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Photo: Fraser MummyWelcome back mid-week meditations, lifehacker weekly dive into stoic wisdom pool, and using the waters to think on a guide and improve your life. Mid-Week Meditations, Lifehacker weekly dive into the stoic pool of wisdom and a welcome... Read MoreThis week's pick comes from Marcus Aurelius' Meditations. Towards the end of the 11th book, it passes over an interesting aspect of change: Grapes are immature, immature, raisins: all changes turn into existing, not yet existing, not existing. Here is another version: immature grapes, ripe inski, dried grapes, all changes, nothing, but into something that does not yet exist. G/O Media can take a commissionNe Meansin in its own way, Aurelius explains that a grape is actually an event, not an object. It begins without ripening, then ripens and eventually turns into raisins. Even after that, it is divided into molecules that will turn into something else. Nothing ever exists, it's just that it's always in a situation that doesn't exist yet. What we perceive as grapes is actually changing itself. The same can be said of you. Your life is an event, it's always going through change. Once upon a time, when you were a child, you now gradually mature and one day you become old and wrinkled. Always think of yourself as in the process of turning into something that doesn't exist yet. What To Buy from ItChange is not just an important aspect of life - it is life itself. Your mind and body change every second of every day. As soon as you get pregnant, you change to be a baby; As soon as you're born, you change to be a toddler; then for a teenager; And so on. You're always going to another version of your own. Mid-Week Meditations welcome lifehacker weekly diving into the stoic pool of wisdom and ... Read More, but what? This is offered with numerous options during continuous conversion. Every move you make, every move you allow, every decision you make during those conversions is yours. These options can be simple: Do I eat pizza or salad? Am I exercising or sitting on the couch? I'm going to wear this shirt? Am I going to get up now or in 15 minutes? Or these choices can be more complicated; Can I take my chances with my career? Am I going to move to a new city? You want me to tell them I love them? Even if you can't stop the change, you can shape it. You're constantly changing—on a journey you have no other options for— and so is everyone around you and everything else. How are you going to steer everything? Change is a gift, change is freedom. Here you can read Meditations in its entirety for free. There's an old joke. One guy says, I really want to go to medical school, but it's going to take at least seven years-- and in seven years I'm going to be 50! A wise friend replies, how old is he in seven years if you don't go? Never believe that you want to be in your career or that change in your life is impossible. Depend on your age or status; Stop being afraid of what might go wrong and start getting excited about what might go right. Here are 10 ways you can start to move towards a more satisfying and happy life right now: Life is made up of elections --some regret it, some we're proud of, some will hurt us. Everything in your career and life is a reflection of a choice you've made. If you want different results, start making different choices. People may believe that honesty won't get you many friends, but even if that's true, the friends you earn with honesty will be the right friends. Honesty is the cornerstone of all success that trust and performance ability cannot exist. After you realize that perfect doesn't exist, you can relieve yourself. As long as you want to make corrections, there's no harm in being wrong or making mistakes. Just be yourself, imperfections and everything, and let people see the real you. Each of us is a flawed human being, aware that we cannot take away our mistakes and flaws. Remember, the winners are not people who never fail, but people who never give up. It is important not to allow success to fail to your head or heart. The secret to progress is to accept your failures and have the wisdom to apply them to new opportunities. Accept that you don't always make the right decisions. Sometimes you're going to screw it up, sometimes it's bad. But your mistakes don't mean you fail, it just doesn't mean you're trying to learn and try in life. If you're not making mistakes, that means you're trying hard enough. When you learn from them, mistakes can turn you into something better than before. You can improve your life just by changing the people who surround you. If there are those who bring negativity or harm to your life, accept that these actions cannot be changed, unseed or forgotten. Take it as a lesson learned and surround yourself with people who support you, guide you and make you better than you are. What do you think's going to happen? And the sad truth is that most of us are our own worst enemies, allowing our negative thoughts to hold us back. If you are loaded with positivity and great thoughts, you can create positive and big

things for yourself. If you want to change and change quickly, start by changing the way you think. Regardless of our hesitation or fear, people need change to be happy. Try to do something you've never done every day. Don't be afraid to try new things and stand in the uncomfortable zone. If you want something you've never had, you have to do something you've never done. A great source of unhappiness is that other people's lives are better or easier than yours idea. But I don't know. If you compare your situation with that of others, you compare all its reality with their surface. No matter how fantastic, how happy, no matter how bright everything seems from the outside, you never know what's going on inside if you find yourself jealous of someone, remember that person has struggled with challenges and insecurities just as you think about everything that matters to you in your life. This system helps you