

Being Comfortable in Your Own Skin

by Renny Sabisch



You were never created to feel depressed, guilty, condemned, ashamed, and unworthy. You were created to be a conqueror and doer of good deeds. It is not always easy feeling comfortable with who we really are. We tend to be our own worst critics at times. I am sure that you have heard the quote “Beauty is in the eye of the beholder.”

Do you really know what that means? It is really how you feel about yourself: yet, not based on how others perceive you? It really does not matter what people think, nor should you be influenced by the opinions of others. This, in no way, dictates your self-worth. It is time to realize your authentic self and love who you are.

Being comfortable in yourself is not so much about physicality as much as it is about being confidently and reconciled with yourself. Your daily mindset, as well as maintaining a healthy lifestyle, plays a significant role. When feel comfortable with yourself, you can literally produce self-confidence. Therefore, as you remove the mental fragments that derail you, you will clear a path to new discoveries. Know that your beauty lies within your mind, body and soul.

Time will pass away, you can either spend it creating the life you want or spend it living the life you don't want. The choice is yours. It is true that many things in life are not equal, but everyone gets the same 24 hours a day and 7 days a week. We make time for what we truly want.

Living with premeditated intentions, and with a focused lifestyle, is really the objective. Creating a well-balanced lifestyle is vital to every aspect of your life. When you find balance and rhythm, you will find a sense of comfortable within yourself.

Expanding your Ways of Thinking

Learning to expand the way you think is where the change begins. That means stretching your personal boundaries and not living complacent or under the control of another person. There is no need to punish yourself by staying where you don't belong, or where you don't want to be.

There are many benefits to gain by giving yourself permission to step out of your comfort zone, but you need to allow your mind to travel, but like any other changes in life, stepping out of your comfort zone is a learned behavior. Start slow, and set conscious intentions. Know what inspires you and go for it one-step at a time. The further you step outside your comfort zone the easier in time it becomes. This leads you to new and exciting experiences. It can guide you to new beginnings, taking you in new directions, and challenging you to learn new things.

Be committed to your own path and trust your inner self by asking yourself, "Is it right for me?" That's what really matters most. Life is about moving on, accepting changes, and looking forward to what makes you stronger and more complete.

