

To be true to yourself

Be true to themselves and live their own truth ...

An important criterion to increase your quality of life significantly is to be true to themselves. While this sounds simple, but most people deny or betray themselves and thus let themselves down!



Here are a few examples to illustrate this:

Example 1: Mr. X has for years a burning desire to write a book and to embark on a great journey.

Well, he was never because all other things seem more important. He works a lot, because the money has to be earned for the purchase of absolutely necessary luxury goods.

Friends want to meet him, family members want to be visited and to organize festivals..

Years pass, but this intimate desire remains as unfulfilled desire. Perhaps this book will be never written, will never made this trip.

Not that Mr. X wouldn't find the time if he had actually intended, but other things were - apparently - more important!

Not to fulfill his heart's desires, not realizing his dreams and goals, is a clear sign to reveal itself - and thus not to be true to themselves.

Example 2:

Mrs. Z. lives in a relationship for many years, that no longer meets their expectations for a long time.

Yet she brings it out of fear, of being able to manage their lives not alone, not reached to end this relationship.

Thus she is revealed (as Mr. X. hydrolysis with example) herself or - even worse - she gives up on herself.

A man, who doesn't express the other what is bothering him or suppress his desires and needs, isn't be true to itself.

Just as someone who practices a profession that does not conform to his wishes and ideas.

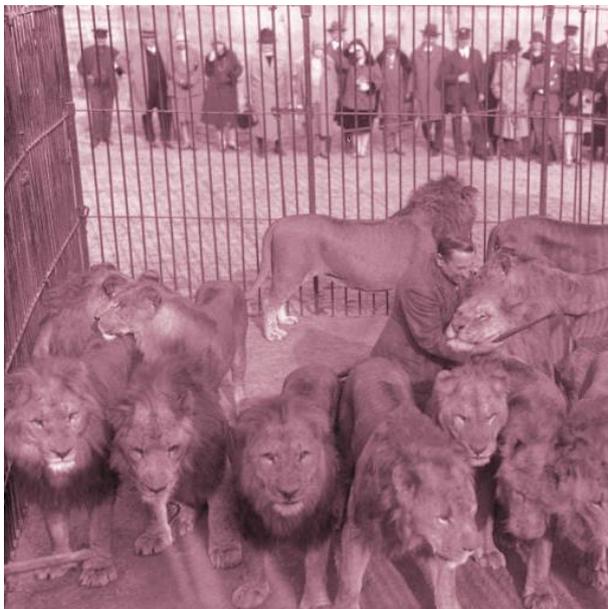
To allow, for example, harassment at work, instead of doing his displeasure known, of course, is also a sign not to be true to itself.

Are you in a store or restaurant badly served and bring this not in expression, you also do not stand up for itself.

But who prevented this? It's simple:
Fear!

Fear of conflict, fear of being rejected,
fear to be inferior, fear of what others
might think, fear, fear, fear ..

Of course, there may be situations
where fear does have its privileges. In a
zoo, to enter the lion's cage, just
because you would like to pet the lion
will normally not be very advisable.



But your boss or partner not (of course
in a similar manner, with appreciation)
to express when something is bothering
you, is not only a sign of cowardice, but
also that you are not true to yourself!

If someone makes promises that he
does not comply, he is also true to
himself (and - in this case - to his
word).

Of such he not only undermines his
credibility to others, but above all
towards themselves.

Only someone who does not take itself
seriously, is ultimately taken seriously
by his fellow man.

Therefore: Stand also to what you
predict other. Be both credible and
trustworthy.

Also, to be unfaithful to his principles
(if there is any), is a sign not to be true
to themselves, not to implement well
planned project.

Become as the rock in the surf - and be
as far as possible in everything you do
or say, authentic!

Stand by yourself and life will change
for better at a rapid pace.

That's why: Check what makes sense
for you - and act afterwards.

Do not do something because it is
expected of you, but because you want.