simplify your life and see what you need to focus on. This can work for everything you have in your life, professionally or personally. And just letting things go will help you simplify the action, focus on the important things and build the life you want. Last Updated October 22, 2020 How would you feel if you realized that sharing a personal story and not actually listening to the person you're talking to? You probably wouldn't be too excited. Unfortunately, for many, this is the case. Most people are not good listeners. They're good imitators. Well, real listening requires work - more jobs that people are willing to invest in. Give and get about quality conversation. Most people, however, just want to give-their own words, so. Being on the receiving end as a listener may seem boring, but it's very important. If you're interested in someone and you're paying attention to what they're saying, it's a sign of compassion and respect. The glitch is that participating sometimes requires an act of will contrary to what our minds naturally do. Without active listening, people often feel unheard of and unrecognized. That's why it's important for everyone to learn to be a better listener. What Makes People Poor Listeners? Good listening skills can be learned, but first, let's take a look at some of the things that make you a bad listener.1. You want to talk to yourself, who doesn't? We all have something to say, don't we? But when you look at someone pretending to listen, from the beginning, they plan all the amazing things they have to say mentally, it hurts the speaker. yes, maybe what the other person says is not the most exciting thing in the world. They still deserve to be heard. You have the ability to steer the conversation in another direction by always asking questions. It's normal to want to talk. In fact, that's normal. Note, however, that when it's your turn, you'll want someone to listen to you.2. What SaidThis makes an incompetent listener disagree with something else-with and disagrees with hearing something at once immediately. Then, wait, so How wrong you are. You're eager to do what you mean and prove the speaker wrong. When you tell your truth, you think others will know how wrong the speaker is, thank you for correcting them, and encourage you to elaborate on what you have to say. Imagine it. Opposing your speaker, however frustrating, is no reason to adjust them and prepare yourself to vomit surprising rebuttal. By listening, an interesting nugget of information can be collected that you were not actually aware of before.3. It is impossible to listen to someone listening while listening, reading, reading, playing Sudoku, etc. But people do it all the time. I actually tried to balance my checkbook while pretending to listen to the person on the other line. It didn't work. What did you say? I keep asking. I can admit it now because I rarely do it anymore. In my work, I managed to become a better listener. It requires a lot of concentration, but it's definitely worth it. If you're really going to listen, you should! In his book The Road Less Travel, M. Scott Peck, M.D., says that you can't really listen to anyone and do anything else at the same time. If you are really too busy to listen, report it to the speaker and set another time to talk. It's as simple as that!4. When you listen, you throw yourself in as a judge, you decide the speaker doesn't know what they're talking about. As an expert, you know more. What's the point of listening? To you, the only sound you hear after you decide you're wrong is, blah, blah, blah! But before that givek bangs, you may not have all the necessary information. You really have to listen to this to do this, don't you? Also, make sure you don't judge someone by their accent, voice or the nature of their punishment. My father is almost 91. His English is sometimes a little broken and difficult to understand. People assume you don't know what you're talking about wrong - they're quite wrong. My father is a very intelligent man whose second language is English. He knows what he's talking about, and he understands his language very well. Keep that in mind when listening to a stranger, or perhaps when listening to someone who has trouble putting their thoughts into words. Now, you know some things that are done for a low audience. If none of the above items resonate with you, they are large! You're a better listener than most. How to Be a Better Listener, for the love of speaking, you can only say that maybe you need some work in the listening section, and after reading this article, decide to improve. Then what are some of the things you have to do to make it happen? How could it be a better listener?1. Attention A good listener is attentive. They don't answer their hours or phones or think about their meal plans. They're focused and paying attention to what the other person says. This is called active listening. According to Skills You Need, active listening includes listening with all senses. In addition to giving full attention to the speaker, it is important that the 'active listener' also 'is seen' to listen, otherwise the speaker may come to the conclusion that what they are talking about is not interesting for the listener. As I mentioned earlier, it is normal for the mind to wander. After all, we're human beings. But a good listener would be to rein in those thoughts back as soon as possible as they notice their attention dwindling. I also want to pay attention here where you can listen to bodily cues. If someone keeps looking at their watch or looks over their shoulder, you can assume that the focus is not on speech. The important thing is just to pay attention.2. Use Positive Body Language You can remove a lot from a person's body language. Are they interested, bored, worried? They lean forward and wonder what's being said. Facial expressions are either smiling, showing interest, empathy, etc. They called in a loudspeaker. People say things for a reason—they ask for some kind of feedback. For example, I had a really hard day