

Title:

Taking Yourself Too Seriously? - Suggestions for Reclaiming Your Perspective

Word Count:

462

Summary:

I've noticed I often take myself, my work, and my life way too seriously. I blow events out of

Keywords:

perspective, self, center, acknowledge, lighten up

Article Body:

"We can change our circumstances by a mere change of our attitude." - William James, 19

I've noticed I often take myself, my work, and my life way too seriously. I blow events out of

I agonize over small decisions, worry about personal interactions, wrestle with each word of a

When this happens I lose my self, my center, and my perspective. I step out of the precious pr

Happily, remembering this personal truth is what shifts me back into the present. I begin to b

Vibrant and Joyful

I practice a martial art called aikido, whose flowing and graceful movements belie the power b

As we push on into the first decade of this new century, it is likely that life will become ev

- Acknowledge - Often all it takes to change your current stressed out state is to notice it.
- Center - Breathe. Smile. Be.
- Call someone and talk about it, better yet laugh about it.
- Read a poem.
- Listen to music.
- Take a walk or go for a run.
- Dream up some practices of your own.

Use your growing awareness to lighten up, smile, live and love in a vibrant and joyful manner.

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