

Learn, **Grow**, Change

November 2012 Newsletter



Think you're not good enough? Think again!

Paying it forward with kindness

Boost your stamina to get more out of life

e-Thoughts — Challenges



Many of us don't believe that we're "good enough." As a result, we spend time and energy trying to change ourselves into someone else. It's often wasted effort because we don't even know what, why or who we're trying to become! **More...**

In our daily lives, we all face situations where we can choose to look away or step up to the plate. Read this article for everyday ways to step up and help make the world a kinder, safer place. **More...**

With improved stamina, people often find they can get more done, feel happier and even look better. They have more energy to devote to work, relationships, family, hobbies and so on. **More...**

Do you limit who you are and what you do? Are your beliefs about yourself stopping you from fully living the life you desire? **More...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

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“Be yourself. Everyone else is already taken.”

Writer and poet Oscar Wilde wrote the simple statement above. And it speaks volumes.

Many of us don't believe that we're “good enough.” As a result, we spend time and energy trying to change ourselves into someone else. It's often wasted effort because we don't even know what, why or who we're trying to become!

Before you change yourself...

...discover who you really are. Get in touch with your own strengths, beliefs and goals. Start by taking a personal inventory. Use a journal, pad or computer to list your core beliefs, interests, abilities and key goals. Here's a sample of what this list might look like:

I believe in:

- Honesty
- Hard work
- Loyalty
- Spirituality
- Generosity
- Healthy living
- (Add your own)

I like or am very good at:

- Cooking, reading, tennis, golf, organizing, dancing, decorating, parenting or _____(add your own)

- Hobbies and interests like _____(add your own)
- Being a good friend, son or daughter, husband or wife, worker, citizen and _____(add your own)
- (Add your own)

I want to:

- Succeed in my work
- Exercise regularly
- Stop smoking
- Enjoy my family
- Make more money
- Build strong relationships
- Give to others
- (Add your own)

Look in the mirror before you look anywhere else

Your personal inventory may take a while to complete. As you start to look deeper inside yourself, add new things you discover to your list.

Then, using this inventory, make a list of traits you'd like to build on. Chances are you'll find that this approach makes self-improvement more realistic and attainable. Instead of trying to be someone else, you'll likely find you just want to make some tweaks to become a better you.



Paying it forward with kindness

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Take the challenge to become more caring

Rachel's Challenge is a group whose purpose is to urge people to be kinder to each other. The group was formed following the Columbine tragedy in 1999. You can read about the origin of Rachel's Challenge at www.rachelschallenge.org.

Help make the world a kinder, safer place

The key is to help us all become the brave, kind and heroic people we have the potential to be. It's a task meant for kids and adults alike. The challenge poses questions like:

When was the last time you...

- Reached out to someone who seemed to have no other friends?
- Stood up for someone who was being pushed around or bullied?
- Did something proactive to discourage violence?

What can you do to help?

In our daily lives, we all face situations where we can choose to look away or step up to the plate. Here are some everyday ways to step up:

- If you have kids, teach them about generosity of spirit and empower them to do important things for others. Encourage them to run for student offices and get involved in community groups where they can make a difference.

- In your own life, do the same. Join or start groups. Promote involvement in projects that help others feel good about themselves. Be a leader in setting neighborhood standards of charity and humanity.
- Become more aware of bullying issues. There are bullies in schools, the workplace and maybe in your own personal life. Learn about anti-bullying activities like assertiveness training, positive self-talk and diversity.

Think of your own ways to pay it forward

You may have your own personal projects that help create growth toward kindness. Go for it!

Boost your stamina to get more out of life

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Feeling sluggish? Ramp up your energy!

Stamina is the power needed for prolonged physical and mental exertion.¹ There are two types of stamina: cardiovascular (your heart) and muscle.

Building stamina increases the endorphins — or “feel good” hormones — your brain releases. With improved stamina, people often find they can get more done, feel happier and even look better. They have more energy to devote to work, relationships, family, hobbies and so on.

How do you begin?

Start by walking, jogging, swimming or dancing for as long as you're comfortable. This provides a baseline. (NOTE: Check with your doctor before you begin any new exercise routine).

Once you know your baseline, increase your activity gradually. Moderation is the key. If you add time to your exercise routine too quickly, you'll exhaust your muscles instead of building them.

Get help to set your goals

A coach or trainer can help you set reasonable goals. A coach can also teach you proper exercise techniques to decrease your chance of getting hurt.

Record your progress in a journal or logbook. Stay motivated by varying your workouts and taking at least one full day off to rest your muscles every week.

Healthy lifestyle, diet and sleep

Don't forget the basics. If you're a smoker, it will surely help your stamina and overall health if you kick the habit. Eat a varied, healthy diet and get enough sleep.

You're on your way to better stamina when...

...you have faster recovery times from your workouts! But remember: building stamina takes time, patience and consistency. So...easy does it.

1[ehow.com](#)

e-Thoughts - Challenges

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Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

One thing I continuously try to do is challenge myself in some way. I might sign up for a physical challenge like a Sprint Triathlon or a Warrior Dash (and then scramble to try and train for it.) Or, I might create a personal challenge such as finding time to volunteer for a cause I believe in. Doing these things helps me to expand the limitations I place on myself when having thoughts such as, “This is who I am and this is what I do”. These challenges help me to consider that I might be more than what I think I am.

What about you? Do you limit who you are and what you do? Are your beliefs about yourself stopping you from fully living the life you desire?

Just a thought:

Push out of your self-imposed limits and do something that scares you just a little. You may find the challenge helps you to feel fully alive and exhilarated!

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Information is believed to be accurate as of the production date; however, it is subject to change.