

TREE OF PAST LIFE



Time for Gentlemen

ARE YOU GIVING YOURSELF TIME?

Here again we find the end of the year nearly upon us.

Has your year been one to remember?

Has your year played out the way you desired?

If you could change anything what would that be?

Do you feel you have life all in hand?

Do you feel a few changes would be beneficial for the year ahead?

HERE WE GO AGAIN GENTLEMEN HEADING TOWARDS THE END OF ANOTHER YEAR!

Are you taking the time to really evaluate your goals Gentlemen?

Many people (Yes, we are all guilty) can waste precious years of their life chasing things they don't even want or never letting their desire mature. Make a habit at least every year to put a pause on your routine and allow yourself to think about what you value, and how that may have changed over time. The important thing is not to stop there, but to make the necessary changes so that your lifestyle can actually reflect your new goals.

Quite naturally we all want to be happy, of course we do...but sometimes it seems easier said than done. How is it that some people can be so happy, even if they don't have everything they want in life, while others have more than they need and are darn right miserable?

What seems to separate us?

What a world we live in where such paradoxes exist. Why aren't we mere little mortals ever satisfied? (or at least this is what it looks like sometimes)

As people become aware of the fact that material things don't bring us happiness, are they indeed finding happiness. (You decide based on your own unique experiences)

When we look inward at our lives and focus on becoming our best selves, our best version... we are able to stay mindful and, in the moment, creating lasting impact on our lives, surroundings and even the very air we breathe.



Got life all tied up?



ARE YOU A PEOPLE PLEASER?

On the surface, being a people-pleaser can seem like a good thing. After all, who wouldn't want to get along with the people around them? But anyone who's genuinely tried to keep everyone happy knows that it may become a vicious circle that leaves you completely burnt out, frustrated, and less effective at making the people you really care about happy. Just like you only have 24 hours in a day, you only have a limited amount of energy you can use up, so make sure you're making it count! Sometimes, this will mean saying no to overtime at work or to yet another family reunion. Make sure that you're taking the time you need to recharge your battery in whatever form that works for you!

No one can perform to their best on a flat battery

Sometimes you just have to stay in your own lane and relish the ride

People in your life will come and go, but the person in the mirror will be there forever so be good to yourself.



Stop Comparing Yourself to Other People

It's hard enough not to compare yourself to your friends, neighbours, and coworkers - and then along came social media! But the truth is, nobody's lives are as perfect as they might seem; that is 100% guaranteed. So instead of comparing your low points to everyone else's high points, teach yourself to stop judging books by their covers and learn to value every season of life. Celebrate the good, learn from mistakes, and find comfort in the sad times. Live life now.



Treeofpastlife.co.uk - Author of "One For The Ladies" [click here](#)



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