with your partner! Then your husband nods and continues to control the news feed. That's not a good answer. But what if your husband got his head in with questioning eyes, took down his phone and said, Oh, no. How would you feel then? The answer is obvious. According to Alan Gurney, an active listener draws all the attention to the speaker and gives them an understanding of the information delivered. You can't be distracted by an incoming call or Facebook status update. You have to be there and now. Body language is an important tool to achieve this. The correct body language makes it a better active listener and therefore more 'on' and what the speaker says. It also means that you are listening to them. 3. Avoid Interrupting the Speaker I'm sure you don't want to be in the middle of a sentence. This is rude and causes anxiety. You probably feel the need to rush into what you're saying to finish your sentence. It's disrespectful to interrupt. Actually, it says, What I have to say is more important than what you say. When you interrupt the speaker, they feel frustrated, rushed and insignificant. Preventing a speaker from accepting, participating, discussing, etc., Lose watching what the speaker says. It's extremely frustrating. What you have to say can wait until the other person is finished. Be polite and wait your turn!4. Asking Questions Is one of the best ways to show you're interested. If someone's talking to you about their ski trip to Mammoth, don't answer that's nice. This shows a lack of interest and disrespect. Instead, how long have you been skiing? you may ask. Did you find it difficult to find out? What was your favorite part of the trip? Etc. The person will think very well of you and you will see you as a great chatterer by asking only a few questions.5. Just listen, this may seem unreasonable. When you're chatting with someone, it's usually back and forth. From time to time, all you are asked to do is listen, smile or nod, and you will feel that your speaker is actually heard and understood. I once sat with a client for 45 minutes without saying a word. He came into my office in a difficult situation. I sat her down and then she started crying slowly. I sat with him, that's all I did. He stood up at the end of the session, told me he was feeling a lot better, and then he left. I have to admit, it's been 45 minutes without saying a word. But I didn't have to say anything. He needed a safe space where he could testify to the deduction, judgment, or me trying to fix something.6. Follow uppart speakers to be a great listener, remembering what it tells you, then follow them. For example, in a recent conversation with your colleague Jacob, he told you that his wife had been promoted and was considering moving to New York. The last time we ran into Kisefer Jacob, hey, Jacob! What happened with your wife's promotion? At this point, Jacob will know that he really heard what he was saying and wanted to see how things went. What a gift! According to new research, people who ask questions, especially follow-up questions, can be better managers, do better work, and even earn second dates. It's easy to show you care. I just remember a few facts and follow them. If you do this regularly, you will make more friends.7. Keep Confidential If you really want to be a better listener, listen carefully. If what you're heard is confidential, no matter how tempting it is to tell someone else, especially if you have friends in common, keep it that way. Being a good listener means being trustworthy and responsive with shared information. What you're told with confidence must not be revealed. Make sure your speaker's information is safe with you. They'll be relieved to have someone to share their load with. Maintaining someone's trust helps deepen your relationship. In addition, one of the most important elements of privacy is that it helps to build and develop trust. It potentially allows the free flow of information between the customer and the worker and accepts the customer's private life and all the problems and problems that belong to them. Be like a therapist: listen and stop judging. NOTE: While therapists here keep everything secret in a session, you need to add that there are exceptions: The client can be an immediate danger to himself or others. If the client is endangering a population that cannot protect itself, such as child or elder abuse. 8. Maintain eye contact When someone is talking, they usually say something they think makes sense. They don't want their listeners to read a text, look at their fingernails or bend over to caress a dog in the street. A speaker wants all eyes on them. It lets them know what you're saying is worth something. Eye contact is very strong. He can pass on a lot of things without being told anything. Right now, covid-19 is more important than ever with the pandemic. People can't see his whole face, but they can definitely read his eyes. When I say eye contact, it doesn't mean I'm going to do just one look in the direction of a hard, creepy look-speaker. To make eye contact with your speaker, make it a point the next time you talk. Avoid the desire to look anywhere but their faces. I know it's not easy, especially if you're not interested in what they're talking about. But like I said, you can direct the conversation in a different direction or let that person know you have to go. Last Thoughts, listening will contribute to your connection to anyone in your life. Now, more than ever, when people are so disconnected because of smartphones and social media, listening skills matter. You can build better, more honest and deeper relationships just by being there, paying attention and asking questions that will feel like what the speaker has to say. And isn't that a great goal to make people feel important? Go out and start honing your listening skills. You have two great ears. Now use them! More Tips About Being a Better ListenerSee photo credit: Joshua Rodriguez via unsplash.com unsplash.com

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