

# EMPATHY

## When you have had enough

That's it.

Enough is enough.

Every single day I work my butt off to try and make a difference, to try and do something with my life.

But it's hard.

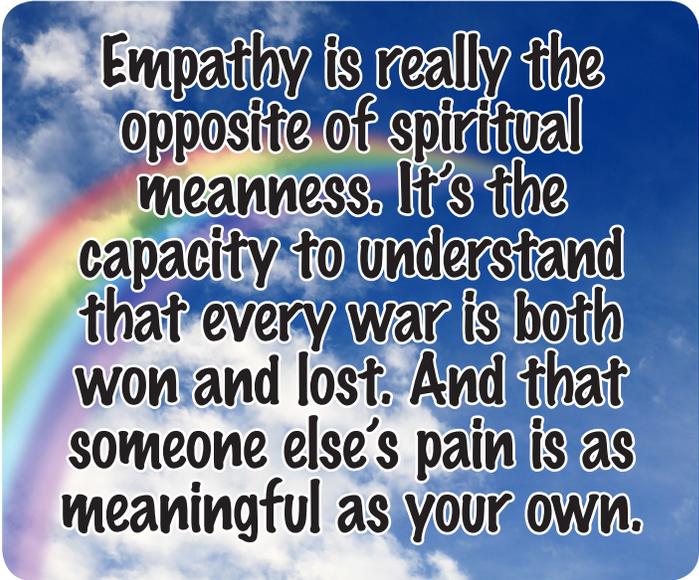
And today I can't be bothered.

Today I feel like it's all a big fat waste of time.

It's not working.

All of this effort has been for nothing.

I mean, what's the point?



Empathy is really the opposite of spiritual meanness. It's the capacity to understand that every war is both won and lost. And that someone else's pain is as meaningful as your own.

## Have you been there?

I've been there...that moment when you feel like the whole world is against you...like nothing's going your way and no matter how hard you try you just keep facing more and more resistance, hurdles, challenges... problems! It is perhaps the most difficult place to be.

## But let me let you in on a secret...

These moments where it's tough as hell and all you want to do is the opposite of what you know you NEED to do – these are the moments that count. Whether it's a health goal, a new diet, a new promotion, a new business or even a new relationship, the moments when you're at your darkest are the ones that hold the secret to your success.

"There's a reason why it's never crowded on the extra mile." Because, most people give up before they get there. These are the moments that will:

- get you to where you want to be.
- stand you apart from the rest.
- create your success.

**"Sometimes we have to look through the darkness to see the stars."**

## SIMPLE LIFE STRATEGIES: to help when you feel like quitting

- 1** Stay true to the way that you're feeling. If you feel angry then allow yourself to fully feel those emotions and then move on.
- 2** Quit worrying about what others may be thinking of you – this is YOUR life. So what if it's taking longer than you thought, so what if you fell off the wagon a few times...Keep going.
- 3** Know that it's the moments of darkness that power us forward – how can you use this frustration to energize you to reach your goals?
- 4** Remember why you're doing what you're doing? What is your vision beyond this?
- 5** Simple refuse to fail. Can't fail if you refuse now can you?

### Questions to ponder

- A** In what ways are you able to empathize with those that you support?
- B** In what ways do you need to be empathized with?
- C** How would an increase of empathy within your team, change the team dynamics?