

Don't take things so seriously!

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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!

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By Edward B. Toupin

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Life is sometimes just what it is. Sometimes you can control a situation and other times you cannot. However, we sometimes become so caught up in the direction and desire that we lose concept of the current location and the ultimate destination.

Don't allow things to interfere with your life by absorbing them into your soul and mental workings. It is important to be responsible for yourself and your actions, but not about those things that just go on around you.

Take the time to enjoy the journey and don't worry so much about the destination. If we're only worried about where we're going, then we'll miss out on the small gifts and the important lessons that we need to learn along the way.

Take the time to see the humorous side of life's occurrences instead of the horrific side of every event. For those events that we cannot control, just enjoy the process and let it slide. Grab what you can out of the situation and let it go by without interfering with your direction and desires. For those things that you can control, realize that they are simply part of your life and desired direction. Work to make them benefit you and enjoy the process that you made happen.

When you accept responsibility for situations that affect you and enjoy the humorous side of life, your perspective and your approach will be more balanced. You will be able to function better under stress and be able to move forward with ease.

Realize that we all fail or make mistakes at some time in our life. Lighten up! You'll bounce back from disappointments and embarrassing moments more quickly, and more people will have a greater respect for you ---- and you for yourself.

---- About the Author ----

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Edward B. Toupin is an author, life–strategy coach, counselor, Reiki Master, technical writer, and PhD Candidate living in Las Vegas, NV. Among other things, he authors books, articles, and screenplays on topics ranging from career success through life organization and fulfillment. Check out some of his recent print and electronic books as well as his articles covering various life–changing topics!

For more information, e–mail Edward at etoupin@toupin.com or visit his site at <http://www.make-life-great.com> or <http://www.toupin.com>! Copyright (c) 2004 Edward B. Toupin

Yes, You Can Say No

By Rachelle Disbennett–Lee

Yes, You Can Say No by Rachelle Disbennett–Lee

It is perfectly OK to say, "No." You have permission. Many people do not like to disappoint others by saying, "No." They will tend to acquiesce even when overloaded. Sometimes those with the need to please will agree to do something when it is not in their best interest just to be accommodating. Saying yes when we want or need to say no is a way to put others first. Indeed we don't want to hurt others' feelings, however we hurt our own when we overload ourselves and say yes to tasks that we don't want to or don't have time to do.

Saying "No" to things you do not want to do is a form of self–care. By saying "No" to the things that you do not want to do makes time for the things that you do want to do. Every time we say yes, we are saying no to something else. If we say yes to things we do not want to do, we are actually saying no to things that we do want to do. By saying yes to things we don't want to do we fill our lives with tasks that do not serve us, drain our energy, and are not supporting us in creating our best lives.

When we decline a request, we do not have to go into a long explanation. Just say, "No." Be direct, be polite and don't apologize. It is OK to say "No" and it is all right not to have a reason. You do not have to have an excuse, alibi or anything else. It is ok just to say no and leave it at that.

Just say, "No" so that you can say, "Yes" to the things you really want to do. For every "Yes" you say, you are saying "No" to something else. When you say, "Yes" to something you don't want to do, you actually say, "No" to what you do want to do. Remember, this is your life. Do you want to spend it doing things you don't want to do or by doing what brings you joy, happiness and contributes to your overall satisfaction?

Practice saying, "No" today. See how it feels not to commit to things you do not want to do and leave space for things you do want in your life.

Coach Lee, MS is an Int'l Business & Personal Coach with 17 years of corporate management experience. She is a faculty member at the Univ. of Phoenix, a trainer for CoachU, the Int'l Coach Academy & Colorado Free Univ. She is a published writer & quoted as an expert in coaching. She is currently earning a Doctorate Degree in Applied Management & Decision Sciences, specializing in

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