



By Rodger Rugdee

“View-point”

Through the many years of providing consultations to people all over the globe, I have had the good fortune to meet people from all walks of life. One question that I have often been asked by many of these people have been “How do you maintain such a positive demeanour and a happy go lucky attitude?” For me the answer is simple. Here are some of the lessons in life that I’ve learnt which might benefit you.

I have learnt that the art of growing old gracefully lies within one’s state of mind. When one is able to see the positives in every situation, the path to many opportunities naturally open the way for them. Being inflexible and attached to old ways of thinking and closing yourself off from what the universe has to tell you, is a sign of negativity. If you find yourself doing that, do not fret. Here is your opportunity for change!

I once came across a guy who claimed to be very successful in the fashion line and a professional in sense of beauty and makeovers. One look at his appearance told me much about him. The first thing being that his sense of style was rather mismatched. What gave it away was that the guy wore a flowery shirt along with checkered pants. That is not to mention that the guy seemed to exude body language which showed him to have a serious nature rather be of the creative type. From my conversation with him, it was apparent that this guy was trying to be someone other than himself and that he was not comfortable in his own skin. To this I say, be honest with who you are. If you love yourself, others will love you too.

When I was younger, I found that I was quick to judge others. When this happened, I would continue to talk about the negatives of what I saw in others, only to find many turning away from me. Lucky for me, someone pointed out that what I needed to do was to focus on the good qualities in others rather than the bad and the good will be attracted to me. Those words brought a change in my life that has benefited me to this very day. Try it yourself and I'm sure you will be amazed by the change you find in you!

Many people worry about the problems they have and forget to live in the moment and appreciate the blessings that they have. Sometimes people spend too much time worrying that they fail to see the solution. The trick here is to believe in yourself and that you can pull through anything that comes your way. The bad times will pass. The key is to stay positive and believe in yourself having the ability to see it through. In such situations, taking time out to motivate or recharge your mind can make a lot of difference in the way you see the situation at hand.

I always believe in making some time to spend with family. One can be capable of earning or being successful in every aspect in life. However, not celebrating birthday of someone close and special or not making the effort and time to be part of that special occasion is a very lonely way of excusing oneself from the blessings afforded you in life. I am for one, a person not afraid of death, but going through the years without enjoying life with your loved ones is as good as being a robot and a living zombie. Money can be earned, problems come and go, but not being there at that moment, well sometimes are precious moments that you take away from your life. Embrace these moments from this time forward. There is much joy to be gained from it.

To be successful is one thing, to live a full life and keeping positive in all circumstances and level is the way to live. Problems and circumstances will always be there but your perception of these situations will make all the difference. In this respect here is much to learn from children. They live life and are not afraid of what's to come. They are the best coach in teaching us how to pick yourself up every time you fall. Just watch them pick themselves up! We will age with time but let us all maintain youthful hearts and mind. This will help us overcome many of our present trials and preserve the good spirit for what's to come ahead.