

*Splendid*  
communications

**Mental Detox**

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## Mental Detox

1. Unforgiveness or holding a grudge is like drinking a bottle of poison and waiting for the other person to die.
2. For planners: no one has the cure for AIDS in their timelines, so stop stressing over "secrets". YOU are your trade secret.
3. "No one can make you feel inferior without your consent." - Eleanor Roosevelt
4. Unsubscribe from any blogs that consistently make you upset or uncomfortable. No rule that says you have to read them.
5. Go through your own twitter or blog history & count how many are complaints. Set a goal to cut that number at least in half for this year.

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6. A gratitude journal does wonders, I can't stress this enough.  
[www.happytapper.com](http://www.happytapper.com) is a great iphone app.
7. Don't believe all the hype or read your own headlines.  
Wedding industry "fame" should always be taken with a grain of salt.
8. You can't fully control life, even with positive thinking. Other people's poor choices will still affect you. Respond; don't react.
9. "The true measure of a man is how he treats someone who can do him absolutely no good." - Ann Landers.
10. There is no shortage of talent in the wedding industry.  
Choose to work with vendors you like and who won't drag everyone down.

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11. The world is a bakery producing fresh opportunities every day, not a fixed pie where you need to fight for the last crumb.
12. Turn comments off. Blogging is a conversation, not a monologue. Moderate in batches if need be, but allow comments.
13. If your ideas aren't being copied, they probably aren't that good. Protect them legally, but prepare to let some things go.
14. Go on record as the first to have the idea and/or style. You can't be a trendsetter if you don't allow your idea to become a trend.
15. If you work from home, make it a point to have lunch at least once a week with a friend. It will do wonders for your outlook.

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16. Perfect doesn't exist, so let go of the extra stress. Sometimes you just have to launch an idea and refine it as you go along.
17. Some people who have wronged you will never apologize. Let it go. You can't be their conscience/jiminy cricket/Holy Spirit.
18. Let's face it: we all have issues; some that we don't even know exist. Everyone should see a counselor. Pride kills.
19. True humility doesn't hide its gifts. Keep the ego in check, but don't pretend to not be good at something you're good at.
20. "There's nothing enlightened about shrinking so that other people won't feel insecure around you." – Marianne Williamson