

Lifehaca personal growth

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Written for

TCN Blogs

These trucks will help you really enjoy life, stay in harmony with you and the world and develop.

In the text, as in the culinary book, the recipe for personal growth from the author. The reader has the right to read that the dish is not tasty, not original and should not spend his precious time on him. On the other hand, the author hopes that the reader will find an idea for himself, a barcode, thought, relying on which the quality of his own life can improve.

Egregate

It is not necessary to finish psychpha so that in the "any incomprehensible situation" to give people a stunning council to the Council - to accept yourself as you are. In Yandex, by the way, the monthly 11 thousand requests with the formulation of "acceptance of themselves".

However, in this mantra there is a reasonable grain.

Imagine a person whose parents from childhood have pumped up expectations - the boy must tighten at least fifteen times on the horizontal bar the day after birth (accompanying the promises that Kolya from the house does twenty and not even sweated), and the girl should declare "Evgeny Onegin" Missed in the first grade (forgot the first verse? What for underdeveloped in our family grows). So the person lives, grows and feels in no ... And everything he thinks about himself, it's like it is not good and how to blame.

Under the magic phrase "Accept yourself as you are," I mean about this: "I, Petr Petrovich Vasilyev, 34 years old from the family, I have excellent abilities in running short distances, but I don't know how to swim and, in fact, I don't want to swim. I know how to solve the challenges on higher mathematics with the ease of scanning, but hardly carry a society of other people and prefer not to enter into contact with them. "

Tell me about the following: "I am unique. I am valuable what I am. I am worthy of respect and confessions. I believe in myself and my capabilities. I feel the needs of my body."

Take it and live in harmony with you.

Continuous developing

I will give such an example - from my own experience. Ten years ago, my boss asked me that I think about my level of qualifications, from zero to one hundred percent. I replied that I evaluate high - almost under one hundred percent. At this boss got angry and wanted to dismiss me.

Let's leave the madness of the boss aside, but in his indignation there was a reason. The person who decided that he had reached the top in his development and knowledge - a man was finished.

Now my idea of the own level of qualifications has come to balance with the qualification requirements for the profession, and I imagine a huge way of knowledge, skills and skills, according to which I want to pass. There is a vision where I want to come to what level of competencies, and there is an anticipation of the vertices that I, I hope will open.

Development is not only reading, video, trainings. First of all, this is a change in behavior. Come up with a new game for your child, draw a picture, learn the code and make your site, buy a multi-colored elephant on eBay and sell it Stridor. Get car rights and prepare Chanakhi with your own hands. Organize a hike or go fishing. Allow yourself new emotions and small joys of knowledge.

#concentration of attention

Despite the devaluation of the phrase "concentration" due to frequent and inappropriate use, this is a useful skill to realize yourself "here and now." First I will write why, and then, as you can do.

During consultation or training, I often "turn on the third eye." I look at myself inner vision. What with my speech pace, posture, the position of hands, emotions, what thoughts are now spinning in my head. It looks like testing of spacecraft systems. At such moments, I concentrate not on the interlocutor, but on myself. It takes 1-5 seconds. But I get a lot of information about my condition. I can be angry, angry, bored, worry, experience tension in the muscles of the back, jaw, light dizziness, trembling in body or hands, cross your arms, legs, defocusing the look or closely look at the interlocutor. The next question I ask myself is: "And why am I experiencing it, I feel, I think?" A honest answer to it brings a lot of benefit, which I can't get without this reception.

For example, I am angry, because not everything turns out as I want. Crossing your hands because of disagreement with the interlocutor or I want to protect myself from the words of the speaker. Defocus tells me that I think my own, and I don't have any things before the interlocutor.

Sometimes it's just nice to realize that you are happy, and catch these moments, and therefore, to fully enjoy them. Instead of staying in unknown worlds, which can also cause pleasant sensations of relaxation, it becomes more fully, and even live a long time to live.

In addition, the concentration is in its condition - a great way to cope with the panic attack, an attack of fear, anxiety, excitement, and to exercise in communication with genuine empathy, to be present.

And all you need to do is ask yourself. What do I feel now (you can generally, or is it or rather, legs,

hands, body)? Maybe you will learn how I am now, it is hot and it is worth removing the jacket for more comfort. And maybe the calm will come, which was lost. What feeling (a) I'm still experiencing? What am I thinking about? Pause (let me answer questions for 30 seconds). And now ask yourself: "Why am I feeling, I feel worried about?".

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Somehow I wrote a fairy tale "Squirrel in the wheel" that trained squirrel, being released on the will, always will always find a wheel. A person finds himself the usual rake and folds "happiness" of four cubes "F", "O", "P", "A" blindfolded.

We choose your favorite ways to escape from existential duties - meaninglessness of existence, freedom, loneliness and limbs. Methods are traditional, tested by centuries: fornication, globalism, alcohol, idleness and other types of leisure (or as psychologists would say - neurotic response).

So how to escape from these duties? Remember the bodie from Gogol "Viya". He had a chalk, which he outlined the magic circle for which unclear power could not leak, and prayed that there were urine. Try to create a similar "circle" - from time and space where you allow yourself to be alone with you. Without gadgets, internet and other unclear. Finger about yourself and your life. What is missing, and what is in excess. Think about your goals, remember the dreams (as in the episode with the carousel in the movie "Mary Poppins").

Take care of visiting with you alone, hour, two, day. There is a danger that "cockroaches" and "devils" will be climbed from all sides. But in this danger there is a wonderful bonus. You consider it, this is the beast, and so neatly, say: "Pollyng back, Milk. I'm familiar with you, and now I understand what to expect from you. Now I can negotiate and manage you."

Appraisly

In the morning, he met a terrible picture in the FB - typical for many feast with ritual phrases: "How, you still don't ..." - I came, got married, gave birth, divorced, built, balded, zeros, gripped (continue the list at your own discretion).

I grew up next to this, such a scene is angry to the impossibility. Delicacy is not enough many grown in 1950-60-70 to 80 years. After all, everything was common - ideas, values, opinions. But I did it, I realized that the parent, fraternal, sister love often hides behind this facade.

Claim, strength of kind. This energy, which is not going anywhere, it is in the family field. You can draw it, peering in distant ancestors, and you can go ahead, in new generations - children, their own relatives. Levs as we wish our children of good, there and we wanted all the best our ancestors.

Do not forget about your relatives. Listen to native voices. You will find there the abyss of love, which is such a deficit in our time.

Beregtepsvoigani.

This is a very simple point. He lies in the skill, ability, the ability to "recognize the right" - for refusal, disagreement, objection, opposite glances. In childhood, in someone from us stuffed the food when she did not climb. In the adult life, again, without asking, almost every minute in us are trying to stuff ideas, opinions, values.

What rights do you need to recognize?

The right to bodily boundaries. This is my body and it is created for me. I allow myself to touch if I admit it or wish.

The right to your own world - I am not obliged to meet your interests, answer questions about myself, your loved ones, salary, size of living space and other intimate details.

Right to your own choice. I am the Creator of my life, and I do what I consider it necessary, taking responsibility for my choice. I am grateful for your desire to help me, but know my friends that your ideas can be erroneous - just like mine - so it's better not to tell me anything, until you make sure that I want to hear it.

These six lifehams grabs me for a sense of own okaynost. And what helps you, dear reader? Write, I am pleased to read.