

VALUE your role

Do you honestly value and appreciate everything you do in your day or do you feel as though you're on the mechanical treadmill of life?

If you work outside the home as well as run the home, do you acknowledge the amazing role you play in keeping everything together?

I had all the 'right' ingredients for a new beginning. I thought my new life would naturally feel and look different. It did look different from the outside, new car, new house, new suburb, new career, practically everything was new and fresh on the outside - but what happened to the INSIDE of who I was? The truth is very little had changed.

Some missing key ingredients, which can often add to frustration and resentment in the home, as either wife and or mum, is by seeking constant validation from others wanting to be told how wonderful and spe-

cial you are. When you take responsibility for yourself for what you think and choose to believe about yourself and stop looking for external validation and acknowledgments from outside, life can really become so much more rewarding and you may even feel content with yourself and see the value in you!

If your world is NOT reflecting all the constant effort of your work and the hours you put in to daily household chores -chances are YOU are not valuing your role and acknowledging how amazing you really ARE! When you choose to acknowledge the value you give, you may be amazed at all the compliments you receive back!

How does self value look on a daily basis? In my life, it is appreciating everything I do in creating my day. When I do this, my world often reflects this value and acknowledgment back.

When you value yourself for all the many roles you play in your day at home or at work, your world will have the opportunity to look and feel brighter and more loving. When I am truly valuing myself and nurturing me, I take time out just to BE and at times, this is enough! Have a cuppa in the sun, read a favourite book or buy yourself something special for all the incredible tasks you achieve. Why not consider paying your-

self a 'value' wage for all the roles you play in your day - both big and small.

Choose the roles you want to play. If some area of you life is not working, address the issue. Remember you can CHOOSE how to act in your role.

Life is magical if we choose to see. What you create in every moment is priceless. Value everything you do in your day.

I have a fantastic affirmation I often say or write: *"I am special now. I am valuable now. I am perfect now"*.

Try this one out or create your own unique affirmation. Express it daily to yourself for a few days and watch what happens!

When my world reflects back what I give out, it truly is a magical place to be.



Victoria Mills is a transformational life coach and National Trainer of The McIntyre System® - a philosophy for living, which offers a variety of courses that have been developed for people who are looking to grow emotionally, spiritually and financially.

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