

Another FREE Personal Development Article

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Putting Yourself First

By Paul Dalton

"In order to give your best to others, you have to put yourself first. It's not selfish, it's crucial." - Paul Dalton

Everyone wants to think of themselves as a good person. Many, however, have adopted the belief that in order to be a good person they have to put other's needs before their own. This is rarely the result of conscious choice, but rather a consequence of upbringing, or conditioning.

When we were young we learned that when we misbehaved the people we depended on to take care of us seemed to take away the love we so desperately sought. We also learned that being good and "doing as we were told" got us the rewards of praise and affection.

The result for many, even in adulthood, is to unconsciously believe that love and security are only given when we do the things that other people want us to do, so we instinctively put them first. It is, of course, good to be surrounded by those who love you, but that love does not have to be at the cost of your own personal growth and self-fulfillment.

Have you ever considered that you are important to the people who are important to you? If the boot was on the other foot, would you feel satisfied knowing that someone you care deeply for was sacrificing their own creativity and potential in order to do the things that please you? The truth is the people you love want you to be the fullest most positive expression of yourself – that's why they cherish you!!!

Putting yourself first might feel a little unnatural to begin with, but when you understand the reason why it's so important it will become an attitude you are willing adopt. Ask yourself these two questions:

1. ***How does me feeling unfulfilled and out of touch with my own self worth in any way add value for the people I care about?***
2. ***How much would my relationships benefit if I felt truly content and inspired to grow as a person?***

The truth is you can only put into a relationship what you have to give in the first place. Investing quality time and effort into yourself literally provides you with the positive energy and focus that's required to nurture and support those around you. And they will really appreciate you for you it. Talk about a win-win situation!

Do it now! Set aside time in your diary to have fun, play, read, socialise, learn, exercise, create, discover.....what ever it is that inspires you.

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