

Who Me?

There have been times in all of our lives that we have been quick to judge and even quicker to act. Taking a closer look at our initial reactions toward other people can reveal our own anxieties or concerns that we have about ourselves. Our reactions toward others can say a lot about our own emotions and unacceptable personality traits.

Patricia A. Farrell, Ph.D., Clinical Psychologist and author of *How to Be Your Own Therapist* sums it up in one word. "Simply put, it's called projection, and it means that you project onto others all of the obnoxious characteristics that you possess."

Is projecting a breakable habit? Yes, it is, but it begins with a mindset change that takes time to develop. Christie Latona, Growth Coach, Greatness Unlimited offers three ways to prevent projecting before it happens.

1. Try to surface your common operating assumptions by starting to pay attention to what remains constant from one situation to the next
2. Shift your perspective: Rather than going to that customary way of thinking that you usually employ when you form first impressions or make a judgment about someone, find a replacement way of thinking that might be more useful
3. Ask questions to distinguish between your assumptions and the other person's intentions.



Finding Your Rhythm

Workouts can become monotonous, and sometimes it's hard to find the motivation and excitement to get going. While you really don't need to drastically change your routine, if you're not already doing it, you can add a little something to it to make a difference: music.

"Music is a great persuader and our heartbeats correspond to its rhythm," said Debbie Mandel, M.A., author of *Turn On Your Inner Light: Fitness for Body, Mind and Soul*. "When the beat and the music are good, you just want to get up and move."

She adds that music distracts you from your problems or worries and involves you in its rhythm.

Working out to music has been scientifically proven to create a way to expel stress hormones and release endorphins. In fact, a study

from the University of Maryland found that people who listen to music during workouts tend to exercise more frequently and for a longer period of time. Most of all, people who listened to music enjoyed their workout more than those who didn't.

Mandel says that selecting music which has positive memory associations will make your workout a more positive experience and motivate you to exercise. The music you listen to while on the treadmill would differ from the music you would listen to while lifting weights. You need to choose your music accordingly.

One thing that really adds to the motivation to work out is creating your own CD to reflect your

exercise routine. In time, you will notice that not does your workout go by faster, but you are enjoying yourself.

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