



Create Win/Win Situations Nice vs Kind

This mindset helps build faith, harmony, confidence, respect and a sense of what is fair.

The first thing is, to *be willing* to believe that life *is* fair, and the universe *is* in balance. Then, the only thing we need to do, is align with that energy. I know that last statement can set some emotions off, but before the town idiots start to take you out of the game with all the “*what about this and what about that’s*,” just *be willing* to cast all that fear and doubt aside and try something that will better support you.

Start with being honest with yourself and true to your needs. Be willing to commit you being KIND (fair, honest, respectful) over NICE (appeasing, not willing to be honest about your needs or tell yourself that you are going to be *the better person*) to everyone involved INCLUDING YOURSELF. Being “nice” has the potential for holding onto hidden resentment, because your *true* feeling and needs are not being expressed.

Even if sometimes it may seem that if you are completely honest, you may lose something/someone, or it will put someone else in a bad position, the thing to remember is, if you remain fair, honest and respectful you will attract win/win situations.

I believe there are only win/win and lose/lose situations truly available. I do not believe in *either/or thinking*. As spiritual beings in a human experience, we are all on this spiritual journey together. Enabling others to do things, despite your own needs, is a lose/lose situation, because those behaviors are keeping them small and unable to grow from the situation as well.

I invite you to practice using your voice, teach people how to treat you and set them up to win, by showing how you really feel about things. You will be surprised at how many people really want to fulfill our needs, when we are clear about them.

Write about what comes up for you when you think about speaking up.

Do you judge it as *being selfish or mean?*

If so, think about people who are very clear about communicating their needs. These are often the people we look up to, respect and aspire to learn from.