

# Acceptance

The beauty of life is that it is unpredictable. Nothing is permanent and a lot of things can happen that will transform who you are and have an impact on your life. We might want things to be different in the future but in the present moment we need to accept things as they are.

To give yourself permission to be as you are, and to feel what you feel without unproductive anxiety is acceptance. Acceptance is an active process that must be practised consciously.

Three ways to practise acceptance are:

## Without judgment

Avoid thinking of situations as good or bad and simply see them for what they are. Some things are often out of our control but still create an outcome that directly affects us. Adapting to the situation and accepting is key to finding peace.

## Acknowledgment

Practising acceptance is to acknowledge that everything is temporary.



## Find the positive

At times it may seem impossible, but there is always something to be happy about. Seeking out the positive during these times will take time and effort but is well within everyone's ability.

The best tool to fully accept yourself is the ability to always find a way to be happy and move forward.