

The DLS Experience™
The Experience of Life. The Experience of a Lifetime.

Hi Everyone!

What would you do if you knew you couldn't fail? Please take a moment to answer this question.

How much pleasure is contained within the thought above? In other words, if/when you did become what you knew you couldn't fail at, how great do you believe life would be?

Anne believes that life would be wonderful if she was an actress. For as long as she can remember (Anne is 47) she has wanted to be on stage; to perform; to do what she knows she would love to do.

There is something else that Anne has remembered for a very long time; being judged as not being good enough. For as long as she can remember Anne's parents have been telling her that she is not good enough; that regardless of what she does and how well she does it there is always something more that should have been done. Know anyone like that; someone who rarely (if ever) seems satisfied with what you do?

Does it surprise you that Anne tends to judge others the same way; that she is as judgmental, critical and rejective as her parents have taught her to *be*? Does it surprise you that her *self* is often first in the line of 'others'?

We pass down many things to our children. Acceptance (or a lack thereof) is one of them. A sponge absorbs dirty water too.

Tip of the Month

What if you knew that you couldn't fail at *being* happy? Imagine waking up every morning knowing that happiness during the day ahead is *guaranteed*.

Being happy is a by-product of *being* self-accepting and self-disciplined. How well do you accept your *self*? How well do you control your *self*?

Whether (and when) Anne becomes an actress or not is not entirely up to her. Whether (and when) you find the happiness you seek in life is. The key is knowing where to look. It is also knowing who to *be*.

Thank you for taking the time to read this newsletter.

Your friend,

Doug

*It is not because things are difficult that we do not dare,
it is because we do not dare (to **be**) that they are difficult – Seneca*

Providing the Mirror for Your Mind to Explore and Expand the Possibilities of Business and Life