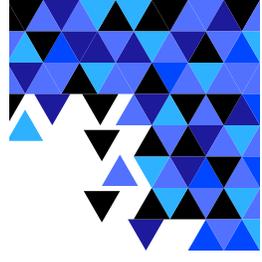


As Told by Kole



#PodcastNotes for Episode 48

Don't Take it
Personal

Here we go. A lot of what we think is personal really isn't personal in the sense that we often believe. What a person does to you isn't "personal". It's a reflection of something that is within that individual that they are attempting to project onto you. However, the "personal" part is making sure that you uncover and understand what it is that you are to learn from the experience you had, and what it is that is in you that allowed or caused this thing to happen.

In saying that, balance is key. There is a difference between introspection and self-blaming. You are not to blame for how others treat you, but you can definitely evaluate your life and see how you can stop allowing people to treat you certain ways. Balance.

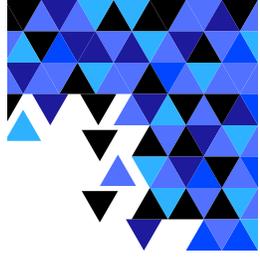
There are people in your life who seem to always be grouchy. Not your problem. You can choose to allow their grouchiness to affect you, you can choose to ignore them, you can choose to tell them about their actions, or you can choose to stop being in relationship with them. The only thing personal about the situation is YOUR CHOICE. Don't allow yourself to take the blame for how anyone else is. It's not your problem, your issue, your fault.

It is human nature to think, "What did I do?" "What is wrong with me that people treat me like this?" "Why don't people treat me right?" And these are valid questions as long as they are asked from the right place. If you're asking from a "I blame myself for the actions of others" place, that is totally unhealthy. If you're asking from a "I am going to use my experiences as opportunities to learn what I need to change about myself and how I interact with people" place, you're good to go. Remember: Don't take it personal. Not today, not ever.

Everything about your life is here to teach you. Life isn't here to beat you down or make you feel bad about yourself. Life is here to teach you. When you learn that and really grasp that concept, you will learn how to see what people do and look beyond their actions to see the lesson. Do I do this all the time? Nope. Do I take stuff personal sometimes, absolutely. But it's not because I don't know better.

As Told by Kole

#PodcastNotes



And now you know better, too. When you know better, you are supposed to do better. That's my challenge to myself today, and I'm challenging you too!

Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥

As Told by
Kole