

6 questions that will help return to yourself

<https://essaydoc.com/>

How often in thoughts comes to us the feeling that something goes wrong. It seems that we live someone else's life. And what should express other music comes with other people's vibrations. From time to time, these feelings are experiencing each of us. Six important issues will help return to themselves, fill life with pleasure. Just be yourself

A lot of books are written about the existence of human being, from Arthur Shopenhauer to Irvina Yalaa. Nevertheless, a person needs to know the answer, he is in eternal search, "how to live his life." Often the answer is the life itself, the fullness of its events and affairs, dreams and benefits, pleasure and search. Listening to your needs, in the stream of days we go our way.

Go through the online master class "Leaky Mirror" and you will master the reflexive assembly technique - learn to understand the essence of the questions and ask them, hear them and create such issues, the answers to which you need.

It happens, man is committed to another state. As if he is a sulfur bunny, but I would like to be whlen. So often we miss the reincarnation process itself. I boldly note everything unnecessary, in our opinion, and rushing only forward to the goal to become different. But, oddly enough, it is this part of the life ignorable by us and changes us.

Changes occur at the present moment: while we scroll through the tape on the social network, drink coffee, listen to music, sit down in transport, applaud and smile.

This is our personal life. It is she lined up before the legs when we go to the tops when we go from one state to another. Walking on it, we gain ourselves, getting all the most important. When we pay attention to the current moment, we give yourself the opportunity to live not "yesterday" or "tomorrow", and now today. How to learn to write a story about yourself?

The answer is obvious - just need to be allowed to do it. Did you want to do ballet since childhood, and now it's too late? Yes, perhaps the time of photographs on the pedestal and awards standing in a row on the shelf, already rushed into the fly. But no one forbids to do for himself, for the soul, for mood.

The number of years may not be a hindrance, you already have the necessary knowledge and meaningful for further action. You will undoubtedly get a better result, because you know that thanks to the desire you can roll the mountains. Just because this has long ever always wanted.

Often, a person is looking for a figure to follow the oppression, forgetting or not even knowing that his inner engine lives in it. It is he who can motivate writing a story about himself and for himself.

The story of his life

Answer 6 important issues that will help return to yourself:

1. Why should I do now what I do not want to do?
2. What prevents me from doing what makes joy and pleasure personally to me?
3. What does not allow me to enjoy and live life right now?
4. Who will criticize me, evaluate and condemn if I begin to follow my desires and aspirations?
5. Living not your life, what and who I try to prove it?
6. What personally do I need to do to live and enjoy life?

Sincere answers to these questions will help you approach autonomy in making life decisions.

To this whole, it would be nice to add another important point - to take yourself and love. Learn to find an internal motive

To overcome the habit of limiting and to blame itself requires a lot of energy consumption and desire. Throwing unnecessary tinsel negative thoughts about herself, it will be necessary to replace them with positive. Among the new skills will have a habit of noticing good and find unique parties, create their own little history of success and achievements.

Refuse comparing yourself with other or imitation.

Allow yourself to enjoy your own actions and solutions.

Replace destroying thoughts on life-affirming.

Comprehensive your desires and values, try to schedule their implementation.

Move in your rhythm, savoring speed and every moment of life.

In everyday actions, find your own developmental task and resource for joy.

Even in ordinary household actions, find motivation for yourself.

Share to live your life, attend it. And stay every new day with pleasure.

Go through the online master class "Leaky Mirror" and you will master the reflexive assembly technique - learn to understand the essence of the questions and ask them, hear them and create such issues, the answers to which you need.

Life scenarios of the objectives of life-psychological plans for sale