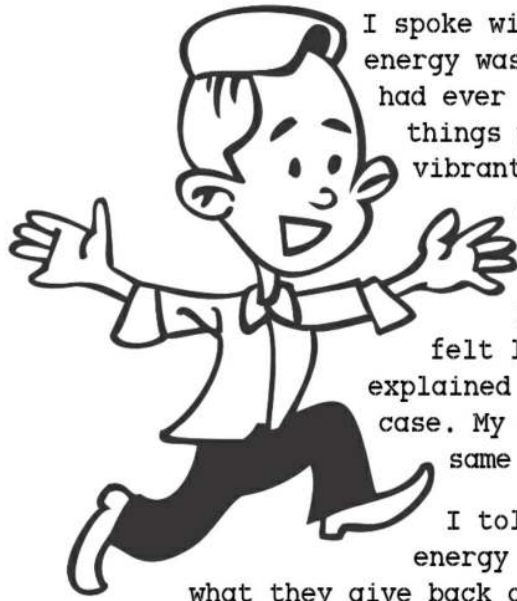


DAY #12 ENERGY

Your energy is not the same as mine or any other persons for that matter.

Whether you are shy, timid, bubbly or whatever the case may be, everyone is different and you can't expect others to reciprocate your emotions in a manner that is similar to yours.



I spoke with a young lady whose energy was unmatched by anyone I had ever met. She would tell me things with an upbeat and vibrant personality and attitude and when I responded as I did, in a calm and friendly manner, she told me she felt like I didn't like her. I explained to her that was not the case. My energy level was not the same as hers.

I told her to share her energy with others and take what they give back as their expression of friendship and care no matter the energy behind it.

After a while she came to understand not everyone is the same. She would share her energy, knowing how she's was understood and received in a kind and joyful manner, but also to realize the response others give may not be as exuberant. The feelings and companionship is still the same.

Give your energy and accept what is reciprocated back to you now matter how it's shape. Also knowing people are different and should be enjoyed at all levels.



Life advice

from the broken man

12 reflections on personal growth

By Jeff Johnson

DAY #11 REFLECTING

Change is never easy and is uncomfortable. No one really likes to make change. Some of us fight it more than others.

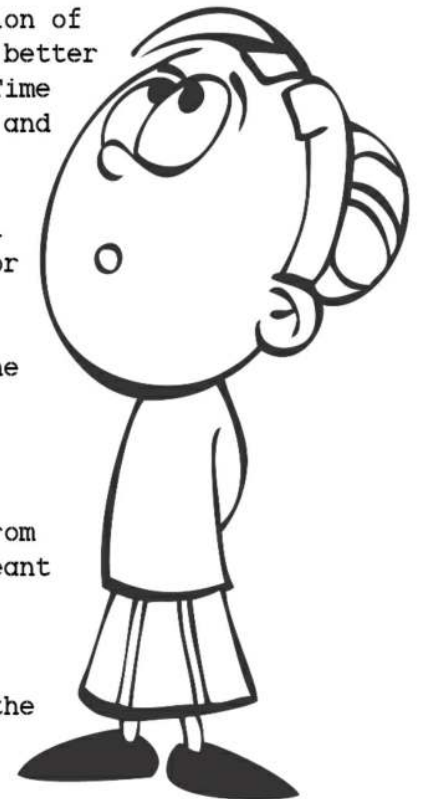
Yet, look at your life's experiences. See how various choices of your past weren't as effective as you needed them to be. Reflect on how many of the changes you did that actually turned out to be the best for you.

Reflecting is always good. You just don't want to put yourself into a puddle of quick sand and sink yourself. Think what you could have been done differently. What other choices were possible? Would there have been a different outcome? Be honest with yourself.

Reflection can lead to the option of new choices in the future that better suit your life as it evolves. Time of reflection may be difficult and hurtful, based upon a life's experiences, but they can also be filled with much joy. It all depends if reflecting on joys or traumas. You have **all the answers** in your book of experiences to help you down the path that leads to a future of happiness.

Be careful, don't let fear of the unknown hold you back from becoming the person you were meant to be.

Change is good, if needed. You don't want to change just for the sake of changing.



DAY #10 OTHERS

You can't expect others to change
if you aren't willing to change yourself.

