

# Embrace the Journey

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[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## Living Now

Embrace the Journey. Feel good about yourself and enjoy life. This is a simple recipe for a happy life and yet most of us seem to struggle to follow it.

We get caught up in what others might be thinking of us and in our need to be liked and accepted. At the same time, we want to do things that make us

mental wellbeing. Boundaries help to define what we are willing to do for others and how we can pursue our own happiness too.

Making decisions on what is best for you, not just for the people around you will lead to a stronger sense of identity and freedom. Ultimately this will

**You can't always please everybody, but you can do what makes you happy and just hope that those around you will be happy for you.**

happy. This internal conflict can overwhelm us and cause stress and inaction.

Trying to please everyone will stretch you to the point of exhaustion and leave you feeling unfulfilled. It depletes your energy and may cause you to feel emotionally stressed and anxious.

Setting healthy boundaries for yourself can feel uncomfortable and selfish but they are an important part of self-care and

lead to more fulfilling relationships, less stress and a greater connection with yourself and your values.

Decide what makes you happy and what is a priority to you and give your time and energy to those things. You can still do nice things for others, but do them for you too.

**"Remember if you are trying to make everyone happy, the only one who won't be happy is you." Anon**

## Marie Wellness clinic

If you are in a difficult situation or relationship where you feel distressed, angry and resentful, this is often a sign that you are putting the happiness of others at the expense of your own emotional wellbeing. Withdrawing and reducing contact can help you to regain clarity. Learning to be clear about your boundaries and then honoring them is essential for your happiness.

Sometimes, though we need help to discover why we are getting stuck in the same type of situations and patterns in our life and our relationships. Becoming more aware of what matters to you and learning to value yourself can empower you to live a happier life.

If you would like help with this, call me for a chat on 0501087592