

IT'S OK TO BE SELFISH

I wasn't brought up to be selfish. I don't like selfish people. I don't hang around with selfish people. But yet I give myself permission to be selfish.

It's commonplace in the beginning – we are taught to be unselfish, to take care of others, to put everybody else before ourselves.

Sometimes we don't like it, but we do it anyway.

But do you know you might be compromising yourself?

Ask yourself these two questions:

Can I really love someone else when I don't fully love myself?

Do I put my needs first, accept who I am without question, and stand tall for ME?

That's exactly why I'm OK with being selfish – to take care of the three most important people in my life: me, myself and I.

Life is a series of relationships. Buddies, best friends, soul mates, mothers and fathers, sisters and brothers, husbands and wives. Bullies, creeps, slackers and losers, too.

They come and go in our lives. But what about this revolving door of people? Do you count on them to fill your well, or do you take that responsibility yourself? If you don't, then you have deferred, defaulted and copped out.

This is a now a new day. You are going to take charge. You are going to balance your life. You are going to take ownership for every moment of every day. And, surprisingly, you will find that by being kind and gentle with yourself, you will begin to allow the bar of perfection to lower. You will celebrate leaving past fears behind. You will leap and know the net will appear. You will gather strength and energy to not only honor yourself, but will surprisingly have an abundance left over for others. You will radiate respect, admiration and adoration for your fellow man. Because you can!

You are no longer running from stress and worries, phobias and insecurities. They are now understood, contained, controlled and accepted. You have truly found yourself, and peace prevails.

Spread the word. Bang loudly the drum. The selfish people are in town.

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