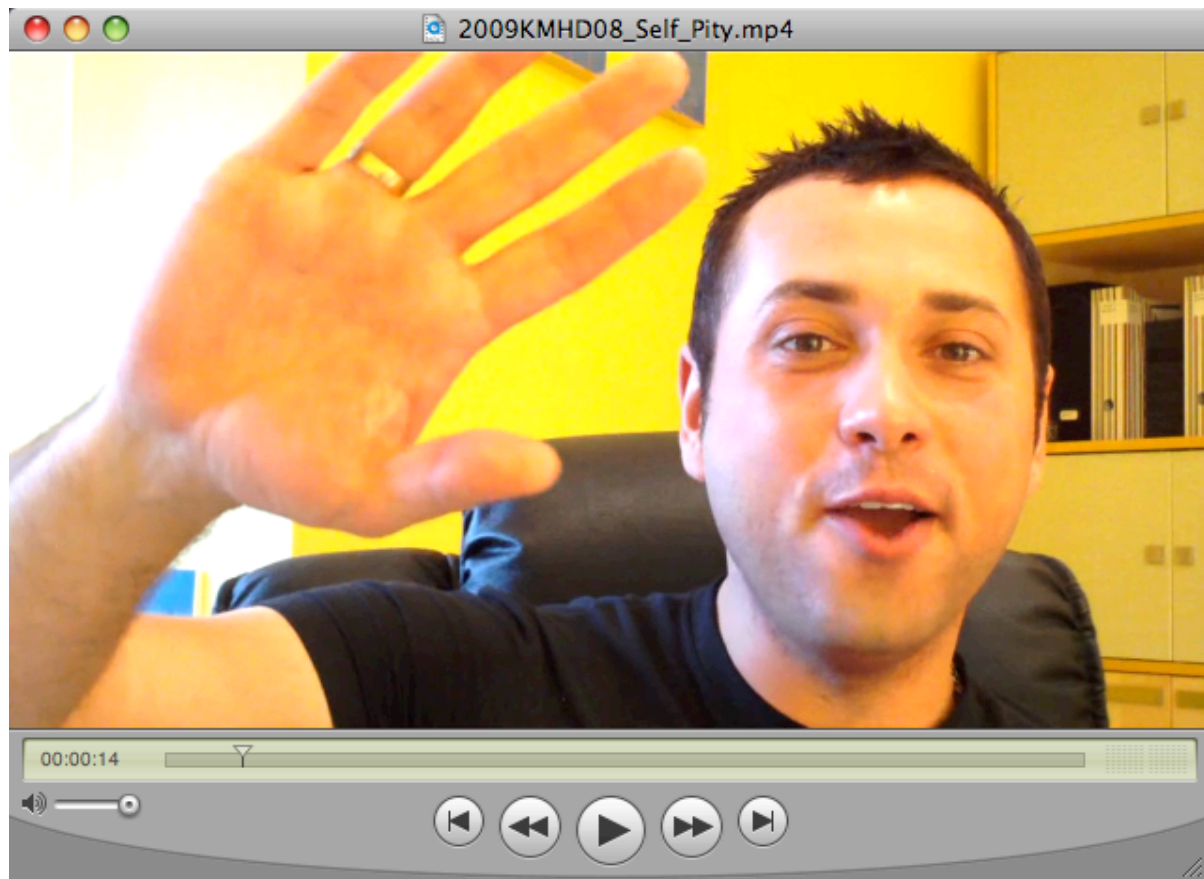




Thirty Day Challenge 2009 – Mindset – Day 12

2009KM08: Self Pity

Running Time: 3mins



Intro

Hello, this is Karl Moore and welcome to another video on the Human Mindset as part of the Thirty Day Challenge.

Now, today, I'd like to chat with you about one of my all-time favourite subjects, and it's a principle, a technique, that if you truly understand, it'll bring you great happiness and true business success in your life.

It's a principle that I open my books on self-development and happiness about, and it's simple:

Stop Feeling Sorry for Yourself



Feeling Sorry for Yourself

Now, we all go about our daily business, and indulge in much more self-pity that we even realise - because it feels good to remind ourselves of how unfair life can be; How, maybe, we haven't been given the same advantages in life, or had the same opportunities; Maybe we feel that fate has dealt us an unfair hand, that God has been unkind; Maybe we don't have a lovely partner, or we've got kids that just drive us insane; Maybe we've lost money on a portfolio, or something other has gone wrong.

You know something: Maybe that's all true. Maybe fate has been unkind to you.

But stop feeling sorry for yourself. Because, you know what? It's not going to help.

Self-pity is a really weird emotion – it sits on an island all by itself. It eats up every emotion around, except itself. It leaves itself standing, reminding you, and telling you that it's right to do so. But self-pity doesn't help, because it leaves you in a state of apathy; it leaves you in a state where you feel unable to do anything else – you're just there, stuck.

Self-pity doesn't serve anyone except itself.

So, if you're looking to move forward in your life, if you're looking to achieve true happiness, if you're looking to get business success and financial freedom, then you must follow this single rule:

Stop Feeling Sorry for Yourself

Let go of Self-Pity and you will be happy. Or to re-phrase it: if you'd like to find happiness, stop feeling sorry for yourself.

Well, that's it for this little chat; I'll see you again very soon.

Good luck with the rest of the Thirty Day Challenge.

This is Karl Moore. Bye for now.

Links:

Karl's Blog: <http://karlblog.com/>