

Inspirational Insight

It's OK to Have a Blue Day

I am always on about the power of positive thought and how important it is to remain focused on what you want. I speak to my clients all the time about turning towards their goals and focusing their thoughts on what they want, as opposed to what they don't want. This can lead to a person feeling very guilty if they don't feel able to be positive on a particular day.

Let me reassure you that there is no need to feel guilty because it's ok to feel blue occasionally and what's more, it's ok to have a blue day. We are all human and as such it is entirely natural to have human emotions. I will even go so far as to say it's healthy.

If you feel blue, just be blue and have a blue day. Don't force yourself to behave upbeat and positive when that may not be the right thing for you right now. You may need to let it out in order to let it go. Keeping the negativity all bottled up and ignoring your feelings just keeps them within. Once you have released the negativity you will be able to take stock, move forward again and do all the things that enable you to achieve all you want in your life.

Action:-

So next time you feel blue, be blue, have a blue day and do so knowing that this is also a positive step towards achieving your goals. Wrap yourself up for the day and do lots of comfort things knowing that you are wiping the slate clean ready for a bright new tomorrow.

Caroline Hart - Life Coach

Change the beliefs you hold about yourself and change your life