

One Small Question - One Giant Leap for Happiness

By Antara

I think I've got it! I think I have cracked a neat little formula to get me living my life the way I want to and make all the right choices and all wrapped up in one tiny little question.

Surely that isn't possible I hear you cry!

Well consider asking yourself this...

"Is that a loving thing?"

Answer this question utterly honestly and I swear it will transform your outlook. But it is essential that you really answer it fully and not just go with the first thing your emotions throw into you mind.

It all started when I was reaching for a bar of chocolate. I'd had a terrible day, I was exhausted, I'd had an allergy flare up and I was really hungry. As I was about to unwrap my treat, these 5 little words flashed through my mind... "Is that a loving thing?" On the one hand I wanted some comfort, but I realised the chocolate would have given me a fleeting moment of pleasure, before it tasted too sickly sweet and I would still feel tired and itchy. More importantly my diet had been terrible recently and I just wasn't giving my poor body the nutrition it needed or deserved. That chocolate bar in that time and place **wasn't** loving myself and suddenly I didn't want it anymore. Now the dialogue could easily have gone another way, I could have decided that in that time and place chocolate was the most loving thing I could do. But I made an honest choice, putting my whole self at the centre of the decision.

The power of these 5 words is as follows:

- ★ It puts your own self love at the front of your mind.
- ★ It frames every action as a question, showing that you always have a choice and choices are empowering?
- ★ Instead of constantly focusing on what we **should** be doing, forcing ourselves to conform to a budget, diet, work regime without thinking, it allows us to review what we **could** do? Possibilities not Constraints!
- ★ It takes the decision away from your immediate emotional response to something more considered which means...**my desire for instant gratification doesn't get to control me.**

Asking the question means you make a commitment to yourself. Because why would you knowingly and consciously choose to do something that is not the loving thing to do for yourself? **Treat yourself better.**

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