

Weekly Wisdom 1-27-2016

Wednesday, January 27, 2016

Happy New Year! Several years ago, I found this article titled, **30 Things to Start Doing for Yourself**, available at www.marcandangel.com/2011/12/18/30-things-to-start-doing-for-yourself/ . Here are my favorites:

2. **Start facing your problems head on.** -- It isn't your problems that define you, but how you react to them and recover from them. Problems will not disappear unless you take action. Do what you can, when you can, and acknowledge what you've done. It's all about taking baby steps in the right direction, inch by inch. These inches count, they add up to yards and miles in the long run.

3. **Start being honest with yourself about everything.** -- Be honest about what's right, as well as what needs to be changed. Be honest about what you want to achieve and who you want to become. Be honest with every aspect of your life, always. Because you are the one person you can forever count on. Search your soul, for the truth, so that you truly know who you are. Once you do, you'll have a better understanding of where you are now and how you got here, and you'll be better equipped to identify where you want to go and how to get there. Read *The Road Less Traveled*.

7. **Start valuing the lessons your mistakes teach you.** -- Mistakes are okay; they're the stepping stones of progress. If you're not failing from time to time, you're not trying hard enough and you're not learning. Take risks, stumble, fall, and then get up and try again. Appreciate that you are pushing yourself, leaving, growing, and improving. Significant achievements are almost invariably realized at the end of a long road of failures. One of the "mistakes" you fear might just be the link of your greatest achievement yet.

11. **Start giving your ideas and dreams a chance.** -- In life, it's rarely about getting a change; it's about taking a chance. You'll never be 100% sure if it will work, but you can always be 100% sure doing nothing won't work. Most of the time you just have to go for it! And no matter how it turns out, it always ends up just the way it should be. Either you succeed or you learn something. Win-win.

15. **Start competing against an earlier version of yourself.** -- Be inspired by others, appreciate others, learn from others, but know that competing against them is a waste of time. You are in competition with one person and one person only - yourself. You are competing to be the best you can be. Aim to break your own personal records.

23. **Start accepting things when they are less than perfect.** -- Remember, 'perfect' is the enemy of 'good.' One of the biggest challenges for people who want to improve themselves and improve the world is learning to accept things as they are. Sometimes it's better to accept and appreciate the world as it is, and people as they are, rather than to try to make everything and everyone conform to an impossible ideal. No, you shouldn't accept a life of mediocrity, but learn to love and value things when they are less than perfect.

24. **Start working toward your goals every single day.** -- Remember, the journey of a thousand miles begins with one step. Whatever it is you dream about, start taking small, logical steps every day to make it happen. Get out there and DO something! The harder you work the luckier you will become. While many of us decide at some point during the course of our lives that we want to answer our calling, only an astute few of us decide at some point during the course of our lives that we want to answer our calling, only an astute few of us actually work on it. By 'working on it,' I mean consistently

devoting oneself to the end result. Read the 7 Habits of Highly Effective People

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