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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!

I Love That...Shift Your Attitude to Gratitude and Stifle Your Inner Critic

By Beth A. Tabak

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As I began my morning jog one day last week I found myself really struggling. It was hot, sticky humid, my legs felt like each one had a sand bag strapped to it, the mosquitoes were out in swarms. Ugh! I recognized that I had to shift my attitude or there was no way I would make it. A phrase came to me that I started to play with..."I Love That..." I got so carried away with it that before I knew it I suddenly noticed I was within yards of finishing. The run had become effortless. My attitude had shifted away from being self-absorbed into gratitude. If there is any way you can apply this to something you are struggling with, try it! The shift in attitude can free you. It's quite fun! This is not exactly how it went, but what I could recall.

I Love That...When I walk and jog I am living a healthy lifestyle.

I Love That...When I cross the finish line, I will feel awesome!

I Love That...When I start off the day with exercise, I start off the day with a success.

I Love That...The more I exercise the easier it becomes to breathe.

I Love That...When I exercise my clothes slip right on.

I Love That...When my muscles ache after a run its a sign that I'm growing...becoming stronger.

I Love That...When I exercise I become more tone.

I Love That...Exercising gives me more energy through the day.

I Love That...I have two legs to exercise on.

I Love That...I can breathe.

I Love That...If I don't cross the finish line I will have gotten closer to my goal and will be stronger because of it.

I Love That...I have been given the gift of another day.

I Love That...when I am nervous before a speech it's a sign that I am about to stretch beyond my comfort zone which always leads to interesting opportunities.

I Love That...Planes fly over me all day carrying people to where they want to go...safely.

I Love That...I can hear the sound of the traffic on the freeway ...the sound of people going to their jobs.

I Love That...Some of those people are going to jobs to help other people get jobs.

I Love That...I know someone who while looking for a job himself has taken on the role of helping a

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small group

of unemployed individuals find jobs (no strings attached).

I Love That...When someone needs help, there are thousands of people, organizations, and churches who are looking for them, because they want to help people in need.

I Love That...We have FREEDOM!

I Love That...Wherever I am...wherever I go...God is with me.

This all happened naturally and yet the shifts are very clear. In the beginning I am very focused on the exercise and self absorbed...then shift to gratitude while still looking inward. When I looked up and noticed a plane flying above, it shifted me to gratitude with regard to others. When I heard the traffic I thought...what's good about that?...and immediately remembered all the people I have talked to lately who are out of work. Finally, gratitude in the fullest expression of all that I am. This is not meant to

sway anyone in their views, only to give you the opportunity to try the "I love that..." phrase and see where it takes you.

If you are feeling challenged in your work outs, in day to day life, or you just want to take living to a higher level, use your 5 senses to take you away. See appreciatively, listen intensely, smell deeply, taste using each and every taste bud, and feel the positive energy of what is going on inside and around you. Chances are you will find an abundance of things to be grateful for that you can get excited about...Starting Now!

Taking Action:

When your inner critic is getting the best of you...make a change in your thought process.

Try the "I Love That..." phrase and see where it takes you.

Really use your 5 senses to experience life a little more deeply... surround yourself or just notice the beautiful things around you that you love, bring great smells into your life, wonderful music, the most comfortable fabrics, hug often, and savor the taste of the simplest thing like a juicy apple.

Feel free to send your thoughts and comments. I would love to hear from you!

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Beth Tabak is a Business & Life Coach, columnist, & owner of Starting Now. She is 100% committed to coaching small business owners and professionals to grow beyond limits, and create the business and life they keep thinking about. Set your goals, pick up a task list, take a class, discover a new resource all complimentary at <http://www.startingnowcoaching.com> .

Haven't you had enough?

By Brian Holte

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Is your inner critic giving you attitude?
Just think what you have right now, right
in front of your face. A computer monitor,
and the world wide web. What are you doing
with it? Are you taking advantage of the
power that the internet has placed neatly
in your hand, waiting for you to take the
next step? Only one problem..your inner
critic is saying no no, you can't do that
your not good enough, the mental battle
goes back and forth for days and weeks on
end like a never ending boxing match. Blow
after blow, you just keep on taking it. Is this
you? Hey don't feel bad, I was in that same position
and it took me a long time to grab one of
my special gold plated shovels that I had placed
in the corner for a rainy day, raise that baby up
over my head, flex all the muscles that I didn't have
and with all the force I could muster I gave my inner
critic a really bad case of flat head syndrome. Did it
work? You bet, more instilled confidence in myself,
the self gratitude of knowing that people actually like
what I write, over coming the fear of rejection
and throwing that fear 8 stories off my patio until
it didn't exist any more. Clearing a path of assured
success as long as I kept persevering, hopefully
helping other people overcome their inner critic,
lending them my golden shovel, helping pushing
away their fears of rejection and grabbing the power
of the world wide web to enrich my life as well as others.
Yep, that's my mission. My next step and yours too, becoming
financially free so we can get out of debt, overcoming
any illnesses such as spinal stenosis, osteoarthritis, and
raynauds phenomeon which at the age of 35 I suffer from.
So put that inner critic to the side, start writing about what you
know...don't say you don't know anything...deep down
we all do. Take advantage of your knowledge and profit
from it and give a little away to help motivate others. You'll
be paid back ten fold. If I can be of any help please let me know
and I'll see what I can do.
Wishing you the best, Brian Holte

Owner of The Ebook King which was launched in April 2003.www.theebookking.comI became a
freelance writer this year. Future ebooks covering topics of interest in the fields of health,
financial,family and a few more.Your ebook submissions are welcome.



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