

Don't accept anything less than ...

The very best!



I believe every person on the planet is important, special, talented and deserving of the very best. Think about who you are and where you came from ... I wrote a blog back in January 2010 called, '*you are one in 250 million*'. I wrote about the fact that you were once a sperm, along with another 249, 999, 999 others, who set off on a mission to be the first to fertilize an egg. You - yes you - overcame insurmountable odds, a punishing immune system, overwhelming competition and a complex maze of paths and tubes to be the one and only one to fertilise that egg! You are good ... really good! You have courage, you have stamina, you have persistence, you have resilience and you have a purpose. I believe you are absolutely amazing and are deserving of the best ... but it doesn't matter what I think. It only matters what you believe and will accept for yourself and your life.

This is a dumb example but it just happened and reinforced to me what I'm willing to accept and not accept for myself and the people I'm trying to help. I'm running a weekend workshop this coming weekend and the venue had been booked for two months. A few weeks ago I got a call to say that the room I'd booked was no longer available but that there was another space vacant. I made the rookie mistake of not checking the new venue before confirming the booking.

Earlier this week I went to check out the space and start to prepare for the weekend. When I walked in the room I was not impressed ... it was dark, dingy and there was a floor-to-ceiling pillar right in the middle of the room. I guess it was holding the roof up but it was in the worst possible position! I stood in the room and I started to justify and convince myself that it wasn't that bad ... that we could work around it. I was just about to settle for this less than satisfactory room when I realised ... '*this space is not acceptable for me or the people attending my workshop.*'

It was Tuesday and the workshop is on Saturday and Sunday ... just 4 days later. How could I possibly find another suitable space with such short notice? It was only for the fact that I decided to only accept a higher standard did I commit myself to finding a vastly better option. I won't bore you with the details but with positive focus and immediate action, 2 hours later I had found and booked a much better space for less cost. That's the power of **expecting and accepting** only the best.

What are you accepting for yourself?

I would venture to say that there are things in your life that you're accepting which are second best to what you definitely deserve and are probably experiencing. Is that a fair comment? Are you putting up with working conditions that are below par? Are you being treated poorly by anyone in your life and ... letting it happen? Are you settling for poor health and lack of energy because you're too busy or can't be bothered? Are you letting yourself off the hook for procrastination and excuses for achieving the things you want?

I bet you - like me - would answer yes to one or more of those questions. The most important question is **why**? Why do you feel you need to settle? Why do you feel that it's acceptable to be treated poorly? Why do you believe you have no other options therefore stay in a toxic work environment? Why are you deliberately reducing the quality and quantity of your life by neglecting your wellbeing? Why do you have so little faith in yourself that you procrastinate, make excuses and give up on the things that will have the most positive impact on your life?



You are one in 250 million and don't ever forget it. You've done some things in your life to this point that you're proud of ... right? You've created success in certain areas ... haven't you? Say 'YES!' You need to feel good about yourself. You need to be proud of the things you've achieved. You need to know you're a valuable person who is having a positive impact in the lives of others. You need to start expecting better things for yourself. You need to stop settling for below average and start accepting only the best.

If your work place is toxic and you're unhappy ... it's unacceptable! You have the power to talk to the right people about it and initiate change. If change won't happen then you have the choice to leave and find something that is acceptable.

If you're in a relationship or a regular situation where you are treated poorly by another person or people ... it's totally unacceptable. Make a decision that you deserve better and start to take positive and immediate action to change it. Find the positive people in your life and ask for their support and guidance.

Today ... stop accepting poor nutritional, exercise and lifestyle choices. You need your health to be optimal if you're going to achieve all the amazing things in your life that you're capable of. Eat breakfast, get up earlier to exercise, drink more water, eat more natural foods and less processed foods. You know all this ... don't you? Now's the time to accept only the best for your wellbeing.

You were born to make a positive difference on this planet. You have the potential and capacity to do things that you have not ever considered or even thought possible. You are a winner. From today and forever more it's unacceptable to settle for the excuses you're making, the procrastination that's controlling your life and things you've started but given up on. Today's the day to accept nothing less than the very best!

