

Today's Thoughts: July 27, 2020: Resilience



Resilience

Resilience is your personal power, your inner strength that allows you to rise above difficult circumstances, and bounce back stronger than before the challenge! With such vitality, nothing can bring you down, or de-stabilize you.

Simple Exercise To Identify Your Hidden Fears

If you want to overcome and overpower fears that exist inside you, you have to first take a look at your feelings and hidden emotions. After realizing your feelings and emotions, you have to know how to manage them and finally correct or overcome them. Given below is a simple exercise that will help you to achieve that. This exercise will help you identify the conscious and sometimes sub-conscious (very subtle) fears that lie inside you.

Choose an area of your life that you feel is negative and needs some improvement. Now, ask yourself these three questions:

1. What do I really want, what is my aim and objective?
2. What obstacle/obstacles are stopping me from achieving my objectives?
3. What prevents me from dealing with or overcoming that obstacle?

For each fear that comes to you in response to the question no. 3, ask yourself the following questions:

- A. What is the worst that can happen, if what I fear occurs?
- B. What is the best possible result for me and for others, if I do it even though I feel afraid of doing it?
- C. Keeping in front of you the answer to question B and comparing it with the answer to question A will inspire you to overcome the fears that lie inside you.

What Weather!

When it's

too hot, we complain,
too wet, we complain,
too cold, we complain,
too windy, we complain.

The next time you catch yourself complaining about the weather, stop.

Remind yourself to enjoy the change. Appreciate the gradations within the heat, cold, wet etc.

When you stop complaining you can then do something to make the situation more bearable.

For example, if it's too hot, pour yourself a cold drink and then continue with your tasks!

Message for the day

The one with zeal and enthusiasm is constantly tireless.

Expression: Zeal and enthusiasm brings the willingness to move forward under all circumstances. Never are there any excuses given, whatever the difficult situations or challenges that one might be faced with. Instead whatever has to be done is done without any tiredness. Also the best is made out of all situations.

Experience: When I am able to be enthusiastic under all circumstances, I am able to be tireless. This tirelessness gives me the courage to move on and experience constant success. I become aware of my own resources and make the best use of them. So I also experience internal progress, constantly.