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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Complacency

By Sue Dyson

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If we do not change our direction, we will end up where we are headed. – Chinese proverb

The self-development market is inundated with tips, techniques and treasures on visualizing your success. Leaders in this field encourage us to picture a successful outcome to a performance, sales presentation, or difficult situation. They encourage us to feel the success, see it clearly in our minds, over and over and over. This creates a comfort zone, a known reference point. When the actual situation arises, one effortlessly steps into the comfort zone, and voila! you are prepared to carry out your mission.

There is a time and purpose for this technique. It's also important to not rely on it entirely. Consider for a moment, the benefits of stepping away from this comfort zone. What?! Isn't comfort the whole point? Well, yes and no. Comfort with a situation allows you to execute a task with relative ease, with little thinking of the situation on your part. You've made the task into an automatic response to a situation. There is a risk involved, however, in that automation and it's called complacency.

Complacency is defined as "A feeling of contentment or self-satisfaction, especially when coupled with an unawareness of danger, trouble, or controversy." – The American Heritage® Dictionary of the English Language: Fourth Edition. 2000.

We become complacent when we are overly comfortable with a process, situation or even lifestyle. You may believe the whole the point of life is to seek comfort. It's not. It's to grow. You know, life? To live? Comfort is a settling in. To continue in growth is to inject a little dis-comfort into one's life. Move out of your comfort zone. Sound scary? All the more reason to do it.

We can become complacent in many areas of our lives. Relationships, work, health and well being, for example. In a marriage or significant union, it's well known that complacency makes for a stagnant relationship. In work, it makes for a dead end job or business which leads to discontent. With our health, physical problems can sneak up on us and hit us in the back of the head. Complacency in any one of these areas can lead to problems in others. We're in a big web of interconnectedness.

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It may seem like a juggling act to keep fresh and avoid complacency in everything we do. In fact, it is an act. It's a skill you can learn. Like the juggler, we do our best to keep all the balls in the air. If you look closely, though, you'll notice not all the balls are in the air at the same time. There is always at least one ball in hand. Sometimes the balls get dropped. We pick them up and start again.

Keep things fresh in your life, moving, changing, growing and 'up in the air' two out of three times and you'll be fine. When you drop a 'ball', by experiencing a mistake or shortcoming, work it out, forgive yourself and everyone involved, and get the ball back up there in the cycle. We don't focus on that one dropped ball for too long, or they all come tumbling down. Things are going well with work and your relationship, but your health is in poor condition right now? Simply do what you have to do. It gets challenging when a number of new balls are thrown in there for you, but we adapt. We learn. We adjust

our attitude.

The underlying requirement of averting complacency in our life is that of attitude. Our attitude is our foundation for everything else in life. When we avert complacency in our thinking, our foundation is strengthened which supports all our efforts. How do we do this? Observe your life. It is a learned skill to stay sharp, to be observant of your actions and reactions. Observe your habits – these are the automatic responses. Learn to make more conscious decisions and you become less automatic.

Automatic has its appropriate place. It keeps us focused on a particular area, creating blinders to prevent our distraction from the task at hand. This has to be balanced with being open to other possibilities when the time is right. We cannot be forward-thinking and complacent at the same time. What is so bad about complacency anyways? We get bored with life. We forget what a gift it truly is. We stop being the creative beings we were born to be. Being creative brings passion into your life. Once you've got that, the possibilities are endless. Now, are you ready to play?

Article by Sue Dyson, publisher of SuccessfulMama Ezine, dedicated to empowering women in the creation and pursuit of their personal goals. Sign up for SuccessfulMama Ezine today at:
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The Most Courageous People in the World.

By Graham and Julie

The Most Courageous People in the World.

by: **Graham and Julie**

Who are the most courageous people in the world? Armed services? Coastguards? Astronauts? Firepersons? Explorers? Mountaineers?Sports? For us, the most courageous people in the world are those who are committed to discovering how they can get the best out of themselves. Individuals, who are committed to learning about and changing, their habits and beliefs in order to fulfil their dreams. Individuals, who are fighting the dreaded disease of complacency.

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Complacency is one of the deadliest diseases you face in your life. It stifles growth. Kills companies. Destroys the economy of your Country. Changes and destroys your relationship with your partner, friends, children and colleagues.

If you:

have a feeling of self-satisfaction.

find you are low in energy and enthusiasm.

have become unaware of danger, trouble, or controversy in your life.

find it difficult to accept positive criticism and acknowledge your mistakes.

take ages making a decision, especially those that will change your future or may be unpopular.

go through the day with an attitude of `that's good enough' or `that will do'.

Then, in a nutshell, complacency has you in it's hands and is destroying you.

Complacency is taking away your spirit.

How do you overcome complacency? What's the treatment?

Napoleon Hill says the treatment is: Control Your Own Thoughts.

"You are searching for the magic key that will unlock the door to the source of power; and you have the key in your own hands, and you make use of it the moment you learn to control your own thoughts."

The magic key is NOT to focus on and control your negative and wasteful thoughts but to develop your necessary and positive thoughts.

Negative and wasteful thoughts, like blame and worry, have no useful purpose. Their job is to reduce your energy and your potential. To make you weaker than you really are. Therefore DO NOT concentrate your thinking on your weaknesses because the more you think negative and wasteful

thoughts the further and further you will get from your potential. You cannot change negative thoughts to positive ones.

So, what can you do?

There are two strategies that you can adopt to be successful:

1.Focus on your necessary and positive thoughts.

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Necessary thoughts: those that keep your life working naturally and Positive thoughts are those that move you forward with the intention of forming win/win relationships. Both are invaluable. They bring you energy and success. They are your seeds to a successful life. They drive your feelings, words and actions. The more you can think in the positive the more your feelings, words and actions are positive and you are successful.

2. Stop asking yourself 'why' whenever you don't get the results you want..

'Why' only causes you to respond with 'because'. And any sentence starting with 'because' means that you are now defending your past behaviour and change is impossible. Instead ask yourself; 'what caused it to happen' or 'how did it happen'. Now you have something strong to base your future on.

These strategies are the antidote that finishes complacency and give you freedom.

You have the freedom to choose your behaviour. You don't have to continue following others and what others say to you. All you have to do is focus on your natural and positive thoughts. These give you power and enable you to find what you are truly capable of.

The most courageous people in the world are those who overcome the disease of complacency and strive to be all they are capable of being.

"Only those who risk going far can possibly find out how far one can go"

(TS Eliot 1888 – 1965)

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