

## ♥ Snippets of Encouragement #72

Hello darlings

It is day 72 of Snippets of Encouragement, and this coming week I think I'm going to do something different. I am going to be sharing some encouragement based on one of the wisest souls to walk this earth, namely Gandhi.

As you may know, it was the struggle against apartheid in South Africa that helped mould Gandhi into the man he became. That reminds me that it is in our struggles that our greatness forms, not when we are sailing high on success.

Gandhi's whole life seemed to be about struggle and effort. He strove for an ideal even when nobody else shared his vision or his sense of persistence.

He was utterly convinced of the outcome he wanted to achieve namely the fall of apartheid and then the end of British rule in India.

However, he said something interesting about satisfaction in the work we do. He said, "Satisfaction lies in the effort, not in the attainment. Full effort is full victory."

Essentially what he is saying is that when we apply ourselves to whatever task we are doing, whether that includes overthrowing an oppressive regime or sweeping the floor, we should give it our all. Therein lies the satisfaction.

I have to be honest, there are things that I do in my life that I don't give my best effort and this often leaves me with a sense of disappointment or feeling lack lustre. However when I give something my full effort, regardless of how menial the task I experience a huge sense of inner satisfaction.

Today I encourage you with the wisdom from Gandhi, give your full effort in whatever you're doing in your life.

I realise that from day to day your full effort can appear very different. Some days you are ill, or have a lack of sleep, or are dealing with difficult circumstances. On those days, your effort may appear quite different to days when you're energised and ready to kick ass. It is important to remember to meet yourself where you're at, not where you expect to be.

The fact is we are often competing with ourselves. We are raising the bar for ourselves and constantly striving for more. Some people place great value on what they've achieved and others place great value on who they have become in the process of achievement.



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Both ways of being are great and there is no wrong or right way to go about creating our lives, but Gandhi says that satisfaction lays in the effort we make. Full effort is full victory.

There are moments in life when we disengage, where we couldn't be bothered. Where we stop making an effort, either with ourselves, in our health, in our friendships or love relationships. Many times when we stop making an effort there is a negative thought pattern attached to that decision. We stop believing in ourselves to change our lives; we feel hurt by others or fall out of love.

Our choices are fully our own, but be encouraged today to give your full effort to your thoughts, words and actions – all of you.

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