

Mind of Steel or Man of Steel

Do you have a mind of steel that clamps down on these things and gets frustrated, angry, and complains about the situation? Or are you a man/woman of steel and choose not to be attached to the situation?

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Your co-worker comes in late AGAIN. The person, who rushed to get in front you at the checkout line, ran to get one more item. A cell phone goes off and the person starts chattering as if they are the only one in the room, while you wanted a quiet peaceful dinner at a nice restaurant. When these things happen, how do you react? Do you have a mind of steel that clamps down on these things and gets frustrated, angry, and complains about the situation? Or are you a man/woman of steel and choose not to be attached to the situation?

***This is a key element in your life
and something you need to
consciously choose to look at
clearly.***

If you are a person whose mind is like a steel door that slams down and raises your blood pressure and you seethe with anger than you are in trouble. As you start to 'tsk' and mutter, you are creating negative emotions in your body. When you start complaining or letting the frustration boil up in you, you are doing real damage to your body.

Most people we are around and most situations we have seen have taught us that that is how we are supposed to act and feel when confronted with what we would call rude people. We have somehow come to believe that we are the judge and jury of how others are

supposed to act. Where did we get the idea that we could control the universe? Who knows, but it really doesn't work.

If you are tired of feeling all the negative feelings than it may be time to become a man/woman of steel instead. What does it take? Can it really help? You bet it can. What it entails is something very simple.

You have to learn not to be attached to outcome!

Not being attached to outcome is taking those things that you can't change and just letting it go. Now it is not always easy but it is always doable. It takes being consciously aware of how you are feeling to make a difference. Once you are aware, you can feel the hands clenching, the blood boiling, the throat tightening, you can then begin to change. Right then is when you have to make the choice to react in a unique way.

There are two steps that will really help you when you are trying to change this feeling around: how you breathe and asking questions.

First let's look at the breathing. When you are feeling negative emotions, you will find that your breathing becomes shallower. You often find that your mouth is dry and you have a hard time swallowing. This is what you need to change so that you can begin the process. So breathe in through your nose and actually think 'I am breathing air deeply through my nose and pushing it all the way down to the bottom of my lungs. Then I am breathing air out of my nose and relaxing'. You will find this simple act will help you feel better and things stop being so important. Things are less frustrating.

The second thing you need to do is start asking questions. These questions will help you become unattached to outcome. You will ask yourself, 'How important is this really?' or 'In the scheme of life is this incident going to be that significant?' When you start to realize that

someone coming in late is NEVER going to make you a worse employee you can let it go. When you decide waiting in line can be used as a time to count your blessings than you will look forward to that time. After you put the cell phone conversation out of your mind, listen to the place where you are instead inside of yourself, life will be easier.

Only you make these dynamic changes in your life.

You will find that life is so much more rewarding. You will feel and hear the peace of calmness that will surround you. It is like being born with a new set of rules that is so freeing you will be overwhelmed with the joy of knowing you don't have to control the universe. You don't have to be attached to all the negatives that happen. Stop being attached to outcome and you will be the man/woman of steel. You will find happiness in all you survey!



Laura Johnson is a promotional marketing and life/success coach. She is co-author of the ebook *"Marketing for the Totally Terrified"*. She has been heard on WBAP in Dallas on the eWomen network show and on the University of Masters for her networking and coaching skills. If you would like to get a free copy of the ebook or learn more about Laura Johnson, go to www.successcreation4u.com. She has been motivating people since 1984!

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Laura has been helping people promote themselves since 1984. She really believes in what she does and loves to help people create success! If you stop by her site today she is giving away a copy of "Marketing for the Totally Terrified". It is an e-book you don't want to be without!
