

SATISFIED

**Are you satisfied? Should you be satisfied?
Could you have done more or better?**

Yes, be satisfied. You've done a better job than you think. If perfect, well, you wouldn't be human. One of the reasons we are here on earth is to learn to grow. Be satisfied that you are doing that.

It's good that you are satisfied. It's also good that you are not fully and completely satisfied. That's because you are doing your current best and, with practice and repetition, it will get better and better.

Right now it's the worst, and it's also the current best. It will only get better with doing it. So, be satisfied. Be satisfied you started, you tried.

While December is a great time for planning and social events, it's also time to be satisfied. Celebrate what worked, what you learned, what you now know you can do better next year. Celebrate the failures, as they have taught you. Celebrate your frustration of things not done, as you may well be motivated now to put them on your goal list for 2011 and to actually schedule the time and place to do them.

Yes, NOW is the time to be satisfied with what you have done and learned. Often we are too tough on ourselves and judge ourselves far more than others do. Others see the good, the advancement, and the growth. We see the glass half empty rather than the half full our friends see.

Make a list of what you have done, what you have learned, who you have helped this year. Sure, it could be more. But, it's still a lot to be satisfied about. The list will make you realize you have a lot more to be satisfied about than you realized.

You might even ask a few close friends what they feel you have accomplished this year. Ask them what you should be satisfied about. You'll find they will have answers that you did not think of. I bet you will be satisfied when you listen to them.

Be satisfied and use the satisfaction to spur you to action for next year.