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When It's Good to do Things Badly

By Mary Wilkey

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WHEN IT'S GOOD TO DO THINGS BADLY

How many times have you heard "If a thing is worth doing, it is worth doing well"?

Being somewhat of a perfectionist by nature, I adopted this very credo years ago. Consequently, I've been frustrated most of my life!

As I've grown busier and busier over the years, I've finally realized the real truth about this old adage. It simply isn't true!

Certainly, the world is full of things worth doing and worth doing well, but it is also loaded with things that, although they are worth doing, they do not fall into that special arena reserved for things worth doing well!

Take folding clothes, for instance. It is a necessary task and certainly worth doing; otherwise, your appearance is going to suffer greatly. However, it is NOT necessary to fold them perfectly. Smoothly yes, perfectly no!

Mundane tasks like this should take up as little of our time as possible, and to fuss over them consumes our precious time better spent on more profitable endeavors.

Playing games is another instance of something not worth doing well—unless, of course, you're doing it professionally

to make a living. Oh, I know it's enjoyable to play well, and you should play to the best of your ability if you're going to play at all—but to spend time perfecting game skills just for the purpose of attaining a high score is totally ludicrous. Not that it isn't fun to win—it is—but that's all amateur games should be—fun.

It actually comes down to weighing the importance of things and putting them each in proper, practical perspective.

This allows the perfectionist more time to devote to those things really worth doing well, such as, making a livelihood,

writing, food preparation, organization, swimming, thinking, praying, meditating, studying, etc.

Of course, this is not to negate doing what you enjoy just for the pure pleasure of it. But if you will prioritize your tasks and NOT be concerned with doing well the purely mundane, you will have more time for the kind of things you really enjoy and those that really need to be done well.

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Be Your Own Best Friend

By Sibyl McLendon

What does being a "best friend" mean to you? I imagine that just about everyone is or has been a best friend to someone in their lives. I encourage you to take some time and examine what being someone's best friend really means.

Usually, a best friend is supportive of you when you need it. If they disagree with something that you are doing, they are honest about it without being judgmental with you. And, they can still be supportive of you even when they are not sure that you are right.

A best friend loves you no matter what. They are accepting of what you look like. They understand your limitations, but love you anyway. If you fail at something they are there for you, to help you pick up the pieces and try again.

A best friend never talks badly about you. They only want the best for you!

When It's Good to do Things Badly

You certainly are deserving of all of this in your life.

Why not try being your own best friend? Treat yourself as well as you would treat your best friend. You would not talk badly about your best friend, so don't talk badly about or to yourself. Would you force your best friend to do something that they did not want to do? Then don't force yourself. Would you want your best friend to be in a loving, respectful relationship? Then find that for yourself. Be just as loving and kind and good to yourself as you would be to someone else that you loved.

Try sitting down and making a list of the qualities that a best friend has. Then work on applying these qualities to yourself, for yourself.

Learn to hold your own hand and be the most supportive person in your life. When you learn to be your best friend, then everything changes for the better. You are not dependant on others for your self-esteem. You are not always looking outside of yourself for your own happiness and success. When you learn to respect yourself, you also learn that you deserve only the best that life has to offer. Then, you go out and get it!

Sibyl McLendon is a personal spiritual coach for Circle Of Grace

. Circle Of

Grace is a unique blending of Native American spirituality and holistic wellness coaching, and has loads of free stuff for you personal growth. Sibyl is 1/2 Navajo, and lives in southwestern part of the U.S.

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