

Contexts and Conditions Matter

Change the Contexts of your life to Ones that Are Life and Happiness Supporting

1. Make a list of all the things in your life you're tolerating or putting up with that don't contribute to your thriving.

Anything and everything that doesn't feel like it contributes to you and your well being can go onto this list. Whatever it is just write it down. It could be relationships you have, how much sleep you get, the kind of work you're doing, how you're eating or taking care of your body, the place you're living. Really anything you're less than happy with and wish would change. Silly habits that you have but don't enjoy... you get the idea.

2. How many can you choose to eliminate from your life right now?

Then choose to do so, and cross them off your list!

3. Of the one's you don't think you can eliminate from your life right now, ask yourself these questions:

- ◆ Why am I continuing to choose this or have this in my life?
- ◆ What does it cost me to continue tolerating this?
- ◆ What will my life look like in one, three or five years if I don't shift or change this?
- ◆ What would I need to change or to do in order for this to be different?
- ◆ What choices can I make that would actually help to change this?

4. Cross off whatever new ones you're able to cross off, either because you realize that you actually want them in your life, or you can easily choose to let them go or create something different.

You might realize you're choosing to have that annoying uncle in your life because there's some other value in the relationship you don't want to give up. Or that a job that you don't really love is actually supporting you in getting somewhere else you want to go, so you're

willing to stick with it for now. When you recognize that you're choosing it then that inner tension and conflict about not doing what you want to do or being unhappy with where you are can start to subside- either that or you get to work on creating something different but you stop being as much of a victim of your circumstances and your life.

5. For what is still on this list, choose three that you will take action to change.

You could start with what you think would be the easiest, or the ones that feel the most critical and important. What can you do, what choices can you make or steps can you take to change them? Is there something you need to learn? Is there someone you could talk to? What would it take to truly change them? When those have changed cross them off your list and choose three more. Keep doing this until you have crossed out everything.

The goal is to no-longer have a list, either because you shift your perspective, see the value and accept what you were once “tolerating” or make a new choice toward something that is in greater alignment with your being. Then you have either chosen or made peace with the context and conditions in which you live, or you have empowered yourself to make necessary changes in your life. You don't have to just passively accept the unpleasant contexts and conditions of your life. It might not always be easy to change what's not working for you, but the first step is to acknowledge what isn't working and to choose to do whatever is in your power to change it. That, or accept and make peace with where you are.

**WHEN YOU
COMPLAIN, YOU
MAKE YOURSELF
A VICTIM. LEAVE
THE SITUATION,
CHANGE THE
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ELSE IS
MADNESS.**

ECKHART TOLLE