



04

Make Time to Appreciate People

I stood there looking at the floor. The gray and black patterns in the rug seemed more interesting than the meeting.

We call these type of meetings “stand-up” because we stand and give our updates about our projects. For this one, I was feeling insecure and tired.

I didn’t give my usual enthusiastic update.

After the meeting, a coworker came up to me and asked if I was okay. I told him I was a little tired, but otherwise I was feeling okay. Then I really thought about it. Not only was I tired, but I was feeling scared about not being able to deliver on my end of the project. This had never occurred to me before that moment.

Later that day, I told Matt (my closest friend at work) how I was feeling. It was a big relief. He told me he often felt similar in the middle of a tough project. He suggested I bring it up in the next meeting. It’s why we have the meetings, he told me.

I’d been afraid to embrace my insecurities because I didn’t want to show any weakness, but hiding from these emotions I was only multiplying my insecurities, showing everybody how I really felt with my body language and voice. The one thing I wanted to hide was on full display for everyone to see. I just didn’t realize it at the time.

The next day we had stand-up again, and this time I talked about what I was struggling to accomplish. Someone offered to help.

A simple, honest confession was a huge relief.

We all worked together and were able to meet the deadline.

I believe I was only able to do this because of my friend Matt. I truly appreciated him taking the time to talk with me. He asked simple questions like “What is the worst that could happen?” and “Do you want to keep feeling this way?” He opened me up so I could explain what was going on inside my own head. I would’ve kept ignoring, my feelings letting the stress accumulate, if it wasn’t for him.

Why taking time to appreciate the people close to you matters:

- The five people you surround yourself with will determine your happiness.
- It’s the love that you give and receive that keeps you centered.
- When you appreciate the people close to you it helps you be more patient with them.



The next time I'm feeling a little insecure, I plan to notice it, embrace it, and acknowledge it to the people around me. Then just see what happens.

Next time you notice an insecurity crop up. Write it down in your journal or your phone.

Then ask yourself:

What can you do to embrace it?

How will you remember to embrace it?

Go and watch the video to help you go a little deeper into this lesson.



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