

A belief gives us a feeling of certainty about what things mean and who we are. It is not the events in our life that shape us, but our beliefs about those events. Often, beliefs are based on misinterpretations of the past. Many of our belief systems were created when we were young and didn't understand the complexities of life.

Unfortunately, these faulty belief systems follow us into adult life.

Beliefs and reality like to match. When reality starts to contradict a belief, tension is created and we are faced with two choices—change the belief system or change the reality. Because most of the time we don't realize we have a negative belief operating, we change our reality to match our faulty belief.

Many of us think that our circumstances prove our belief is true. What may be happening, however, is that our belief is bringing about the circumstances.

It takes believing in something to make it happen. If we don't change our negative belief we sabotage ourselves by staying in line with the illogical belief system.

If we don't like what we are feeling, change the belief! When we find a negative, outdated belief system ask:

Is this absolutely true today?

Is there anyway for me to look at this particular situation?

How would I be if this belief didn't rule my life?

How would I feel without this belief system?

Anytime we are feeling negative, we have an opportunity to search for the negative feeling lurking within us. Find that negative system, replace it with current truth. Beliefs cause feelings which cause actions, which cause results. Change the belief, change the results.

We are internally controlled verses externally. Anytime our joy is dependent on someone else, we are going to be disappointed. When we believe our emotional happiness is dependent on how others act, we will try to control how they act, what they say, etc. It is not up to someone else to meet our needs. **IT IS OUR JOB TO MEET OUR OWN NEEDS.** It is what we believe about ourselves we have to control. If we are not treating our self with kindness and love, don't expect anyone else to do it. We have shown them we don't think we are worth it. When people genuinely love themselves, they don't go looking for others to do it for them.

When we take responsibility for our own love, we will attract other love into our life. Our task is to make our own cake. What others give is not "needed" but it is enjoyed like icing. Most things we need are within us right now.

One way to start is to make us a priority. Take better care of us than ever before. First things first—fill us. We can't pour love into those you want to from an empty pitcher.

Not taking care of ourselves is procrastinating our work in the world. It is never noble to sacrifice our well-being for others. Often times over-giving is used to distract us from ourselves. Instead get busy helping everyone else—cleverly avoiding our own life.

Our goal is to love others from a place of self-care. They get our over-flow. We need ourselves. Taking care of our self is not selfish.

Learn the skill of creating our own joy. Give yourself credit for all the things you do and who you are. Make a list of the things you like about yourself.

If we think being alone is lonely, it is because we are not paying enough attention to our self. We need to notice and appreciate who we are and what we do.

Being mean to us should not be tolerated. Give a time-out if we are mean. Meanness creates dejection and insecurity. Finding self acceptance adds fuel to our tank and allows for other good things to occur.

It is important not to let feelings be the boss of us. Often we let our feeling run the show and what we want gets pushed to the side. Feelings need to be acknowledged but not obeyed.

When we start living from a place of what we want versus what we feel like, we gain control and our life starts reflecting our true desires. Each time we do something to prove a NEW MORE UPDATED BELIEF SYSTEM, the old belief is disempowered.

Don't let negative feelings which come from negative belief systems run our life without permission. Doing something which is difficult even though we didn't "feel" like doing it but we did it anyway, builds our self esteem.

Being too busy is never an excuse. It is the number one excuse for not taking better care of ourselves or going after our dreams. We choose other things instead of ourselves. Don't confuse busy with living your life. Try me first, busy second. Learn how to say NO, not to yourself but to other nagging obligations.