

The Greener Grass

by Peggy McColl

www.destinies.com

Author of On Being...The Creator of Your Destiny

The 8 Proven Secrets to SMART Success

On Being a Dog with a Bone

“If you think the grass is greener on the other side try watering your lawn.”

Have you ever felt that someone else’s life was so much better than your own? I think at one time or another we all tend to view another person’s life as more appealing. But, is it really more appealing or are we simply forgetting our own gifts OR are we forgetting that we have the power to change how we “feel” about circumstances even if we can’t change the event.

Here are some techniques to apply if you experience that feeling of the grass looking greener on the other side:

1) Evaluate the areas of your life from an “observer” point of view and not a place of judgment. An “observer” views a situation as a learning experience and feels a sense of relief knowing that the awareness of the situation provides an opportunity to choose differently in the future and it provides an opportunity to grow. Not at any time would an “observer” make any judgment about an action or reaction rather they would simply recognize the opportunity to now express who they truly are. Self confidence is diminished with judgment. Judgment serves no purpose whatsoever. I’m not saying for one minute to ignore destructive behavior, rather, I’m saying evaluate this behavior with your observer eyes and simply make a choice to no longer partake in destruction going forward.

2) Recognize and take note of the benefits, gifts, blessings, treasures in your own life. Here are some questions to help you accomplish this:

What is great about my life?

What do I enjoy most in my life?

What are my strengths?

What are my unique talents?

What have I done that I’m particularly proud of?

Who do I love?

Who loves me?

What am I most grateful for in my life?

What are my greatest memories?

What do I look forward to?

As you were reading those questions did you immediately start to feel better? Questions such as the ones listed above will change what you focus on. Choose some of your favorite questions write

them out on an index card and place them in your bathroom. While you are brushing your teeth keep the index card in front of you and ask and answer the questions.

3) As the quote above denotes: “If you think the grass is greener on the other side, try watering your lawn.” Get to work on yourself. Create a self improvement program and get to work on it. Start to adjust your attitude to an attitude of gratitude. Just like a Coach would do for his players, evaluate the areas that you need to focus on to improve your performance and create a game plan, then get to work. It doesn’t take a lot of effort to have subtle improvement and growth every day. Once you start to work on your self improvement plan you’ll soon find that it is much easier than you think.

4) Know that another person’s life isn’t always as rosy as it may seem. Everyone has challenges. My friend Anick use to say “If people hung their problems on their clothes line as they do with their clothes, you would quickly be running back to your own back yard.” Most people do a great job of concealing their problems, and even when we think another hasn’t any challenges with their life, you may want to think again. In no way whatsoever am I implying that I want you to wish anything bad for anyone. I’m simply stating that things aren’t always as they appear (maybe the grass isn’t as green as you think it is).

5) Don’t compare your life to another person’s life. If you see someone or know of someone who appears to have “more” than you, maybe you can find out what they have done, or, are doing and learn from them to create the same in your life.

When I was a child my Father was an avid gardener and our lawn and gardens were the envy of the neighborhood. But my Father worked in our garden every single evening and on the weekend. He worked to create the beauty that we all enjoyed and I know he was proud. He knew that if he neglected the landscaping the lawn and the gardens would suffer and he chose not to allow that to happen. Just like a successful business person, a gold medal winning athlete, a high scorer, a straight A student knows, you must put in the effort to enjoy the rewards.

Water your lawn, pull out the weeds, plant the seeds, fertilize and keep an eye on the results so that you can determine what needs to be done to keep that lawn beautiful, healthy and green. Enjoy the beauty!

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