

The Biggest Loser 12/14/06

If you watched the final episode you must have been inspired in some way by the winner's story. Unbelievable. Once again, a victory that shows us that anything is possible. I love the theme song for the show "What have you done today to make you feel proud?". My husband rolls his eyes when I sing that song really loud to him. (yes, it does sound pretty horrendous on purpose so he really notices me). I'm trying to inspire him to quit smoking.

But in all seriousness - there is nothing better than going to sleep at night and feeling proud about how you lived out your day. The words that come out of our mouths can make all the difference. We cannot take back what we say. The Four Agreements by Don Miguel Ruiz talks about being impeccable with your word. I suggest that you become aware of what you say and how it affects others. We really can impact lives every day. To know that each word is spoken with integrity is something to feel proud about. It takes work. It takes patience and it takes practice. But it is worth the sound sleep you get at night. Try not to react. Take a deep breath if you want to say something hurtful. It will pass. Everything does. Just like building a muscle, it will get easier and you will become stronger each time you practice being impeccable with your word. Try it. You can profoundly change your life