The A - Z of Eliminating Lonliness

Escalating Joy in Life

avenueofchange.com

Introduction

Who is Avenue to Change?

When like minds meet – awesomeness arises. Or in our case, this program to help you escalate joy in your life.

Linda Barton & Merna Dwyer

Linda and Merna have both worked in the Social Services industries and have a passion for helping others. This is what has brought them together.

Linda Barton

I have a degree in human services and have worked for the past 20 years in both government and not for profit agencies. During this time I have worked in both front line and management positions. As a team leader I have also provided supervision and mentoring to professional staff. In addition I have a Cert IV in workplace assessment and training which has assisted me in my role as coach, mentor and trainer. I have also been employed as an advocate and mentor.

Merna Dwyer –

Spends her days creating, designing, and writing.

In 2010, when a work contract wasn't renewed, she made a decision to "never work again" and to explore and live a life doing what she loved rather than what she "had" to do.

Burnout from working long hours just to survive, she began exploring the internet and ways to do life differently.

Now using her 18yrs of experience in helping people from all walks of life, she guides and mentors people to transition to a lifestyle of freedom, filled only with fulfilling their dreams and desires.

She takes the lessons learned on her journey to self-understanding and personal growth, and insights shared so graciously by her clients and guides others to a deeper understanding of fulfilling their purpose and passion.

What if there was a way, you could feel more confident with who you are, more daring, more capable, more focused on achieving your dreams or discovering your passion? Would you be interested?

Join our Soul Sister Circle and learn how to develop, grow and strengthen your friendships.

Start by taking the Dare Challenge then, get involved with a circle, either as a Leader or a Participant and see where that takes you.

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Loneliness:

Loneliness is that feeling of:

- ♥ *Isolation*
- ♥ lack of friends
- ♥ *rejection* perhaps
- ♥ everyone else is doing something and
- ♥ You are by yourself.

Loneliness is an EMOTION, being DISCONNECTED, its COMPLEX.

Loneliness is different to being Alone.

Alone: is simply having no one else present, being on one's own. You can be alone – and not lonely. Enjoying your own company is a step in toward not being lonely.

It is possible to be in a crowded room and still feel loneliness.

For me, it's been feeling I didn't fit in, you haven't connected, others don't get you.

Based on a belief that we ultimately *desire* and *crave* being *connected, to belong, to fit in, to contribute* - here is

Avenue to Change's A to Z of Eliminating Loneliness.

An Avenue to Feeling Connected

A

ATTITUDE

How you go about life and deal with "curly" situations is your attitude.

A good attitude comes before success. In troubled times, often our attitude is not all it could be. In order to speedup the process of banishing loneliness.

"Atttude is Everything. The longer we live the more we realise the impact of attitude on life. Atttiude is more important than facts, than the past, than education, than money, than failures, than successes, than what other people think or say or do. It's more important than appearance, physical strength or skill. It will make or break a company, church, or home.

The remarkable thing is we have a choice every day reagarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is decide what our attitude will be.

Life is 10% what happens to us and 90% how we react to it. Our attitude is the most valuable part of our existence. It is also the only part of our existence over which we have total control."

Charles R Swindoll

What is your attitude like?

ACTION

Take action. Get Busy.

Easier said than done, when you are feeling lost, sad and lonely.

Even if you are not seeking company, take action – get outside in the garden, go for a walk, - find something to do that interests you – that you can do by yourself, or with others.

The first step, is to become Aware. Aware of your feelings, your needs, your likes, your dislikes, your actions and your reactions.

Begin to consider what it is that you are interested in, what activities that you may have enjoyed once and could do again, or activities that you would like to try.

Discover what is available around you and take the first step to eliminate your loneliness. Look in local newspapers for community events, check out meetup.com. Attend your local church or charity.

ALONE vs LONELY

Have you ever been in a room with people and still feel lonely?

Like you didn't fit in, or joining in was difficult.

Lonely is that feeling of isolation and lack of connection with others, or with anything in particular, a cause, an activity or a purpose.

Alone is being by one's self, with no one else around. As I write this I am alone. (so I can concentrate!) I am not Lonely. I have something to do.

Don't go it alone – reach out.

All to often we try to solve our problems by ourselves, either because we are embarassed or too proud to ask… the thing is – we may not know how to get out of the situation and others may.

There was an experiment conducted with a group of women having low life satisfaction. Some of the women were introduced to others who shared their situation, and some where left on their own to deal with their concerns. Those who interacted with others saw a 55% reduction in their concerns over time, while those who were left on their own showed no improvement (Hunter & Liao 1995)

B

BELONGING

David McClelland created a “Theory of Human Motives” and defines 3 basic needs. A need to belong, to be affiliated or connected is one of them.

This unconscious dirve can have you wanting to spend time with close friends, writing letters or telephoning friends and family, working in groups, collaborating, etc.

If we have no where to belong to, a church, a community, a club, - you can see how you may feel lonely and alone. What would you like to belong to? What is something that is close to your heart that you could join, to eliminate some loneliness?

If the thought of joining something is daunting, start small. Where could you go that you could get some satisfaction from something and perhaps not have to put yourself out there until you are comfortable?

BELIEFS

As a step to abolishing loneliness in your life, it is beneficial to consider what secret or limiting beliefs you may hold about yourself and others.

We all have secret beliefs. That way of looking at things that we may not be aware of. An unconscious understanding of situations, people, activities that may not be serving us well.

It’s a difficult task to determine your own belief system, as it requires actually looking inside at what you really think about people, activities, places and it can be quiet confronting to discover that your attitude or a belief exists around certain things. For example – you have a belief that all rich people are snobs – and therefore you do not go to places where there may be wealthy people. Or all poor people are theives, or soccer fans are hooligans etc. Is this belief justifiable and real?

Challenge your thinking and determine if it is holding you back from enjoying being in the company of others, or participating in activities.

BE TRUE TO YOURSELF

The ability to be true to yourself, follows on from discovering your beliefs. To know, like and trust yourself, so others may do the same, requires you to understand what is important to you, what you believe in and what you value.

You will connect deeper with like minds, those who you feel understand you. It is always easier to build a rapport with those who have similar interests and beliefs – so know your beliefs and values so you can attract people who are like minded to connect with to diminish loneliness.

Eckart Tolle says *"Nobody can tell you who you are. It would just be another concept (someone elses idea of who you are). Who you are requires no belief. In fact every belief is an obstacle.*

It does not even require your realisation, since you already are who you are. But without realisation, who you are does not shine forth into this world."

"To be no one but yourself in a world whichis doing its best to make you just like everybody else means to fight the greatest battle there is or ever will be". EE Cummings.

C

CURIOSITY

Develop an unending, unerring sense of curiosity about all aspects of life. This will get you out of your comfort zone and involved with many interesting groups and keep you from feeling lonely

You can be curious about a lot or only one thing. Either way it is actively engaging in the novelty of something and expanding your knowledge set. Curious people can tolerate uncertainty which can remove the stress loneliness. Curious people ask questions, which promotes conversation, which leads to connecting. By being curious about your own thoughts and actions, asking why, what, how –you can enjoy it, or change it.

"The important thing is not to stop questioning. Curiousity has its own reason for existing" Albert Einstein.

CONNECTED

A good way to eliminate loneliness is to ***stay connected***. Let people know you are thinking of them by phone, text, facebook message, email or my personal favorite, a real card. Its something physical that is a reminder that someone cares.

Even better, connect in person.

Connect and let them know that you are around, that they are special and being thought of. This helps you to build stronger relationships,which is important at challenging times in your life.

