

Pat Yourself On The Back

For most of us, there are times when we feel under-appreciated, as if no one understands how hard we work and how much we are trying. One of my favorite pieces of advice has always been to praise often and tell people how much you appreciate them. You'll find bits of this advice scattered throughout the book. There are times, however, when no one seems to be applying that advice toward us, when no one seems to be appreciating us.

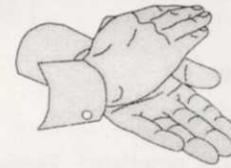
At times, it's important to stop what you are doing and pat yourself on the back. Take a few moments to reflect on what you've been doing and on the nature of your intentions and actions. Mentally review your accomplishments. Thank about how hard you work and how much you are contributing to your goals, and to the people you are working with.

As simple as this sounds, it really helps! I've done this many times, and have found that it puts things in perspective. Sometimes it reminds me of how busy I

have become, which gives me compassion for everyone else who is busy. I can recognize why people sometimes forget or are unable to be appreciative—they are absorbed in their own work and their own lives.

Sometimes we get going so fast that we forget to pause and reflect. When we take a moment, however, we can regain our perspective and realize that we are making a valuable contribution to ourselves, our families, the people and business we work with, and humanity. Recognizing your contribution from within yourself is actually more powerful and satisfying than hearing it from others. In fact, in order to feel good about yourself and your efforts, you must be able to compliment yourself and recognize and acknowledge your contribution from within.

Almost, everyone loves to be patted on the back by others. It feels good. However, when it's not happening, don't let it get you down or adversely affect your



attitude. Praise from others is never a certainty, and making it a condition of your happiness is really a bad idea. What you can do is praise yourself and pat yourself on the back. Be honest and genuine regarding your compliments. If you're doing a good job, say so. If you're working long hours, give yourself credit. If you're making life a little better for even one person, or making any type of contribution to society, then the world is a better place because of you. You deserve to be recognized. If you'll actually take the time to do so, I think you'll find this exercise is well worth the effort.

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