

## **HOW TO GET BETTER AT LIVING**

Robert Hoberg

Are the days flying by in bundles? Did another week, month or year just speed away? Did you find yourself asking, "Where does the time go?"

Some days, we just step out the door and events take over carrying us throughout the day. We respond... we react... chase things around and all of a sudden we're back at the door and our day is almost over.

Suppose, at that time, we added something new to our life... we sat down, took a deep breath and asked ourselves a very important question. "Did the day happen to me or did it happen for me? Did I manage the day or did it manage me? ... .. Most of us need to find a way to make each day separate and distinct so they will no longer be just "another day". A way to place the day in our hands so it is up to us to make of it what we choose. A way to tell the day and ourselves *how to be!*

And *the way* is astonishingly simple and tremendously effective. All we have to do is to prepare ourselves to give each day a "rating"!

### **The Rating Process**

If we are going to rate something, *we have to be aware of what is going on* and that says it all...knowing that we are going to give each day a rating automatically introduces "awareness" into our lives. We will be seeing and thinking about what is going on and be aware of our thoughts and actions. Mindfulness and introspection will now be a part of our daily living!

We keep score for one reason...to know what is going on! Scoring measures progress ... .. highlights weaknesses and strengths...tells us where we are and how we are doing...scoring is as essential to improvement as a heart beat is to life...when we know where we are... we can begin planning where we want to be.

How we rate each day is up to us. Some will use the school ABCDF system—others 1 through 10 or words like terrible through marvelous. It doesn't matter. At the beginning, we will probably find a few moments at the close of the day to review events and our responses and give the day our rating. Some will write it down and others will keep it in their minds. But for most of us, it won't take long before "our new rater" will come along with us and well before the close of the day, we will know how things are going.

It's like having another pair of eyes to create the needed awareness of how we are doing. Bad things will happen but how we manage and respond can still produce a good rating.

Awareness and feeling that for the most of the day it was in our hands can be very satisfying!

## **CHANGING OURSELVES DAY BY DAY**

The good news is that we are far more inclined to improve our daily rating rather than let it get worse. Because as humans we are “improvement oriented”...we like and enjoy getting better at almost any activity. And the daily ratings will start pointing out the behavioral changes that we would like to make happen.

### **Changing Habits**

Being mindful of our day automatically creates being mindful of ourselves and our performance but oddly enough we tend to focus more on the negatives, the things we don't like about ourselves...anger, negativity, smoking and other bad habits. Fortunately, the rating system can provide the incentives we need to replace bad habits with good ones.

Let's begin by visualizing our “rating system” as a balloon that wants to fly higher and higher. But the bad habits are weighing us down just like balloon-sandbags do in the real world. So, on the days when we keep the bad habit out of our lives we are rewarded with a higher rating and the good feeling that comes with winning.

### **Changing Ourselves**

Improving other peoples self esteem almost automatically improves ours. Quite often we think we are ‘giving’ but end up “getting”. So, we need to factor into our rating system the attention you paid to others, the sincere compliments you made and the acts of kindness that you performed for others.

And don't forget to include credit for “taking chances”—moving out of your comfort zone and walking new paths. Saying “yes” instead of “no” and most important savoring the new road that you opened for yourself. It's a way of growing...a way of being!

### **Enjoying the Good**

There are days when everything goes our way. If we are not careful, we can just let them slip by. They need to be savored...relished and given the rating they deserve.

### **Managing the Bad**

And then there are days when everything goes wrong. We can react, feel bad, get angry or we can see it as an opportunity to score well. Remember it isn't the day we are rating...it's our performance!

So let's add this concept to the rating process... "There is nothing that I can't manage and/or solve!" ... When we lean back from the difficulties and say that to ourselves, the problems become challenges, a chance to show ourselves how good we are.

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And please, take these quotations right along with you as you begin your new journey:

***A trend will be a trend only if someone is watching!***  
***The best way to get started is just to begin***

Wishing you the best of lives! Robert A. Hoberg ... January 2012