Start today to reconnect with friends, or make an effort to connect more deeply with those you. Build lasting bonds of friendship, by remembering special events and birthdays . Having a connection or association with others eliminates loneliness.

If you woud like a simple, easy way to get in touch check out this site www.thoughtfulkindness.com

CONVERSATION STARTERS

If you don't feel comfortable being around people, or you are out of practice, sometimes it's difficult to start conversations. Here's a few tips that may be helpful.

- ♥ Compliment them and be genuine.
- ♥ Ask a Question about what is happening or something that is relevant to where you are. This opens the door to someone expressing their opinion and shows that you are open to hearing what they have to say about a topic. Ask why they feel like they do about the topic and get involved in the conversation.
- ♥ Once you have initiated contact, keep the conversation going by asking them more questions about themselves – a favorite topic of most people. ☺ If they are quiet types they may not give you much info about themselves, so make sure you start the conversation around generic topics such as television programmes, books read, favourite gurus/mentors, movies, sports teams etc

Look for areas of common interest as this is how we relate and develop friendships.

D

DECIDE

It's just a decision, but a life changing one.

It's one thing to want something badly, another to get it. Usually the getting involves some form of action and the first action is to DECIDE. Just make the decision to take action, to do whatever it is to get you the result you want.

Some things to consider – don't maket the decision based on past actions or results.. look forward not back.

In Ariel Fox's book Winning from Within, she speaks of having "faces", parts of us that express things differently.

If in the past you make decisions based on logic rather than heart (feelings) – or vice versa – explore making decisions with different criteria.

The reason being – as Albert Einstein says: *"Insanity is doing the same thing over and over again" and " No problem can be solved from the same level of consciousness that created it".*

So, if you want a different result, you have to do something different. Make a decision today to do something different about the problem.

DARE

"Risk – more than others think is safe
Care – more than others think wise
Dream – more than others think is practical
Expect –more than others think possible."

I have this mantra is on my wall. It's a constant reminder to DARE, to have a go, to explore. How often do you miss an opportunity, not do something, simply because you don't dare. We spend too much time thinking about the consequences of our actions instead of the possibility or joy of a great result.

Studies show that daring persons often have more self confidence than those who are more reluctant. *"Test your Personality" - Salvatore V Didato Phd.*

I'm not talking about being overly adventurous here. We all have a different perception of what "daring" may be. Going to the shop for milk may be

adventurous for some but whatever you feel could be daring for you, get out there and give it a go.

Dare to Dream – create your own world and set your intention to discover it.

Do our Dare Quiz and join our Dare Challenge to expand your world.

DOOR OPENERS

No, I don't mean, standing and opening doors.

Keep an eye out for opportunities to participate in local events or activities. These are door openners to getting out and meeting new people and leaving loneliness behind.

Look for things in your community to do. If there is nothing, perhaps you could start a small group yourself. Chances are there are others around who may be interested in participating in something also. Join our Soul Sister Circle to find out how to start your own friendship group.

Alternatively check out meetup.com in your local area for people who are wanting to get out and meet people, or do something with others.

E

ENERGY

Be aware of “energy zappers”. Those people who will drain your energy are the ones whose sole focus is on themselves and their problems. They will suck up all your inner reserves of feel good emotions and leave you exhausted. Limit the time you spend with these kind of people unless you are skilled in the art of steering the conversation away from them.

Also, have a strategy for recharging. Find a place, people or activity, like meditation, walking, listening to music, gardening, anything that you enjoy and go there often to recharge your own energy levels.

Positive energy - like daylight, bright colours, crystals, salt lamps, plants, music, feng shui, scented candles – anything that inspires you or lifts your spirits.

Having more positive energy around you can deter feelings of loneliness also. This is a good way to lift your spirits and stay focused and positive.

EXITS

Often we meet people we perhaps don’t want to spend much time with. That’s ok. Even with the right attitude, some people can be draining. You just don’t feel comfortable with their topic of conversation or what they share.

It’s good to know that you can escape from their negative energy.

Whilst feinging some excuse to leave is an option, it still leaves the possibility that you may reconnect later and resume the conversation.

Better to descreetly but with determination, set boundaries by mentioning that you are not comfortable speaking about the topic they are discussing. You could say “Id rather talk about something else”.

Don’t feel uncomfortable just to keep the peace. You are entitled to feel comfortable just as they are. Its ok to set boundaries and let people know your limits.

You won’t be burning any bridges by doing this, in fact they will probably respect you for being so honest with them. You don’t have to be a jerk or burn

any bridges - you can just say "we've been talking for a while and I really want to see some othr people here also.

Its up to you how you handle these situations, but it is always going to be awkward. – Its like either ripping off the bandaid or peeling it back slowly – you know it's going to hurt yet it has to be done for a good reason.

ELECTRONIC DEVICES

A real bug bear for me, is people texting while in a conversation. Be Present. Put your mobile away, and definetly DO NOT answer calls whilst you are in someone else's company. If you must answer the phone, keep the call short, say that you are busy with someone else and return to the present moment quickly.

There is nothing more to show that you are bored in someone's company than playing on facebook.

That said, I get it. You don't want to sit there not being spoken to or ignored in a crowded room, so you use your phone to look busy. You don't want to look like nigel no mates. Put your phone away, make eye contact with someone else standing alone, go over and start a conversation. Be brave.

F

FEAR

I appreciate that you may be fearful of trying new things or breaking the loneliness loop. However Fear will keep you chained to the problem you are trying to kick out of your life.

I recall a story, where it was said that whether there is a snake at your feet or you only think there is a snake at your feet your reaction is the same.

Everytime I think of this story, I imagine a snake at my feet and I feel nervous, anxious and frozen. Ive never been in a situation where I have had a snake at my feet, but I know how Im going to react.

It's the same with heights for me. I get tingly toes, sweaty palms and a sinking feeling in my stomach, just thinking of anything to do with heightS Even when I have been in tall buildings, surrounded by walls and floors, I have the same reaction. Writing now and picturing some of the high places I have been leaves me with the same reaction.

My point is:- whether it is, or you only think it is, your reaction will be the same.

Hope is the answer. Hope that even though there will be a struggle and difficulty, there is potential and possibility out there for something better.

Don't be a victim. You may be stretched and uncomfortable with changing the situation, yet success in overcoming one difficulty in your life will lead to success in overcoming others.

Don't look back, that is where fear anchors you, look forward.

Are you motivated by fear? Do you focus more on all that could go wrong rather than on what could go right? Focus on the positive and let go of the negative – for what you focus on grows.

FOCUS

Having a clear focus on what you want to achieve makes it easier to accomplish the task.

Often we enter an experience, focused clearly on disaster or our fear – and what happens – it's a self fulfilling prophecy. So if it works when you are focused on the negative, imagine the outcome if you focus on the positive.

Set a clear focused intention on what you want to accomplish and state it in a positive manner. Not – "I don't want to be lonely" as that still leaves in your mind the word "lonely" and what you don't want. Reframe and restate the focus of the outcome clearly in positive terms – "I want to make new friends,experience new things and be surrounded by happy people".

FRIENDSHIP

Cultivate Friendships. Perhaps you could rekindle past friendships, get to know people at work, your church, your sports club, gym, next door to you. Alternatively take part in something bigger, where people care about others and you can care back.

Try to have a variety of friends, with many interests as this keeps your life interesting and you can grow as a person, as you will always be experiencing new things. You could even join our Soul Sister Circles.

"If you feel close to other people, you are four times more likely to feel good about yourself than if you do not feel close to anyone" (Magen, Birenbaum & Pery 1996)

G

GRATITUDE

Gratitude is a feeling, not a thought.

