



Consider Yourself

They say that 40 is the new 20. Just ask Courteney Cox. But when you don't look like Courteney Cox, or any other forty-something actress for that matter, is it true? I look pretty good for my age, but let's be up front here... I gave my kids the gift of life and they gave me stretch marks and a muffin top in return!

Several years ago, I realised something though. I have a choice. It's up to me to choose the perspectives I take on myself and the events in my life. So I decided to choose self-belief over self-doubt, to choose possibility over limitation and to laugh more and worry less.

And, last week I turned 40. So I threw myself my first ever costume party. The theme was "anything USA" and I dressed as Marilyn Monroe. And let me just say that it would be hard to strut around in Marilyn's white dress if you doubt yourself and can't have a laugh! And here's the best part, my friend of 20 years told me that I look better now than in my 20s. I laughed because I was thinking "as if"!!! But then she said something interesting. She said that it's because now I have the confidence that I didn't have when I was in my twenties. I know what I want and I go for it.

So here's my question for you. **What perspectives are you choosing?** Do you choose to doubt yourself or to believe that you can do it? Do you choose to see what's possible or to see every reason why something won't work? Do you take yourself too seriously or can you laugh at yourself? And what other perspectives are you choosing that get in the way of living the life that you want? Take some time to ponder this. You won't magically shave 20 years off your life or look like Courteney Cox, but you may just find that with increased awareness you fully enjoy the life you have... stretch marks and all.

Janice Fenton

<http://www.consideryourself.com.au>