

## Watching

Who is watching you?

Are you cheating? Are you doing your best? Are you focusing? Are you wasting time? Are you avoiding something?

Yes, you are being watched. It may be a loved one, an employer, or a friend. It can even be a camera. The one that matters is you, the one who is watching, who has the biggest impact.

You are watching yourself. You know, and you know better than anyone else. You can't fool yourself.

It's time. It's time to look in the mirror and be honest with yourself. It's time to come clean.

Are you doing your best? Are you proud of what you are doing? Are you using your time effectively?

If not, why not?

Too often we fear success. Sure, we worry about failure, but what if we succeed? What if success changes us? What if they really like us? What will happen if I win? Am I ready for change?

We can't cheat. When we cheat, the person who suffers the most is ourself. Cheating may involve cheating another; but the one who loses the most when we cheat is ourself. We lose respect for ourselves. We try denial and blame, but it doesn't work. We know the truth. We can't hide from our own cheating. We can't even escape for long.

The solution is easy. We can't help but to watch ourselves. So, knowing we are watching, why not do our best? Why not be proud?

It's the effort that counts. Doing our best, regardless of the outcome, is success. Knowing we did our best, we gave it the full effort, is satisfying. We can live with the results as long as we have made the effort. To make a half hearted effort and fail is to know we could have done more, we could have done better. That is a bitter pill to swallow.

Today is a new day, and today is a new you. Sure, you can go back to your old ways, or you can change. It's not hard. It's as simple as resolving to watch yourself do your best. While it won't be 100% of the time in the beginning, it's the progress that counts. Just start watching yourself make the effort that would make you proud.

The more effort you make, the more satisfied you will feel, and the more proud you will be of your efforts. That leads to more focused effort and pride.

As you watch yourself, wouldn't it be great to be proud of your efforts? Try it!