"Gratitude is the art of painting an adversity into a lovely picture"

Kak Sri

Recently I participated in a 5 day gratitude challenge where I had to write 3 things a day you are grateful for. It gets a little difficult after you run out of material things you are grateful for.

Then the real gratitude kicks in – when you dig deeper and seaarch for the things in life like: - time spent with you, sacrifices made for you, ideas developed by others that make life easier.

Its difficult to be grateful for things when you think your life sucks. Yet if you put conscious thought into it, there is so much to be thankful for.

Being grateful changes your perspective on life and lifts your spirit.

Gratitude is about giving. Its about appreciating the effort and time that others have put into things. For example, farmers wo battle floods or drought, yet stay on the land to produce our food staples.

A simple thank you to the customer service girl, can bring a smile to her face. Or sending a card – it's the **act of doing gratitude** that lifts your spirit, knowing that the recipient is going to be surprised,happy and feel appreciated, immediately shifts your perspective, then when they call or text saying thank you – you again get to feel that feeling of being able to contribute (another one of David McClellands 3 Human Drives) - contributing to another's life, by adding value in some way – lifts that feeling of loneliness.

What or Who can you be grateful for today – and have you told them?

"Gratitude is riches, Complaint is Poverty" Doris Day

GAPS IN YOUR LIFE

If you are feeling lonely, I'd like to ask you to consider what is missing from your life, and if you had that, how would your life change?

Knowing that your life would change having what is missing, what can you do to fill those gaps? How uncomfortable are you with the situation right now? What would have to happen to make you take action to change it?

Ask yourself – One a scale of 1 – 10 where do you sit with the gaps in your life? Then once you answer that, ask yourself the following:

Why did I chose that number? The answers will help you define why you are where you are.

Chances are you know the answer already and you know what you have to do to fill the gaps. It's just getting out of your own way to go do it that is holding you back. What secret belief is stopping you?

GROWTH

Personal development is not everyone's cup of tea, it is however something to be aware of and to consider.

Personal growth is like "continuous improvement". Its about always looking for ways to better understand yourself and others, so that life is less painful. Less lonely.

People will test us, not intentionally, yet still they test us. Understanding why people get on your nerves is the first step to them not getting on your nerves.

This is beneficial,not just for friendships and family relationships, but in your work and social environments. You would be amazed how after drilling into why and what annoys you about someone how easy it is to let it be and move on.

Life is, after all, a mirror. Often those little idiocyncrazies that annoy us in others, are the traits we dislike about ourselves the most.

H

HELP

Everyone wants to be needed – and when we feel we are no longer needed – we can become recluses. Get out and do something you enjoy for others. Teach a class, run a group.

You probably don't realise just how important you already are in the lives of many others.

"By helping others we create positive bonds with others which in turn enhances our own self image."

HABITS AND HINDERANCES

In order to eliminate that lonely feeling, lets step outside your life for a second and see if you can discover any "patterns" and techniques that you use to accomplish or avoid things. I challenge you to explore these. For they will be the things that hold you back.

Recognise them, acknowledge them and work out a plan to deal with them should they come up. Then go ahead and get out there and escape the loneliness trap.

HOPE

Don't focus on all that is wrong, or tragedies. Look for the hope.

There is always hope, even amongst the saddest of events. Most people are worried about many aspects of the world today. The difference between more or less happy people are those that see hope. That feel connected.

Being lonely gives you time to wallow in what is wrong with the world or "your world". It's difficult to see hope when there appears to be none, however HOPE is what gives you the drive to carry on. See what can be discovered.

INTERESTS

Step outside for a moment and look around. What is fascinating to you. As life gets more and more complex, we often forget to be interested in all that there is to be interestd in.

We dwell on what is not working for us, and this is where our interest and attention goes.

Be Interesting and people will be interested in you. Now, knowing what to be interested in – doesn't really matter, for you will attract those people who are interested in exactly what you are interested in. So don't go out of your way to learn everything for yourself, just be interested in what others say, do and share.

It serves the purpose of allowing you to be interesting, and a much more approachable person because you are interested in others. It makes you memorable also.

You can be interested in one thing or many, either way, make sure that you are genuinely interested in what others have to say.

INDEPENDENCE, LEAD DON'T FOLLOW

All to often, we try to fit in, so we follow those who we think are the "in" crowd.

Be confident with who you are and believe in yourself.

Recently, my neice had her 18th birthday party at my house. I asked a few of my sons friends along (as they knew her).

My neice was devasted when they arrived, (I didn't mention it too her – which was wrong, howeve it was my house!) and they weren't dressed to impress. She was so upset, angry and all sorts of emotions that she couldn't express other than to say "What will my friends think when they see ***them***?" Oh she was so worried about appearances and what others would think.

Be Yourself – don't try to fit in – all it will do is make you anxious and a pain to be around. It will also leave you with a few, or no friends, because you are too worried about trying to impress the wrong people.

What you want is people who love you for who you are, not who they want you to be.

Develop the confidence in your own ability, beliefs and being. Do this by starting small, set small goals that you wish to accomplish and work toward them daily to build your self confidence.

There is nothing better for your self confidence than achieving a goal.

ISOLATION

Share your thoughts and feelings with others. Don't hold them inside, for your experiences and knowledge is valuable. People who hold things inside tend to feel isolated which can lead to loneliness. Believing that no one understands where you are at or what you are going through limits the support and connection others can give you. Maybe they don't understand what is going on for you but not sharing and helping them to "get you" is harming yourself and them. Teach them. Share your concerns and express yourself.

Maybe you have done this before and gotten hurt – fair call. However, not everyone is like the last person who hurt you.

Everyone does things for a different reason. Some people paint for the fun, the expression and some paint to make money. Unless the artist expresses to those around them what they want to accomplish, no one will ever understand.

Individuals who are socially open, rate their overall life satisfaction 24% higher than individuals who do not. (Finch, Barrera, Okun, Pool, Byrant, & Snow Turek 1997)

J

JUDGMENT

Exercise the sifting of information as a service to self and others. Eliminate jumping to conclusions and making verdicts about others and situations.

Try to take away the "black and white" "all or nothing" "overpersonalization" kind of thinking and replace it with more critical thinking of examining things from all sides and perspectives. Look more for concrete facts rather than relying on your own logic. This allows you to serve others and yourself more fully, thus decreasing the anxiety of mixing with others. It makes you more accepting of yourself and others and therefore more inclined to put yourself out there.

JOURNAL

"the nicest part is being able to write down all my thoughts and feelings; otherwise, I might suffocate."

Anne Frank – from the Diary of a Young Girl the definitive edition

Not my favourite of things, journalling, however at the times I have done this it makes for interesting re-reading.

There are two ways to use your journalling.

1. to write at least 1 preferrably 3 things you are grateful for each day, and
2. To express your inner thoughts and feelings to get them out of your head.

Often when I re-read what I have written later down the track, I find myself thinking "who is this person?". "What was I thinking?" - Its an interesting way to track and recognise any patterns in thinking or actions and this then allows you to define whether that action is working for or against you.

It is also, as Anne Frank states a good way to get thoughts out of your head so you aren't suffocated by them – thus restricting your ability to live life fully and be engaged in daily activities.

JOINING IN

Life can get hectic sometimes, and a little overwhelming. If you focus on only one aspect of your life, say the aspect you are the least happiest about, it can become all encompassing and limit your ability to join in to. This can result in a feeling of sadness or overwhelming loneliness.

Life is about diversity. You do not put all your time into one person, one project, all your money into one company. Also do not put all your hopes on one particular outcome. Diversify your hopes.

