



Developing a Healthy Perspective

I call this the self-centred challenge.

For an entire week, I want you to strike the word "I" from your vocabulary.

This is the most overused word in the English language, and you'll find it's not easy to avoid.

As you realise how much you use "I", you'll find yourself much more interested in other people.

This exercise may make you feel baffled, humbled or even a little sad.

Such feelings aren't permanent.

They're just the result of your ego's shrinking and feeling very sorry for itself.

Having a healthy ego is not a bad thing, but we could all stand to gain a little perspective in our place in the world.

This perspective invites the ease and satisfaction I've been promising.

