



Meet Your Needs



One of the greatest pieces of advice I've ever received is to meet your own needs. You are the only one who knows what your needs are. And you are responsible for meeting them. Sometimes you need help in meeting them, and that is ok. Ask for help. Meet your needs however you can. You'll be better and happier for doing so. And in the long run, you're doing everyone in your life a favor. You may feel like it is selfish to do something for yourself. If you go so crazy that life is out of balance, then yes, that is probably selfish; but, if you are wise and recognize your true needs and then meet them, you'll notice that it feels right. It resonates with you. And that is not selfish.

Have you ever noticed at times you feel cranky but don't know why? It is because your needs are not met and the "cranky" emotion manifests itself when this is the case. Have you noticed when you meet your needs, you feel calm and happy? That is because calm/happy is the opposite of cranky which is just a reflection of needs that are met vs. unmet needs. Try it. You'll love it.