We tend to place all our eggs in one basket, and when they all break it ruins our whole life. For example, if you are focusing on that promotion and you don't get it, it could wind up ruining a perfectly great home life simply because of one bad moment.

To be completely satisfied with life, join in to many diverse groups, communities, people as you can.

We tend to calculate life satisfaction on an averaging scale. So the more you join into and are involved in things the easier it is to not be lonely.

K

KINDNESS

Kindness is the engine of empathy. Kindness motivates you to care, to pay attention, to get involved. The more kindness you give the better people can relate to you and emphazine with you.

Kindness at it's core, brings out the best in people. It doesn't necessarily cost you anything and it makes you feel good about who you are.

Practice being kind. Consciously think kind thoughts abut people, look for something nice to notice, and over time, this will occur subsconsciously. However people will notice and be attracted to your kindness. There is a kindness exercise in Search Inside Yourself written by the Founder of Google Chade-Meng Tan. (pg 169)

The exercise is basically to remind yourself that other people are just like you.

The activity is to think of a person, then remind yourself – they have feelings, thoughts, a body and mind just like you.

Continue with 'at some point this person has been sad, disappointed, angry, hurt or confused, just like me.

This person has in life experienced physical and emotional pain and suffering just like me.

This person wishes to be free from pain and suffering just like me.

This person wishes to be healthy, and loved and to have a fulfilling life just like me.

Then allow some wishes to arise. I wish for this person to have…. I wish… because this person is a fellow human being just like me.

I wish for everybody I know to be happy.

KISS AND TELL - THE TRIANGLE CONCEPT

If someone is complaining, whining or being negative about another person, simply *don't get into it*. It is true for that person, because that is how they see it… and they are looking for assurance that they are in the right. Tell them that it is between them and the other person and to deal direct. Its not your job to get caught in the middle, making someone feel good about their viewpoint.

All too often when someone complains about someone else, we end up telling the other person (if they are mutual friends of ours) what the other one said. Its not a good concept for strong relationships. Its ok to be a sounding board, but make sure you don't buy into the points that people are trying to get across.

This builds trust. You don't have to agree with what you are hearing, and you can point out that what they have experienced hasn't been your experience. Whilst you let them share their concerns, you don't have to share it with anyone else.

If friends and family are upset with each other, it does impact on your state of mind. Avoiding the situation means you may have less contact with each person, resulting in loneliness. To maintain contact and happiness, difficulties must be faced rather than avoided. Everyone has a right to express their opinion and feelings, yet it's not up to you to be the meat in the sandwich. Get them to deal with each other and to play nice.

KARMA

Confucius says *"When you see a good person, think of becoming like him/her. When you see someone not so good, reflect on your own weak points".*

When you think of Karma, you may automatically think of people "getting what they deserve". If that is the case, would it be correct to assume that if you do good deeds – you too would be the recipient of good deeds, you would get what you deserve. Karma can also be known as the "Law of Cause & Effect". Meaning that what you do creates a result or action. Karma also means selfless action and service, while being detached from any reward or result.

What you send out comes back tenfold. So remember to be kind and grateful in order to improve your life. Love people for who they are and appreciate what they do – good and bad, as it helps you to learn and grow.

If may be difficult to imagine that your loneliness is a result of something that you did. However, from a continuous improvement, personal growth perspective, it may be worth drilling into life as you know it, to see if there have been opportunities where your actions or reactions could have been different.

For now, focus on what you think about, and how you feel. If you want less of a bad thing, focus on the result of not having it. That way you will be sending out the right vibes to attract good karma your way.

"How people treat you is their karma; how you react, is yours" Wayne W Dyer

Karma Cleanse:-

* Be grateful * * Act with Love *

* Check your motives * * Watch your Attitude * * Forgive *

L

LOOK AFTER YOURSELF

When you are content to be simply yourself and don't compare or compete, everyone will respect you Lao Tzu Tao Te Ching

Otherwise known as "Self Care" . Self care is that part of you that puts yourself first. Recognise that we all have flaws and be ok with it.

Taking responsibility for your life is what separeates those who do profoundly well from those who suffer profusely.

Look after yourself in all the ways that you can – physically, mentally, emotionally. **LAUGH, a lot!.** Take the time that you need to get to where you want to be. So often we neglect ourselves, without even thinking of why.

In the book "The Power of Receiving" they discuss how your mind goes fuzzy when you are asked "What do you want?".

In my experience, working with people from all walks of life – they rarely know what they want. Actually they don't ever dare "want" anything because they have this misconception that they won't get it anyway.

In order to look after yourself, it helps if you know and are clear on what you want.

Here are some reasons you may not know what you want…

1. you have decided that the needs of others are more important than your own.,thereby losing awareness of your own desires.
2. Most of your energy is invested in others, more than yourself.
3. You believe that a good person thinks of others more than oneself.
4. You don't have enough guilt free practice as wanting something.
5. You haven't included yourself in the world, so the world hasn't included you.
6. You are afraid of appearing selfish or greedy.

The time to laugh is when you don't have time for it. Argus Poster

LEARN NEW THINGS

The world is constantly changing. If you stop adapting and learning new things, you stagnate, feel out of touch and grow increasingly frustrated with your life and surroundings.

Learn to adapt. Willingness to change and adapt habits and expectations allows you to maintain a positive, happy state and be satisfied with life. Even if your circumstances aren't so good.

Resisting change on the other hand, limits your ability to feel happy. Which will impact on where you go, who you hang out with, thus creating loneliness.

Sign up for a class in something. It doesn't really matter what and it doesn't matter if you pass or fail, the purpose of the activity is to learn something new. This will give you something to talk about, make you interesting, and get you thinking of other things, not to mention meeting other like minded people. (There is absolutely nothing nicer than being with positive like minded people.) It re-energizes you.

LOVE

The third human drive that David McClelland mentions is that of Empowerment, of ourselves and of others. This means to influence those around us in a positive way.

By having positive social interactions with others, we are expressing Love for ourselves and others.

Never be to busy (or self absorbed) to do a favour for someone, even if you don't know them well. Take an interest in others, acknowlege their worth by sharing kindness, caring, generousity and love. We all have time to give, if nothing else.

Oddly enough, it is easier to give love than to receive it. Loving oneself and allowing oneself to be loved is immensely satisfying, if you are clear on the kind of person you want to be, and who you want to love you. Set your intentions as to the kind of love you wish to receive. This will open your eyes to seeing it when it appears. Love is also about how you relate to other people. It involves being kind, considerate, empathetic and aware of others feelings.

M

MIND AND MEMORY

The mind is a fascinating thing.

Did you know you can retrain, or rewire your brain. It's a scientific fact. The mind and memory are very complex machines.

Past experience intrude into the present moment and affect our actions. Most of what we know has either been experienced first hand or taught second hand….

Everything we do is committed to memory, so we can recall it later at a time when it may be needed. According to John Medina in "Brain Rules" - there are at least 2 types of memory – that which remembers consciously and those that don't.

Notice that recalling a phone number is done differently to recalling how to ride a bike. How recalling what you feel about an experience could be different to how you remember an experience.

We place meaning before experience.

This is all relevant to eliminating loneliness in such a way that your recall of experiences, activities, people, places may be tainted, and therefore can be retrained simply by experiencing it in a different frame of mind.

MASTERY

What have you "mastered" to be where you are today. In the book "The Mastery of Love" – by Don Miguel Ruiz – he speaks of the master within all of us. That we all take time to master traits and beliefs – and that it is good to question what you know.

You have practised a long time to be what you are.. you have done it so well, you have mastered what you believe you are - if you believe you are lonely – you have mastered it.

