

♥ Snippets of Encouragement #114

Hello darlings

It is day 114 of Snippets of Encouragement, and I'm wondering do you trust yourself? The famous German writer Goethe said, "As soon as you trust yourself you will know how to live" and I find that quite wise and profound.

How often isn't it that we don't trust ourselves? We are insecure about following our own inner guidance or intuition. We hang on the opinions and guidance of others, placing what feels right to us at the end of the queue.

Well I don't know about you, but as I've aged, I've found myself caring less and less about the opinions of others. The more I step into trusting myself the less I need to lean on others.

Each of us came here to experience ourselves in physical form and each of us has a unique style in which to live. My life path is not your life path and this is the beautiful mystery of life.

However, we can learn to trust ourselves by being ourselves. If we consistently show up as our authentic selves this builds trust within. We know who we are and what we're about and are not going to get a hell of a shock when we look in the mirror.

We also learn to trust ourselves when we spend quality time alone and practice kindness with ourselves. If you don't build your relationship with yourself then how the heck are you going to know yourself. One thing is for sure, it's far easier to be kind to a dear friend than a scary stranger, so know yourself, and be kind to you.

Build constantly on your strengths and talents. You have so many beautiful gifts and when you know them, appreciate them and use them they become a core part of yourself.

Be decisive in your decision making and let your yes be yes and your no be no. When you can be at home within yourself and trust yourself fully, you do know how to live more because the relationship with yourself is powerful and complete.

Therefore, be encouraged today to trust yourself fully so that you can live more fully.

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