

# DO YOU WANT TO BE HAPPY?

*THEN YOU NEED TO STOP COMPLAINING AND BLAMING:*

*EVERYTHING IS EXACTLY AS IT SHOULD BE, BE THANKFUL*

*By Piercarla Garusi, Life Coach & NLP Practitioner*

We are masters of complaining and moaning about anything and everything. We blame people, things, events, and the past, for our current situation, for our life, for our pain, for everything.

Does it help? NO.

It is necessary to change our attitude and take responsibility for our life, for our behaviours, for our emotions, for our thoughts. Why don't we do that? Because somehow 'taking responsibility' is associated with something negative, heavy -maybe it comes from some old religion teachings- as if, if we take responsibility, then we have done something 'wrong' and we have to blame ourselves.

No, no, no, no!

Taking responsibility is actually the opposite: it is very empowering because if I have created something, it means I can change it. And if I take responsibility, I can grow, which is one of the needs we all have as humans.

Of course you cannot control all the events in your life, but you can choose how you respond to them.

And if you take responsibility and accept what is not in your control, accept things as they are, this gives you peace, because you stop struggling against things, asking 'why'. It also gives you power to change things: you own your power; it is yours.

And you can appreciate what you have, savour life, enjoy more. You can rejoice and be grateful and connect with Someone Higher than you, which is another of the human needs.

*And this brings you to true fulfilment.*

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Piercarla Garusi is a Life Coach and NLP Practitioner, Director of PG Coaching Ltd. She is passionate about helping people unleash their power, overcome depression,

anxiety, social anxiety, fear, anger, traumas, emotional abuse and just be well and feel good. She is also passionate about helping people connect with their souls and be the extraordinary person they truly are, develop their spirituality and create a life that makes them truly happy. For more information please visit: [www.pgcoaching.co.uk](http://www.pgcoaching.co.uk), [info@pgcoaching.co.uk](mailto:info@pgcoaching.co.uk).