Once you recognise that we are all masters of our own actions and beliefs, we can see what kind of mastery we have. Everything we do is so routine we no longer need to put our attention on it.

When fear becomes too great, the reasoning mind fails to assess our actions, just like once something becomes a habit, we no longer question whether what we do is the correct way to do it.

Reassess your life and the traits, emotions you have mastered. Are they serving you to be the best version of you, you can be.

If you feel you have mastered loneliness (that is you know how to do it so well, it is a habit, a routine, a way of life) – perhaps you would like to consider joining us in our Dare Challenge and learn how to master new skills.

MOTIVATION

"Nothing great was ever achieved without enthusiasm." Ralph Waldo Emerson

You may have heard the adage about your wealth being the average of the sum of your 5 closest friends. I believe this to be true about your attitude and motivation. If your 5 closest friends are less than enthusiastic about their lives, chances are you are less than motivated also. As like attracts like, if you associate with those who are uninspired to change their lives, you will not have the energy to change things.

I am reminded of the story of the fleas. Fleas put into a jar with the lid on will at first jump to get out. They jump and jump and keep hitting the lid. After a while, if you take the lid off the fleas will only jump as high as the lid. They know they cannot get out, so stop trying to jump higher.

Or the Elephant tethered from a young age, at first tries to break free, but overtime realises that they cannot break the chains so stops trying. Years later, tied with a simple rope, they do not try to break free because it believes that it cannot.

We are like the Elephant and the Fleas. Yet some of us will try to break free and when we discover that we can get away, we turn into crabs in a pot. Just as we are about to escape, the other crabs will drag you back. WHY? Because if you can get away, that means that they too should try too. But they don't want to, just as the elephant and the fleas have given up, so too have they.

If you aren't motivated to change anything – read self help books, go to a class, listen to music or spend time with people who are passionate about what they are doing.

Find something to be passionate about yourself. Remember those times when life was going great and you could survive on hardly any sleep and you were energetic. Find that again.

Motivational Guru, Tony Robbins said once about your net worth " you are the average of the 5 people you associate with". So take your 5 best friends, tally up their income and average it out – that is what you are limiting your own net worth to. Simply because they cannot see beyond the amount they are earning.

So too, I believe, it works with our friendships. Look at your 5 best friends. What are their attitudes, about life, about money, about relationships, about work, about friends? See if you all believe the same thing, and then wonder if you would believe something different if you had different friends. Worth exploring?

I bet you discovered that all your friends had the same beliefs as you. Can you see how that may be limiting you, because you are not able to see a different perspective?

N

NEVER ARGUE

Be **respectful** of others opinions. This makes you easier to get along with and deal with.

You may agree to disagree, but don't try to change someone else's opinion.

Being agreeable does not mean that you have to do what or how someone suggests. Just be firm and set boundaries with what is acceptable to you.

Being in an agreeable state, not arguing, creates a better atmosphere that people want to be involved in and sets you in good standing with others, as you are always approachable and open.

NEGATIVITY

- Remember that even prickly rose bushes hide beautiful thorn. Just as sometimes negative people are protecting themselves from being hurt by putting up a negative, cynical barrier.

Just refuse to enter into the negative thinking as it affects your world.

Also, don't be a Negative Nelly, always putting downers on things. Be aware of your attitude, thoughts and words and get out there and join in.

Don't Argue, stand firm, express your opinions, but don't try to change another's reality. Don't be Grouchy – they are extensions of negativity.

NEVER BE DESPARATE

- In order to eliminate loneliness, often people can be vulnerable and easy prey for bullies or other not so nice types.

Have a clear picture of the type of people you want to associate with, the values and beliefs that they should hold, so you can recognize people that perhaps you do not want to be around.

Don't accept an invitation simply because you are lonely – be selective about who you associate with.

O

OPEN

Be open. In order to attract people to you, to get along with people and to not be lonely, be open, to ideas, suggestions, places and listening to what others have to say. Don't be open in sharing too much about your private personal traumas, just share enough to connect with others, not the details, just the feelings.

Being Open is about being willing to accept feedback, compliments, suggestions and criticism in such a way that it allows you to grow as a person.

Relax and enjoy the company of others, be in the moment and experience each outing as something wonderful. Don't judge.

ORGANISE

Don't wait for others to take INITIATIVE and arrange events or outings – have your say, make suggestions and go to things you are interested in, or would like to know more about. That way people can get to know you better and you will build a stronger relationship by having similar interests.

OPPONENTS

In Robin Sharma's book, "Life Lessons from the Monk who Sold His Ferrari", he speaks of having worthy Opponents, meaning something to aim for.

Some Olympic swimmers, after training their whole lives and successfully returning from the games can suffer from Post-Olympic Depression, a state brought on by simply having nothing to aim for once they have completed the task.

A friend of mine in a wheelchair mentioned something similar. He set a goal to wheel a half marathon. He practised for ages, was out there everyday training. Once he accomplished the goal, every time he went after that, he did less and less because he had it in his mind that he could do it, had done it and there was no challenge there anymore. It wasn't until he set another challenge that he picked it up again.

I can relate, my whole life was spent focusing on my children, the goal was to get them through school and into jobs. Once this was accomplished I was lost. Until I discovered my passion again.

So to maintain a healthy level of optimism and passion in life, and to combat loneliness always be looking to accomplish something else. Quickly set the next goal so that you do not lose momentum.

Life holds many rewards, we just have to step up to the challenge.

P

PURPOSE

You are not here just to exist and fill in a space. Your life is meaningful and for a purpose. It is up to you to explore what that purpose may be It could simply be to be there for someone special, or it could be to change the world, it's your choice.

Purpose is what gives life meaning. If you have children, a partner, a favourite sport or charity, that thing that you would do regardless of whether you were paid or not, that you read about, stay awake at night pondering – that is your purpose. It is what drives you.

None of these activities will help eliminate your loneliness, unless you see the purpose to them. There is no point in being somewhere if you are not dedicated to enjoying it.

PLAN

- have a strategy for happiness – or to eliminate your loneliness.

All successful businesses have a business plan, a purpose, and something to follow to accomplish the success they desire. We all need a goal or a vision. The same goes with eliminating Loneliness.

Have a plan - a plan for what you like doing, who you could call when you don't feel so good, who you like hanging out with. Define a strategy to use for those times you feel lonely and stick to it, build on it and you will find that your loneliness disappears because you don't have time to dwell on it. Since you are following the plan.

PERSISTENCE

The secret to success in any quest is persistence. Have the tenacity to continue on even in the face of adversity. To accomplish any outcome in life we need to persevere until we get the result we desire. This can be frustrating when things don't happen as quickly or as easily as we feel they should. Quitting, or simply not doing anything is lack of persistence, lack of motivation, lack of passion and lack of vision.

So by not persisting, you are coming from a place of scarcity and not abundance. Accepting loneliness is about giving up on finding what we seek.

Q

QUESTION

Question everything – it is how we learn, how we grow and how we discover new ideas and ways of dealing with things. Be curious and don't give up until you find the solution or answer that makes sense to you.

A good question will get a conversation started and keep it going, as long as you are prepared to enquire regularly.

A good "open ended" question technique is to ask, Why, What, Where, Who and When. These kinds of questions require answers other than a simple one word.

QUITTING

Quitting is not an option, unless its just not working out.

People come into our lives for a reason, some for life and some only for a season. It's best to leave on a good note and just let go of situations without creating a drama out of them.

Don't hold grudges or seek revenge, just simply move on.

