

♥ Snippets of Encouragement #198

Hello darlings

It is day 198 of Snippets of Encouragement, and today I'd like to encourage you not to get caught up in the negativity around you.

If you listen to these snippets regularly you know, I always speak about watching what you think, say and feel.

I believe that we create our lives through our thoughts, words and actions and if we're not vigilant about these, we literally create a shitty life experience for ourselves.

However, none of us lives in a vacuum. Our very nature dictates our need for connection with others that exposes us to the gamut of human experience.

I've found that it is often easier to be derailed by negativity than to be uplifted. We often misjudge how negative some situations are because we've become so accustomed to the constant moaning, complaining and judgement around us.

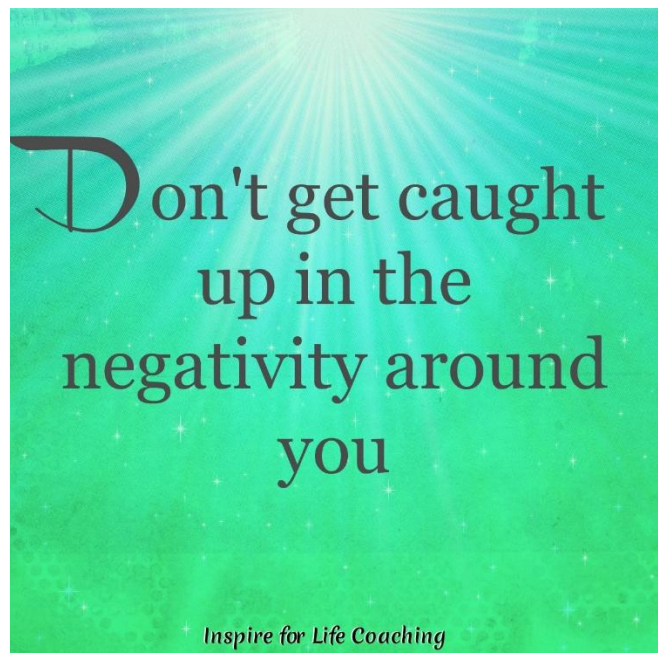
If you pay attention, you will notice how often people complain about trivial things. Take the weather for example. This is something that everyone has a negative comment on. In fact, I think the weather is globally the most despised thing around. It's always either too hot, too cold, too windy, rainy, sunny... seriously?

I know it's a small thing that people use as small talk with one another, but when you observe our dissatisfaction with the weather, you will notice that discontent is running a lot deeper.

There is the compounded discontentment factor. Often we are unsatisfied with small things in our lives that we don't address and this worsens over time leading to great unhappiness and negativity in life.

This is why we need to remain vigilant about our mental and emotional landscapes. If we don't, we awaken one day only to realise we are the negativity we were meant to be withstanding.

I encourage you today to pay attention to the weeds of discontent in your life and to root them out. Don't allow them to fester and grow.



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Change how you think, speak, feel and act. If you're negatively affected by what you're creating in your life, change it. If the actions of others have an adverse effect on you, don't become caught up in it.

Sometimes we are entangled in the lives of others who are negative, and we can't seem to extract ourselves. Truth is, that is their reality, not yours so don't take it on. You're not here to manage or save anyone else, you're here to create and live your life. Don't waste your positive energy trying to modify another person's behaviour. What they put out into the world is their responsibility, how you respond is yours.

So leave the negativity behind and create your best life, that is your number one responsibility to yourself.

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