Change is never easy and is often scary, but if you want a different outcome from someone else, you have to be willing to change yourself as a starting point. Compromise with an individual is a good starting point for change. Saying "I can understand your view point" is the way start. I am is not conducive to an environment of change, so this one is particularly hard for me.

Whether you are having difficulty with your spouse, a friend, a co-worker, or employer, you must be willing to listen and acknowledge any spots they may have. Think about what you can improve on and which ones you are willing to let go of for the sake of the big picture.

Not being willing to listen to and be semi-empathic to a person's point of view will only lead to arguments and division.

If you feel it's your way or the highway, you will never be able to compromise with others. Being in the "I'm always right" mode is never good. Be open to change, small at first, and compromise, in doing so it will lead you down a path of growth and new experiences for the both of you.



12 reflections on personal growth

By Jeff Johnson

Jeff Johnson lives in South Carolina with his wife and two sons. A man of many talents - few know of his writing. His wisdom, is based on his life's experiences. They have assisted many. At this time he has decided to put them on to paper to share with the world. He hopes they will assist you in your personal growth and travels through life.

These people are all believers that life is better when we open our minds .

Jeff Johnson
UNITED STATES

Elroy Germishuys
SOUTH AFRICA

Susan Brandt
UNITED STATES



Published June 2023 in association with

Adoquin Roca
United States

For more books visit
ARP-BOOKS.ORG

If you would like a book in any other language please email us at
arpandamigos@gmail.com and let us know.
Free translations available.

DAY #9

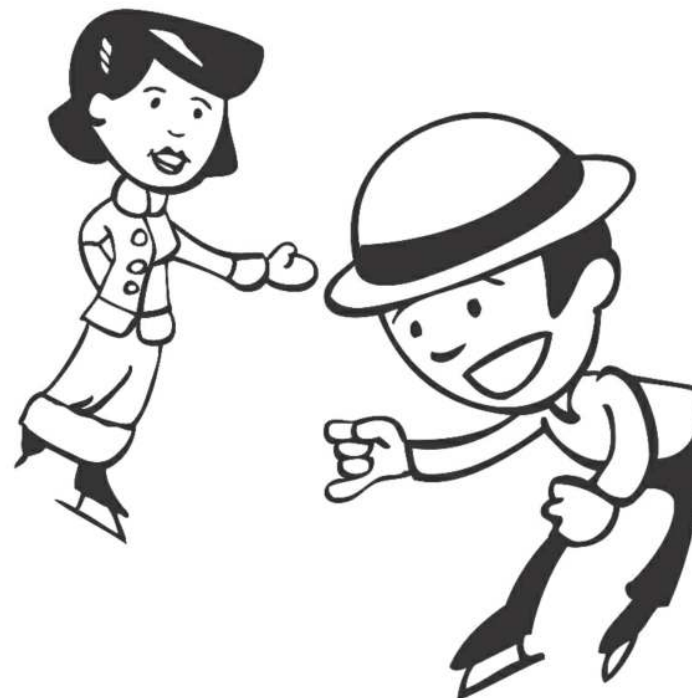
KINDNESS

Show kindness to others.

In this world, you get out of it what you put into it.

No one wants to be treated as less than. No one wants to be treated as if they don't matter. Do you want to be treated any other way than with kindness? **Of course not.** So show respect and kindness to your friends, family, coworkers, and anyone who crosses your path.

Nobody says you have to agree with everyone, about everything, because you aren't. Whether you agree or disagree with someone's opinion, life choices, or anything else, show them the same respect and kindness you would want to be shown. In doing so, you see the seeds of kindness sprouting up every where you go.



DAY #8 STRENGTH

Know your worth and make it your strength.

To be clear you decide your worth, no one else has the right. Do not give anyone - family, friends, co-workers, and not even your spouse or partner - the power to tell you what you are worth. Your heart, your spirit, the way you live your life and the gifts you are given help you to know your worth.

Your heart: How do you feel about others? Do you have compassion? Like to help others? Suffer when others hurt? Caring for others is a gift in and of itself. Think about it.

Your spirit: The energy you portray to others, is it positive or negative? Calm or energetic? How do you want others to see you? There's no wrong answer here. It's all up to you. The way you live your life: How do you do it? How do you handle the trials and the triumphs in your life? Do you surrender to the fears that creeps in, or do you choose to change fear into energy? Do you express joy for yourself and others when good happens?

