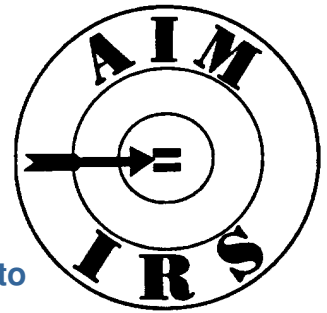


Mental Bench Press
06.03.09
Self - Improvement



"Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound." -- James Allen

"Failure is not fatal, but failure to change might be." -- John Wooden, basketball coach

Many seek advice about situations in their lives that frustrate them to no end. A common blind spot is that these situations are generally due to some external source. But what some have realized is that the majority of the time, anything that happens is because of themselves. It could be something that we have portrayed about ourselves that causes people to react toward us in a certain way. It could have been something that we have done past that we are reaping the consequences of in the present. It could even be that we haven't matured to the point of dealing with a situation in an effective manner. We have to realize that stuff doesn't happen to us, it generally happens because of us. There are some exceptions, but too many times we believe that the exceptions are the norm. This creates a "victim mentality" about our daily living.

If you want people to treat you better, you have to change. In order to have better circumstances in your life, you have to change. If you desire some increase or decrease, it is up to you to change. Ghandi say, "Be the change that you want to see in others." One of the principles in this is that we can only change ourselves. Ultimately, in order to have a better anything, it requires the individual to become better.

We reap a harvest based on the seeds we plant. So choose what seed wisely. Sow it. Then rely on God to bring its harvest.

Introspective Exercise: What has been the results of my self-improvement program? Do I see a change in me? Do others acknowledge the change that?

James Kent II