



It's Not All About Me!

By Andrew Griffiths

Now more than ever we are searching for ways to have a rich and rewarding life. We have gone through countless forms of self analysis, we have had the realisation that self worth is more important than net worth and we live with an enormous amount of information at our finger tips. But we are still looking for answers and guidance that will make our lives happier.

There comes a time when we need to stop making it all about 'ME'. This is the time when we simply have to stop looking inwards and start looking outwards. In other words, we need to stop analysing and start living.

If you can overcome the information bombardment and change your focus ON the world around you instead of the world within, truly amazing changes will occur. These changes will lead you to the happiness you desire.

The following five concepts can help to get the process started.

1. Learn to empathise with others.

The ability to put oneself in the shoes of others is one of the key elements in changing perspective and breaking out of the ME MYTH. Truly amazing changes start to occur when we learn how to stop making it all about 'ME' and start to consider the situation from the other person's perspective. Learning to do this in every situation in life leads to renewed patience and understanding of the people around us. Most importantly it leads to a dramatic change in the quality of interactions we have.

Give this a try - Think about a challenge you may have right now with someone in your life. Take a few minutes to write down how the situation must look from the other person's perspective. What is their perspective, their emotional considerations and their desired outcome?

2. Let situations play out before you jump to conclusions.

It is very easy to get caught up in a crazy situation that may be engulfing us. Typically this occurs during periods of change. The bigger the change, the bigger the craziness that comes with it. If we can learn to go with the flow and let the situation play out, we may be surprised by the outcome. What may appear like a life ending experience today may prove to be a life making event tomorrow, we simply have to let the situation evolve rather than go through it fighting and kicking every step of the way.

Give this a try - Is there any situation in your life right now that you could surrender to and let it play? If there is, how do you feel when you change your perspective?

3. Are you a comparison junkie?

If you spend your life constantly comparing where you are in your life and where others are, you are destined for disappointment. We can always find someone who is richer, better looking and smarter than us, just as there are people who find us richer, better looking and smarter than they are. Living in a state of constant comparison leads to always feeling less than. Perhaps a better approach is to learn to accept and love the things that make you unique.

Give this a try - For the next few days every time you start to compare any aspect of your life with someone else - STOP! Instead of comparing, compliment yourself on one aspect of your uniqueness. It is all about reprogramming you.

4. Get uncomfortable.

Sure we all like to be comfortable but in reality comfort can also lead to complacency. We all know those people who seem to constantly push themselves and challenge themselves, emotionally, intellectually or physically. They do have richer lives because of their experiences. If we can push ourselves and not get complacent, we get so much more out of life, especially when complacency has started to turn to compromise. In this instance this means compromising ourselves because we are too comfortable.

Give this a try - Is it time you got uncomfortable? Is there some aspect of your life at home or at work that really makes you unhappy, but you do not change it because you are too comfortable and complacent? Well today is the day to change it. It can be scary, it can feel strange, but those who master the art of making themselves uncomfortable will get much more out of life than those who compromise themselves by doing nothing.

5. Put down the self-development books and get on with living.

There is no doubt that there is a lot to be gained from the myriad of self-development books available. Likewise attending seminars, getting therapy and really doing anything that helps you to understand why you act the way you do and more importantly why you react the way you do. But there are times we all need to put down the book, turn off the CD, do not attend the event but instead just get on with living. Life is a participation sport and hiding away and analysing every little thing can ironically take you further away from the exact thing you want - happiness!

Give this a try - Spend the next few weeks getting on with living. Open your eyes and look outwards. Spend time in nature; connect with others on a more personal and real level. Try new things, make calls that you have been meaning to make, finish your list of incomplete projects and tasks. See how you feel after a few weeks of getting on with living. ❖