Your gifts: What gift's do you have? What can you do others can't? Do you use your gifts? Help others? Hide them? These are just a few questions to ask yourself to help you discover your self-worth.

Once you have discovered your worth, don't let anyone take it away. Make it your strength. Make your mark in this world. Use it to make a difference. You are stronger than you give yourself credit.



DAY #1 SELF DEPENDENCE

Your life does not have to be based on having others around you, when you have are working on yourself.

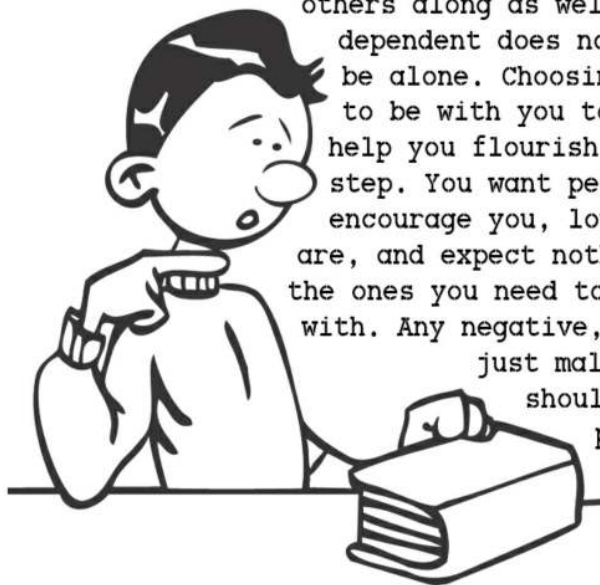
Knowing *you are enough* strengthens your relationship to all, as you grow less dependent on others. In the long run you will not base your self worth on what others think of you.

In becoming more independent, you may be able to see what they are going through something themselves.

Growing as a person strengthens your resolve

to be who you're meant to be, not who others expect or want you to be. As a child you grew up learning from those around you. It's based upon your family to take care of you. As an adult, your life doesn't need to be dependent upon others for you to learn and grow. Looking at your life's struggles and victories allows you to make choices that will affect the days ahead in a positive way.

Learn from the past and press forward allows you to bring others along as well. Being self dependent does not mean you have to be alone. Choosing the right people to be with you to help you grow, to help you flourish, it's a very big step. You want people around you that encourage you, love you for who you are, and expect nothing in return are the ones you need to align yourself with. Any negative, condescending, or just malicious people should be left in the past.



DAY #2

EVOLUTION

Human beings have evolved from cave dwellers to building the highest buildings ever imagined. They've gone from drawing on cave walls to creating the most beautiful art ever seen.

In the time of cave dwellers, the most musical thing they could do was beat sticks on hollow logs to give a beat to dance too. Now we have formed instruments that play beautiful music ever. All of these accomplishments were done because of evolution and it is no small thing to say that people's emotions and ideals about themselves should evolve too.



Your early life choices suited your early life needs but now as an adult those choices may not be what you need to continue with. As children and young adults we made choices that would make our parents happy and not necessarily ourselves, but it is never too late to change your choices to meet the needs of *NOW*.

Evolving to meet your current needs is necessary.

Realizing the way you did things before is not enough anymore is an important step in the evolution of a person's spirit.

Also understanding you are not to be blame for everything bad that has happened in your life. This is also a necessary step in your soul's evolution. Let go of the past and look toward the future as you evolve into the you of now.

DAY #7

FRIENDS

Friends are important.

Whether in life, business, or personal relationship, having a friend that knows you, understands you, and cares for you is important.

In life, a good friend can be your sounding board for ideas, concerns as well as a reassuring voice to let you know everything will be okay. In business they can shares your passion for the job, career and customers and help oxidize you to be the best at whatever you do. In a relationship, with someone can care for and love, having that person as a friend is an important step in growing together as a union committed to each other.

When choosing a friend whether for life, business or a relationship, choose wisely. Choosing someone with an overbearing personality that does not match yours is probably a bad idea. Friends can differ in personalities. If they are too different, you risk strife and sometimes anger. Finding the person that can lift you up when you're feeling down and vice versa is a good way to keep stable friendships together. Having someone committed to lifting you up and you do the same for them, you both grow into developing new horizons for you both.

