



Some of my greatest discoveries start with resistance to an idea.

For example, one of my associates teaches his sales staff the tool of indifference to remind them to move on when someone says no.

Indifference.

I don't like the word. It always struck me as a description of someone who doesn't care. I prefer to teach not being attached to an outcome, which in my mind gives you the freedom to both care and let go.

Then the other day I was taking myself to task for not sticking to my diet and exercise plan, and my basic self said, "Geez Paulette, you need a little healthy indifference!" That simple statement caused me to look into how healthy indifference could help reduce stress in the pursuit of goals.

The first realization was it helps you move on from mental constructs built on what *should* happen and what you *should* do.

Where do these mental constructs live?

They live in your mind. And that's where stress lives. Importance, significance, and concern also live in your mind.

So how do you *get out of your mind*, and out of the way of it's ability to re-run the tapes of what you *should* have done?

Don't attach significance to every little thing.

That's where healthy indifference comes in handy. Move on!

Healthy indifference! What could you be indifferent to that gives you room to breathe?

To cultivate this state, think about what you're making more important than it needs to be. Stress builds when everything is a #1 priority. Remember, healthy indifference dissolves stress. Put what needs to be done on your list. If it's meaningful and fulfilling, you'll do it.

The benefit of healthy indifference is concern relaxes, and stops keeping you up at night. Healthy indifference says you trust you will:

- Take care of yourself
- Keep your commitments
- Replace habits that no longer serve you

To what concern can you bring a dose of healthy indifference today? Do it and watch your stress dissolve. Let me know what you discover.

My love goes with you as you work with this Uplifting Moment.