

♥ Snippets of Encouragement #149

Hello darlings

It is day 149 of Snippets of Encouragement, and I have to be honest, today I have allowed myself to have a shitty day.

I started this morning feeling quite heavy within my body and slow to move. It didn't help that some of my thoughts were also quite heavy. I've been paying some attention to certain behaviours of mine and they do not fill me with joy, so my inner critic came to the party and started to throw some fiery spears.

It also didn't help that I had a deadline from my tax consultant to submit my tax return. There is no surer way to suck the soul out of yourself than by preparing your finances for the taxman.

I was thinking of my financial successes and failures and was in a strange mental space of comparing myself to what I think success should look like. I wasn't comparing myself to anyone else, just having a negative running dialogue in my head.

It also didn't help that a chat with a friend didn't happen as planned and I felt myself battling through a maze of grumpiness, all self-created and inflicted.

I realised I was fully responsible for my own state of being and found myself seesawing between wanting to flee how I was feeling and resolving to ride it out.

The fact is we all have shitty days. They can be fully self-created or be a result of our response to those around us. They could be the result of countless causes and sometimes a shitty day escalates into a shitty week, month, year, and even life.

It always intrigues me how desperately we want to escape the discomfort and torment of a shitty day. We try fill ourselves up with distractions or look for pain numbing ways to escape ourselves.

As I plodded through my day, I was cognisant of the fact that this too would pass. I knew that I was holding myself captive in my mind but I also knew that I would go with the flow and see what came up.

I truly wanted to be grateful for everything but gratitude was just flirting at my fingertips, I couldn't grab it fully by the hand. However, the one thing I know for sure is this – a moment in time does not a whole life make.

As I was about to leave for my tax consultant I thought I'd quickly upload the latest episode of this podcast to my website. I was running a bit late and grumbling to myself. I also had it in mind that I was about to endure a rather painful physiotherapy appointment on my hip and this added to my general displeasure.

As I logged onto Anchor.com I discovered that this podcast has now been listened to 3090 times. This was a bit of a jump from yesterday and I was very pleasantly surprised.



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I was reminded that the simplest things can bring us joy if we allow them to. In the midst of my grumpiness, I felt my gratitude move into my hand and decided to hold on tight.



Of course, I could have continued to have a shitty day but that would be like spitting on lovely accomplishment. Be encouraged the next time you have a shitty day to ride out the storm and look for opportunities to be grateful. They are there if we will shift our perspective we will see them and experience them. However it's always our choice.

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