

# *I only do what I like*

By Marie-Lou Kuhne Millerick

I haven't won the lotto, nor did I get married to a millionaire. My life is still the same AND I only do what I like. How the heck does that work??!!

For years I watched myself getting in a foul mood for hours when the time came to clean house, especially the bathroom, I just HATED it. Having to give public speeches would make me sick to the stomach weeks in advance, and I would procrastinate for days before making phone calls to certain people. – The list of situations I hated or was scared of and uneasy with was long, very long....

I wanted a way out of this misery. So I started to look for a common denominator in all the situations, and I soon saw a pattern emerge. All of them had one fact in common: They did NOT meet my preference. I wanted them to be different.

Personal experience has shown me again and again that I can want a situation to be different until I am blue in the face. All I'll get from wanting is frustration and fatigue.

Since the situations were unlikely to transform miraculously to meet my preferences, all I could do was LIKE the situations as they were....

Sounds crazy? That's what I thought in the beginning. At the time I had started to study Eastern Philosophy and came across this ancient saying: Whatever you think you become.

Thinking for years that I hated to do "This" and didn't like "That" certainly produced the promised results: I was thinking misery and producing it in abundance in many aspects of my life.

There was only one solution: learning to LIKE and enjoy cleaning the bathroom, smile at my nervousness of public speaking and do it anyway, get on the phone with difficult people and turn it into a game to see if I can make them laugh.

At first, it seemed crazy and unrealistic, challenging and all too simple at the same time. But I gave it a try – and I never looked back. It simply and completely transformed my life.

Imagine doing only what you like – always, and having the freedom to decide to do so. That's how powerful we are, all of us.