

BALANCING TOMORROW, TODAY™

by Dr. Stacie



Autumn is upon us. The leaves are relinquishing their uniform of green for a rainbow of yellows, oranges, and reds. They are floating to the earth in an exquisite dance of freedom and fancy, discovering themselves on their new and independent journey. Watching this made me wonder if we, too, might let go of the jealousies that bind us to discover who we are and follow our own unique paths. So today we will begin a new three-part series with *Balancing Tomorrow's Jealousy, Today – At Home*.

I admit, we don't usually talk about jealousy in public, or even in private. We may not even know that we have any jealousy at all until...oh no...we say something stupid, without thinking, and there lies our jealousy, out in the open, for everyone to see. How mortifying! It's like dreaming you arrived at school in your underwear! You can't run and you can't hide.

Why does this happen? Why do any of us harbor jealousy? We all know that we are each unique, loved, and valuable, right? Hmm, or do we?

What is the root of jealousy anyway? Jealousy, or the infamous "Green-eyed Monster," is directly related to our self-esteem. When we have confidence in ourselves and know we are worthwhile human beings we have no need for jealousy. Can it be that simple? Nah, probably not!

Why is it that our self-confidence can waver so much? Why do we feel compelled to compete with others? What good has ever come from this behavior? Let's take a look.

Self-confidence is so misunderstood. Being confident does NOT mean you are never afraid, weary, angry, or confused. We are, after all, human. Having confidence in yourself means that you know that you are okay, no matter what happens; whatever life dishes out, you know you can get through it. To me, being self-confident means being a realistic optimist—you don't sugar-coat reality, but you don't freak out when things do not go as you planned.

This brings us to the reason we sometimes find ourselves comparing ourselves, our possessions, our lives to others and often feeling a need to compete with others. The familiar adage, "the grass is always greener on the other side" is an oldie but goodie. We can be content and quite fulfilled when suddenly we see someone or something that knocks us off center and our jealousies kick in. What just happened? *We just lost faith.*

Confidence is the result of faith. Not just faith in yourself, but faith that you have a unique purpose in life...even if you don't yet know what it is. Faith that there is a plan for your life that no one else can fulfill. When you have faith that you are loved and that you possess unique value, you look at other people and other things with appreciation, knowing that what is right for others is not necessarily right for you and that only you can fulfill the purpose for which you are designed.

When we allow ourselves to be jealous of others we let ourselves down. We are, in effect, telling ourselves we are not good enough or don't have enough. Next time you sense the "Green-eyed Monster" rearing up inside, remind yourself that you are exactly who you are supposed to be and that you have just what you need to fulfill your purpose.

Jealousy always brings out our ugliest nature and fills us with regret when we look back on how we handled a situation. Fight that urge to mistrust yourself! Think of how rewarding all of your tomorrows can be if you have faith in yourself today!

We are emotional beings, filled with flaws and folly. What we "know" is rarely connected to how we "feel." Herein lies our dilemma. How can we actually relinquish our "uniform of green" today to experience a more confident and rewarding tomorrow? Could we actually take a lesson from the leaves?

Here is what the leaves could tell us about balancing tomorrow's jealousy, today:

- Let go!
- Be your own color.
- Be free.
- Go your own way.
- Enjoy today.

Identifying and releasing jealousy, like balance, is a process...not a destination. Start trusting your own value today!

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