Usually people quit, just before things could get better. Just before they finish their degree, just before they climb the mountain to success, because life is hard. Its painful, and it's easier to not give it a go.

It's easier to not put yourself out there and stay safe, alone and lonely. Comfortable. There is risk and a pay off in every choice. The question is: What do you stand to gain by quitting? What do you stand to lose by quitting?

QUALITY – DON'T BE A BORE

Quality over Quantity.

How often have you been in a conversation and not been able to get a word in edgeways? You may feel like you are being "talked at" all the time, because you don't get to share your thoughts or to respond to the speaker. Remember, it's best to give value in your conversations, be interesting and contribute in a thoughtful way, rather than going on and on. On that note, I shall stop now, because I would rather give you Quality on this topic, than quantity. ☺

R

ROUTINE

Routines are great. We all love to know where we are at and when to be doing things. However, be careful not to fall into the trap of sticking to your routine, just because you are comfortable. What I mean here is, say you have dinner every Wednesday night with a particular friend, and this one time, you get invited to a movie – do you stick to your routine, or do you break from it and do something else? Sometimes having a set routine is about not expanding.

My sister in law is like that. Monday was her day off work and it was her cleaning day… every week. How many times I asked her to come to lunch, and got a "no can't, have to clean" response – in the end I gave up. I didn't want to go every week, just once. So remember to keep your routine flexible when it comes to being open to doing things to break the loneliness cycle.

RESPECT

Respect is accepting others for who they are, for what they believe and why they do what they do. Its about not pushing your ideals and ideas onto another. You can express your opinions, but be open to listening, truly hearing another's thoughts and beliefs, for they too have experienced as much as you and perceive the world differently.

Through listening and understanding comes true connection and friendship grows.

Not everyone will want to believe what you believe or see what you see… though if you are considerate of their needs and values you can expand your friends and your own beliefs.

RESILIENCE – DON'T TAKE IT PERSONALLY

A tough quality to embrace is Resilience. The ability to recover and keep on going despite when life throws curve ball after curve ball is tenacity. It's difficult and the universe keeps pulling the rug out from underneath you – just when you get your balance. (Makes life exciting doesn't it!!?? ☺)

Did you know that you have a "resilience muscle". Not an actual muscle, but a level. Your ability to cope sits at a certain level (hence why some days you feel like you can't or aren't coping)

The more your stress levels are pushed, the more you can cope with. Weird I know, who wants to have to be pushed to cope; yet that is how it works. Over time you get used to a certain amount of stress, and you manage it. T hen as a way of testing out how much you can deal with, you get more piled on top of you.

As painful as this is, it's something to be grateful for, otherwise, you would not know when you are in danger or not. It stems back to prehistoric times, when our bodies needed to be on "high alert" in case a saber tooth tiger crept up on us. We need to know whether to get into flight or fight mode. Or freeze mode also.

You know, whether to stay and fight for the cause, freeze and just let the danger pass or flee – get the hang out of their girlfriend.

Resilience is learned by dealing with those situations, the thing to learn though, is if one technique doesn't get a good result – try another.

Sometimes fleeing only leads to more danger, so weigh up your options. Get some help by reaching out to your soul sister circle and deal with things together. (There's safety in numbers – or at least a good laugh!)

S

SIGNIFIGANCE

While we are busy focusing on what we want or what is missing, we often forget our core needs. Seeking significance is about finding those things that make us feel fulfilled and part of the world.

Tony Robbins one of the most successful life coaches and motivational speakers concluded that we have 6 Core Needs.

Significance is one of them. We all need and want to be appreciated and significant to others. To feel worthy of love, to feel important to know that we are contributing to someone's life in some way helps us to feel good about whom we are.

Feeling insignificant, like no one would care whether you are around or not, is a horrible feeling and can lead to negative ways to express or prove our self worth. It can contribute to that feeling of loneliness and insignificance if we don't get out and about and help others or feel that we are wanted.

SMILE

Get yourself in a good frame of mind. Reset your mentality often by Smiling.

Its difficult for people to be angry at you, or to ignore you if you SMILE, so answer the phone with a smile, reply with a smile – and people will smile with you.

A smile is welcoming and friendly, it makes you approachable and often you can say anything as long as you smile. (with the right tone too.)

SO WHAT?

Ask yourself “So what”. Does it really matter? Will it matter tomorrow, or in 5 years from today? Unless you are able to answer this question honestly and frankly – it doesn’t matter. If someone is sharing something that upsets him or her or you, or that is private, ask yourself - So What? Do not judge your life by others.

When you meet knew people, what they do, what they have accomplished is great – but so what? Don’t compare. Comparison is the greatest killer of enthusiasm and self esteem.

Alternatively, when you are feeling like staying home or not going anywhere, ask yourself - So What? So what if I don’t go? If you can answer honestly what you may miss out on, then reconsider what action you will take.

T

TAKE TURNS

Make sure you respect the other person's ability to converse and contribute to the conversation and group activities. Let them get a word in now and again.

We've all been in a situation where we have felt like we couldn't get a word in edgewise, or like we were the only one talking.

So go out of your way to ensure that **turns** are taken. Take your turn to drive, to pay, to organize, to speak, to contribute.

Otherwise people will think you are bore, or unappreciative – and you'll end up sitting being lonely, with all the time in the world to talk and no one to talk to.

TRUST

Trust yourself. Yes, you've made a few bad choices and some things may not have turned out how you planned, that's no reason to not trust yourself.

Did you know low-self esteem means you don't trust yourself.

I wouldn't have believed this except I drilled into some things in my life and found it to be the truth. Because of a couple of bad decisions that didn't go to plan, I began to second guess and doubt my choices. This lead to feeling miserable and always wanting "verification" of what I decided. It meant things never got done, I was always unsure and hardly ever did anything out of the ordinary.

There are many aspects to trusting yourself and others. I highly recommend Steven R Covey's book "The Speed of Trust" if you want to explore the hows, whys, whats of trust.

TV – TURN IT OFF

Television is a distraction. It's a distraction from your problems and also from your life. It is a great avoidance tool, a way to escape, yet still to know what's going on in the world, without actively participating.

Television influences you – in what you buy, how you dress, where you go, what to think, what to feel. It also can affect your self-esteem, because if you are lonely, and feel you don't fit in, TV influences you to believe you don't have the "right" clothes, shoes or things. It's just not a positive influence, get out and meet people instead.

Break the cycle of doing what you usually do – sit down to watch your latest reality TV shows – get out and create your reality.

Too much TV can inhibit your ability to have a conversation, because you are used to being talked too and not having to participate actively.

U

UNCERTAINTY

Having Uncertainty in your life can affect your mind and distract you from your goals, focusing your attention on the error (David Rock The SCARF Model) says that Dopamine levels are released in your brain when expectations are meet, because you go to a place that is well known and feels good. You are certain about the outcome.

Any significant change, (going from being lonely to making friends) creates uncertainty. How will it go? Will you meet someone you like? All of this generates uncertainty because you cannot control the outcome.

However, breaking the event or activity of meeting people into small steps can reduce the amount of uncertainty. If you know and practice your introduction, have your story sorted – what you want to share and what you don't – takes away the uncertainty and lets you feel comfortable and confident with stepping out.

That said, we all need a level of uncertainty in our lives to provide variety and adventure. If we were certain about everything we would have no novelty and vice versa. A level of uncertainty can expand you and create a more exciting life.

Tony Robbins has a great video on Certainty and Uncertainty - https://www.youtube.com/watch?v=EDeRiPQGBn4

UNIVERSE

Trust the Universe, being Your God, your belief, your spirit, whomever to provide. Know and understand that you are exactly where you are supposed to be experiencing what you need to experience, to be the best version of you possible.

