

10 Optimistic Thoughts

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When the world throws you tornados, increased heating bills, traffic jams, disrespect, being taken for granted or nasty remarks what can you do? You might be in a position *to do* little. There is always the inside of you that you can manage. Here are some thoughts to implant in your belief pool:

1. Life happens. I will remember the serenity prayer: God grant me the ***serenity***, to accept the things I cannot change, the ***courage*** to change the things I can and the ***wisdom*** to know the difference. (Attributed to Friedrich Oetinger, 1702-1782, and to Reinhold Niebuhr, “The Serenity Prayer”, 1934)
2. When people speak they are talking through their lens of past experience and beliefs. I have the power to agree or disagree with anything another person says. I will decide in calm to say nothing, agree, disagree, debate, invite to negotiate, give in or walk away.
3. It is more than acceptable for me to be different from others. I value, love and celebrate how I am unique. Weird means “I have found my own way.” There was never, is not and will never be another me in the world—unless cloning really takes off.
4. Whatever I feel is absolutely acceptable. Regardless of how I feel, I will wisely and carefully choose my words and actions. Sometimes I will feel *needy*. We all feel *needy at times*—desiring respect, acknowledgment, support or appreciation. Some of us are more subtle in getting our longings attended to. It’s OK to ask for what I want.
5. I can choose who to trust. I will put trust in others’ repetitious behaviour before I will trust their spoken intentions.
6. I can face difficult challenges. I have done hard things before. I can feel the fear and do it anyway. I can do anything for a short period of time if the ultimate goal is important to me.
7. I learn from my mistakes. By using my fine brain I continually learn.
8. I deserve love, respect and appreciation and I will choose support people who reciprocate these cherishing gestures.
9. I have choices. I can change my thoughts, beliefs, dreams, goals and relationships or hang onto them any time I want.
10. I am a lovable, capable and deserving human being as are others—doing the best that we can.

Patricia Morgan is an author, speaker and workshop leader. She helps people develop light hearted strategies for strengthening resilience.

She can be reached at 403-242-7796,

patricia@lightheartedconcepts.com or www.lightheartedconcepts.com