Just like a plant needs water to survive, a friendship needs watering as well. Sharing each other's joy and working through each other's sorrow helps to bring friendships closer and strengthen their bond. A true friend will help you when you fall, lifting you up, but you must be willing to do the same for them.

Find a friend and be a friend.



DAY #6 BREATHE

Breathe. This one is simple - maybe. Or at least we think it would be. Just breathe. Sometime it's the hardest thing to do.

In this life the only thing that you can physically control, that affects everything you do, is your breathing.

Knowing how to take a deep breath, exhale, and release tension inside helps you cope with day-to-day life. When fear invades or doubt begins to cloud your judgment, or anger begins to take control of your emotions, STOP. Take a deep breath. Hold it. Exhale. Repeat several times until you feel a relaxed sense come over you.

After you've calmed down, look at the situation, examine your options and proceed calmly with a plan in mind that will benefit you as well as others around you, if others are involved.

We assume knowing how to breathe would come naturally. In the middle of a crisis, our brain forgets to tell us to breathe. Knowing when to breathe deeply is something

you learn. Breathing lets oxygen flow into your body, and knowing when to breathe during stressed circumstances can put more oxygen into the brain and your muscles to help relieve the anxiety of the situations.



Never
forget to
breathe.

DAY #3 REGRETS

Don't let your past regrets define your future.

We have all made bad decisions, some of us may regret them for the rest of our lives. Some people have done questionable things.

Some people have let loved ones slip through our fingers because of pride.

Some people have let the perfect job slip through their fingers, because of laziness or an uncaring attitude.

Knowing we have all done that "thing" is important. We can't let those decisions and regrets rob us of the life and future we deserve. Acknowledging the past and learning from it, whether we see it as a mistake or as victories, we can move on. Let yourself look forward to the brightest possible future and accept the joy that comes with it. Leave the shame or regret behind you.

If we live in the past we will die in the past never knowing the happiness that could have been yours. When we are too afraid to acknowledge the lessons of the past, move on and grow will become bogged down in a mud pit of no sunshine in our lives. Take time on a regular basis to reflect on the past and acknowledge whatever mistakes

that were made, give yourself credit for the positive way you handle situations and learn from both. Use these thoughts to be like a springboard into bright and happy tomorrows.



DAY #4

BEAUTY



You are beautiful.

Your beauty is not defined by others. How you see yourself and your confidence in your appearance as well as your confidence in your personality should be the only thing you need to feel beautiful.

In my life I have seen stunningly beautiful women physically but have the ugliest personalities, that is not beauty. True beauty is treating others with kindness

and respect and acknowledging that they are important not only to you but to the world as a whole. A person's physical features mean nothing if it's only superficial.

The beauty in the person's heart shines through regardless of what they wear, what makeup they have on, or how their hair is done. The world may try to sell you on that a stick figure women in fancy outfits or rugged men in cowboy boots and a hat, but all that is meaningless without joy in your heart and the love for others. That is true beauty.

No one can make you feel ugly unless you give them that power. Do not give your power of self-worth or beauty to anyone else.



DAY #5

FEAR

Fear is okay. As newborn children we are born without fear. We only know what we can see, taste, and smell. As we grow and begin to experience new things then do we become aware of fear. As children we explore, get hurt, discover animals that are scary and fear becomes a part of our lives. Our fear begins as not wanting to get hurt or scared of the unknown, but as we grow older and more responsibility is thrust upon us the fear of failure creeps in.

Fear lets you know you are alive. Being afraid of failure means the task you are attempting is important to you. As we develop new relationships, we begin to experience fear of being unworthy of love or fear of hurting the other person's feelings, or the fear that you yourself will be hurt. Fear as a human being is important for self-preservation.

Knowing when to avoid dangerous situations is a good use of fear. We experience fear in one shape or form every day. Knowing the difference in healthy fear and unhealthy fear is the key to continually moving forward. Healthy fear can keep you safe from danger or from making bad decisions that could affect your life. Unhealthy fear causes you to doubt, worry, or self-destruct. You think the world is out to get you.

Fear is okay, just don't let it control you or push you into making unhealthy decisions about your daily lives.

