my children aren't toddlers any more." **Yada-yada-yada***

Stop! You are wishing your life away. You may not have a chance to enjoy tomorrow. Recognize all the things that are good **TODAY**. Life isn't perfect today...nor will it be tomorrow. **TODAY** is part of your journey. Don't miss all that is good about **TODAY**.

I've learned to thoroughly enjoy each day...the experiences I have and the people I meet.

Tell yourself, "I've survived things before, and I'll survive this also. This will pass."

Pain doesn't last forever. Sadness, eventually, disappears. Remember how you agonized over a test as a teen? Or getting along with your parents? Or surviving the loss of a loved one? Remember, the sun does not shine every day....but neither does it rain every day. THIS problem will pass.

When I look back, I know this is true. I've survived painful losses. I'm fine today.

Remember others have it worse.

Self-pity is self-inflicted unhappiness. To overcome it, start thinking of how fortunate you are. That's right! Count your blessings....one-by-one! Think of others who are less fortunate. Think about walking in someone else's shoes, carrying their burdens, or struggling with their concerns. You can do so much more good when you "get over yourself" and look "outside yourself".

A friend of mine works with orphaned children in Africa who find drinking water in mudholes. How could any of my problems be THAT severe?

Deal with depression.

If you suffer from long periods of sadness, seek medical assistance. Do it! However, most of the time, if you rechannel your self-talk every day, it will help you overcome your "blues" or "downcast" day. Watch what you are saying to yourself (in your head). Don't feel sorry for yourself. Get up and get going! Gain control of your emotions by finding someone who needs your help. Whatever you observe, get in the habit of seeing the "glass half-full" instead of "half-empty".

I helped an elderly lady today, and I - instantly - felt real joy. I saw her smile and felt her gratitude.

At the time, you NEVER know the ultimate outcome of a tough situation.

What has happened to you may turn out to be a GOOD thing (when you thought it was bad)! Ask yourself, "Can I learn something from this?" Maybe this tough experience will position you in a better direction, open a new door for you, make you sensitive to other people, or change you - in some way - for the better.

Johnny Mathis sang a love song: "On My Way to You". The message was this: "If I'd never had these things happen to me, I would never have found my way to YOU." Some paths that have seemed meaningless (or even painful) have taken me to mountain peaks with breathtaking views.

So, I encourage you to SEE things positively.

Others are watching you! Your attitude can be inspirational or disgusting. Be a joy...teach others...light the world around you.

"It's your choice!"

Carefully, choose how you "SEE" your world.

**Be an inspiration to those around you!
Your choices are far reaching and vastly influential.**

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