Discover faith, spiritual beliefs, for this will guide you and give you a sense of satisfaction with your world. Faith can take away the uncertainty of the world. In the beginning this was a strange concept for me. Even though I was bought up as a Christian, and told to have faith, it just didn't sink in. Even as a strong Christian, it is difficult to believe everything is going to work out when you keep getting dumped on. A favorite quote of mine says…

it will all work out in the end, and if it hasn't worked out, it is not the end

As a single mother with some secret issues (you know the ones you don't have time to dig into) I didn't realize how little trust I had in my own self, in my ability, in my judgment and decisions, and so therefore wanted to control everything. I mean, I had a plan A to Z – hence why writing this is easy. lol. I wanted to know exactly what was happening when, where with whom and I was ready for anything or so I thought.

All that did was turn me into a person that no one particularly wanted to be around, or at least confide in. Some people liked it because if we went anywhere I was like a packhorse. I had umbrellas, bandages, roadmaps, and spare undies – in all sizes, seriously – I was prepared and stressed, and worn out, and lonely.

When I discovered the concept of "relaxing" – or more trusting in the universe (or believing that your God will provide) – I stopped worrying, and boy, things really changed up for me.

At one stage, I was earning less, working less – yet had more free time and more money than I had ever had. It just showed up. (the fact that I hadn't learned how to deal with it, was another nasty lesson I received – all for the better cos now I can handle even larger amounts of income!)

What you focus on grows. So if you persist in focusing on being lonely, or alone that is the vibration you are sending out to the universe and so you will be provided with more loneliness, more alone time. Shift your thinking, change your attitude, get mindful and start focusing on fun times with the kind of people you want to hang out with (aka – our soul sister circle!)

UNIQUE

YOU are Unique. There is no one else like you. No one who thinks exactly like you, who feels what you feel, or sees the world how you see it. That is a GOOD thing. If everyone was the same, the world would be a little less exciting. Embrace who you are, and if you are unsure of who you are – Go Find Yourself. It may seem difficult to do, (I know because when I was told I was the creator of my own world, I just couldn't get into believing that the events in my life come about because of me) Yet hindsight, reflection, exploration, being open to learning more - has me seeing that I am in control of my world. Not the actual events (though some I can control and create) –yet how I choose to react is within my control.

So, go explore your life, your feelings. Ask yourself why do you feel like you do, react like you do – and when you answer, please don't say it is because of something that someone else did. Yes they contributed, however consider this – you, as a Unique person, also contributed to the event by buying into the outcome. The question is: - what did you want or what did you serve to gain by being involved?

It's a different perspective on you being Unique..

V

VOLUNTEER

In every community there is always more work to be done than people have time to do.

Giving is a great way to get involved and be appreciated, which in turn makes you feel good and less lonely.

Time is something that we all have. Yes, you may be busy, but if we check our priorities, there is plenty we can be involved in.

Volunteers feel good about themselves. This is because they have a sense of purpose. They are less likely to feel bored.

Even if you don't have a lot of experience or skills, find a way to give of yourself. The rewards will be beyond belief.

My auntie is 82yrs old now. Her husband died 5 years ago. She's always been involved in the local church, and when they opened an op shop, she got right into it. She's worked there for many years now and at her 80th birthday, a lot of her customers attended the open party, simply because she helped them out often and they became friends.

VICTORY

- celebrate your wins. Be your own cheer squad.

Focus on the wins you have, no matter how small they are and celebrate your accomplishments.

For a long time, I felt I had not achieved anything much in life. Until I realized that the small things I did where great achievements (keeping my son from being expelled from school was actually one of my greatest accomplishments and one I did not really celebrate until many years after!)

Do not dwell on your unwinnable conflicts. Remember the story of Sisyphus, who was doomed to push a boulder up a hill. Just before he got to the top the boulder would roll back down again. Up he would push the boulder, simply to have it roll down again. There is, of course no point to doing this time and time again – yet we tend to focus on those things that we cannot resolve.

Therefore, shift your thinking to celebrating your wins. The little things you do. This will help you feel better about yourself. Doing this will help you see you have much to offer the world.

VALUES

What do you care most about?

Understanding what is important to you, what "rules" you wish to live by helps you to be congruent and consistent in your beliefs and actions?

What rituals do you have in place that are important to you – that define in a way, who you are? Knowing this helps you to be grounded and connected to yourself.

Know what you believe. Know also that what you believe can change and does not have to be set in stone.

The more attached we are to outcomes, or beliefs, or values the more we judge others by them.

Use your values to set the standards that you live by, and that can connect you to like minds, but do not force your values on to others.

Our values are taught to us by those we associate with – our parents, relations, friends and work colleagues. We live by our values, they guide our decisions and as we mature and change, so to do our beliefs and values.

As values can change over time, it is a good practice, in my opinion, to reassess your values from time to time to see if they are still serving and guiding you well.

W

WINNING FROM WITHIN

Learn to negotiate, or compromise with yourself. Then compromising with others is less difficult. The more people you can make feel good and appreciated, the more friends you will make.

In personal development you are taught to discover your strengths and weaknesses and work toward developing your strengths, as these are the areas you excel in. I believe that we require balance to survive and that every strength is a weakness and vice versa.

For example, my weakness is my impatience. I hate waiting; I want things done asap, now, which also is a strength because when I want it done, I want it done!

Or my determination, it is great for keeping me going, except some people can see my determination as dogged stubbornness.

Look at this way, we have many faces. A face to Love with, a face to Dream with, a face to Think with, a face to Fight with.

One of these faces will be more predominant than the others. Simply because it's our "default" setting. It is how we cope and handle things. So if you are a thinker, every decision you make will be based on your thoughts and how you perceive things. You won't let your dreamer, lover or fighter get a word in, they may be able to help you see a bigger vision; they may even want a chance to show you, the thinker, how they can get things done. Its so worth exploring and building on how you can win from within. There are other faces we use too – like our negotiator, and director, - who keep things in line for us and mediate between the Thinker, the Lover, The Dreamer and the Fighter. (Sounds like a song) - la de la de la .

Bottom line – becoming aware of how you function as it helps you to understand other people – thus eliminating loneliness!.

WORDS

Words are powerful. They can cut like a knife, or hold you and love you. Think about how you frame your thoughts.

Also remember words mean different things to different people. Your perception of fear is different to another's, based on our own personal experiences, so make sure you communicate clearly. Ask questions, and don't get upset if someone does not understand you, they are basing their understanding on their interpretation of the words.

Try this little experiment.

Think of a time that you felt really sad. Take your Emotional Temperature, that is – how are you feeling right now thinking of that event.

Now, keep thinking of that event and as you think of it add these words to it:- Oh no! never, I won't, rip off, should have, catastrophe, stress, worried, afraid, don't, ruined, unreasonable, horrible, damage.

Take your emotional temperature right now - how are you feeling? Worse maybe.

Now consider that same event using these words: OK, Fine Working, Calm, easy, enjoyed, patience, sorted out, funny, generous, not serious, confident, it's fine, for the best, alright, manage, good, smile about. Notice how you feel about the event now - Different?

This is the power of words, so be thoughtful about the words you speak to others and to yourself.

WHERE TO MEET PEOPLE

Look locally at what is going on in your town – any AGM's for local clubs – perhaps you could join. Check out www.meetup.com to see if anyone locally has posted a meetup.

Join a community of people doing something you are interested in. Get out an about, do a course, volunteer, look around at what's on.

If there is nothing doing – start something, most people are probably looking for someone to hang out with and do something with. Put a poster up at your local shopping centre – or in meetup group.

