

# Your Daily "Self-Appraisal" Survey

## "Let the Good In" Exercise

by Dr. David C. Kolbaba

**Instructions:** Read each of these paragraphs below, one at a time and score yourself 0-5, with five being best at doing this vs. zero; less able to do this.

Repeat several times over the next few months... and watch your scores get higher and higher!



**"Letting the Good In"** can be as simple as taking a complement. Some individuals can handle a complement while others seem embarrassed, less able to "take it in".

"Letting the good in" is all about "location-location-location". It's positioning ourselves for "goodness" sake. Working hard and getting the job done gives us a sense of satisfaction that benefits every living cell in our bodies. "Letting the good in" means taking the protective filters off, optimistically anticipating "goodness" of what life holds for us on any given day... all through the day!

Through the many years of clinical practice, I have asked hundreds of people this question. Could it ever be said that your parents, categorically speaking, encouraged you too much throughout the years? Not once has the response to that question been "yes". Instead, with the roll of the eyes, everyone answered "No".

The fact is, all of us desire, crave, and need encouragement from others. One of the best ways to become a better receiver of encouragement? Begin to be the source of that encouragement by communicating such things to ourselves every day!

**EXERCISE: "Letting the Good In"** ...Always being up for something that is great. Rate yourself 0-5.

**"Letting the Bad Out"** is all about forgiveness and moving on with our life, in spite of the unfairness of those living among us who are so quick to take advantage of us at every turn. "Letting the bad out" lets us return to our creative goal-seeking endeavors. It lightens up our life and gives us freedom to breathe and focus our attention on more meaningful aspects of daily life. "Letting the bad out" is like cutting the rope to the dark cloud. We could just as well be dragging that cloud around with us every day, making for excuses for what we are not getting out of life, due to painful personal tragedies of our past.

**EXERCISE: "Letting the Bad Out"** ...Not allowing ourselves to be tripped up by our nostalgic history. Rate yourself 0-5.

**"Keeping the good in"** is like tending a beautiful garden with all of the possibilities that grow there. It's treasuring the person that we are, appreciating our talents, gifts and blessings. "Keeping the good in" means to nurture to the many elements that keep us "young at heart" and fuels our optimism. "Keeping the good in" makes us more available to endless opportunities that come our way. "Keeping the good in" allows for good to come from within, leaving more for us to freely share with others, without fear or apprehension.

**EXERCISE: "Keeping the Good In"** ...Is knowing and appreciating what you already have. Rate yourself 0-5.

**"Keeping the bad out"** is all about creating and living with specific boundaries. It's knowing when to go, and when not to go, do, and not to do. It makes for better decision making, being able to "call a spade a spade" and having the strength to live with the natural consequences of the daily decisions we make. It is synonymous with not being "led" by our feelings. "Keeping the bad out" helps to conserve energy and minimizes needless worry and anxiety.

**EXERCISE: "Keeping the Bad Out"** ...Is knowing when and where **not** to compromise. Rate yourself 0-5

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