X

XPLORE

Get out and about and see the world. If not for real, through books, videos, other people's eyes and experiences. How often have you walked around in your own home town, with "tourist' eyes. I had a friend from the States visit me and he wanted to look around my home town. It was rather scary because I could not think of anywhere to show him anything exciting. So we walked around and he pointed out to me, all the wonderful sites in my own hometown. It was an amazing experience.

Explore your own potential. Just like I couldn't see the beautiful things in my own backyard, chances are, you are limiting yourself by staying lonely and away from others.

XYLOPHONE

Think of a circle of friends as a set of wind chimes. Wind chimes are made up of separate pieces, all joined together by a common thread. When the wind blows and the come together, they make wonderful music.

Friendship is like wind chimes. Each person is separate, yet connected by common beliefs and interests, all needing each other to make beautiful music.

The interaction between the chimes, like the interaction between members creates the beautiful music – or atmosphere of the group.

If members are confident and have good self-esteem, they will take care of their own needs and come together to contribute.

However it today's world, many of us come into circles lacking in some areas (not intentionally) and hoping that the other people will make up for our inadequacies.

If you would like to learn how to tune your wind chimes – and get your friends and family to make beautiful harmonious music, read more at our blog and join us in our Soul Sister Circle to help you grow yourself and in turn influence others.

Peace and harmony is what makes somewhere a great place to be, however, we have our ups and downs.

Sometimes, wind chimes clang and bang and get on your nerves, often though they make beautiful music.

We all want to be the best we can be, and there are times when we may have made bad choices or mistakes, however we have done the best we could with the tools we had.

It's up to us to recognize when we may be out of tune, and to try to start to swing in tune with others.

XRAY

Let's be frank. You are neither a better or worse person than anyone else on the planet. We all have our little foibles. Whether you own a car or not, have a house full of material possessions or not, what truly matters is the person that you are and that you and you alone are satisfied with what you have accomplished.

Many of us live our daily lives as if the exact opposite of this is true. Being the best is not what is important, but **doing** your best is.

So, in order to do your best, and be your best self, Fix what is wrong with yourself first. Work on you first. People change because the want to, not because someone else wants them to, so instead of worrying about what others will think of you, - just work on yourself and be happy with who you are.

If you are not happy with yourself, or if you are uncertain of who you want to be, find a mentor, or someone you admire, who has accomplished all that you wish to, or who you see as someone who is "on track", and hang with them.

Once you have mastered being a better, brighter you, then teach others how to do it. For there to be a better society, a friendlier, more connected, compassionate world to live in, we need every person to do their part toward making the world a caring, thoughtful, honest, see through place. Start with yourself, then your own circle of friends and as each of us does this, things will change. Ask yourself, what is the worst that could happen? Then go for it.

A good book on what areas to consider looking at first is by Larry Wingett, called "Grow a Pair". He is very straight forward with his talk. ☺

Y

YES

Yes is a powerful word. If you commit to saying Yes – you will be invited out more. People will ask you to do things with them, because they know you will come. It takes the anxiety out of asking you and you will get to go places and see more simply by using one word.

"I'm a big believer in just saying Yes if someone asks you to do something" Piper Perabo.

WHY

Two simple questions, that are very deep and probably difficult to answer are:

1. What is missing in your life? Be very specific and very clear on this and frame it in a positive way, so that when the universe provides – you will notice the opportunity or answer when it appears.
2. Why do you want this? What is the BIG reason for this?

Know WHY you want to change your life. Don't just think about what you DON'T want or like, get specific and clear on what you DO want. See it everyday, FEEL what it would be like to be different. Set the INTENTION. Let the Universe know what you want and surprisingly it will appear. Actually it's been there the whole time, its just that we weren't seeing it because our focus was elsewhere.
Like when you lose your keys – they are always where you left them and usually somewhere quiet obvious, but because our focus is on where we want to get to, the fact that we are running late, don't really want to go, or whatever, we don't see the keys. Life is like that.

YELLOW

Follow the yellow brick road, follow the yellow brick road.
You're off to see the wizard, because of the wonderful things he does! Find your yellow brick road and you will find what you are seeking and never be lonely again.

Yellow is bright, sunny, happy, fun. Just like you should be. Regardless of whether you are alone, lonely or with other people, always look for the bright Yellow in life.

Don't forget though, Yellow can also mean cowardice, fear and afraid though it's up to you to say "I've finally decided my future lies beyond the yellow brick road" (lyrics of Elton John's Yellow Brick Road")

When are you going to land, Its up to YOU to decide which yellow road to follow and be YOU- nique!

Z

ZEAL

Live with enthusiasm. Show up excited to be where you are, answer the phone with light and fun. Be fun to be around. Be full of Zeal and Zest for all that you do.

Even if you don't feel like it – just put on a happy face and get into it.

Did you know your mind cannot distinguish between a "real" experience or a "made up" one. For example, regardless of whether there is a snake at your feet or not – your body will react as if there really is.

Think of a time when you did something scary and notice how your body feels. For me its heights, I just have to imagine Im crossing one of those wooden sway rope bridges (I did it once – scariest thing – and just thinking about it gives me sweaty palms and shivers).

So,pretend to be energetic, enthusiastic and excited and your body will pick up on this and pretty soon, you will be those things.

ZONE IN

be zoned in - Be present, in order to connect with people. Make sure you are listening to their conversations, to their emotions and to their thoughts. Be zoned in on what is going on around you, notice things, emotions, people. Be aware.

This eliminates loneliness because it takes you out of yourself, away from your problems and into the world.

ZERO IN on your passions

Your future is in your hands. You can choose to spend it being lonely, alone or with others. Spend time defining what is important to you. Also spend time constructively believing that you can accomplish all that you want, and that you do not need to be lonely.. You are Unique and Wonderful… share yourself with the world. You do have a purpose.

It takes a brave person to change. You are that Brave.

So there you have it, The A to Z of Eliminating Loneliness.

We hope that you have enjoyed reading this, and found some useful insights into expanding your world, or changing it up a little anyway.

Take what you have read and meditate of it often. Select those things that really resonate with you and try to improve those areas that you may now see as needing work.

Just is life is ongoing, friendship takes work also. I will leave you with this wonderful poem explaining friendship. If you are interested in creating friends for either a Reason, Season or Lifetime, please consider joining our Soul Sister Circle.

Reason, Season, or Lifetime

People come into your life for a reason, a season or a lifetime.
When you figure out which one it is,
you will know what to do for each person.

When someone is in your life for a REASON,

it is usually to meet a need you have expressed.

They have come to assist you through a difficulty;

to provide you with guidance and support;

to aid you physically, emotionally or spiritually.

They may seem like a godsend, and they are.

They are there for the reason you need them to be.

Then, without any wrongdoing on your part or at an inconvenient time,

this person will say or do something to bring the relationship to an end.

Sometimes they die. Sometimes they walk away.

Sometimes they act up and force you to take a stand.

What we must realize is that our need has been met, our desire fulfilled; their work is done.

The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON,

because your turn has come to share, grow or learn.

They bring you an experience of peace or make you laugh.

They may teach you something you have never done.

They usually give you an unbelievable amount of joy.

Believe it. It is real. But only for a season.

LIFETIME relationships teach you lifetime lessons;

things you must build upon in order to have a solid emotional foundation.

Your job is to accept the lesson, love the person,

and put what you have learned to use in all other relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant.
— Unknown

Awesome isn't it.

Click here to join our Soul Sister Circle, and be a friend to someone for a Reason, Season or Lifetime.