

"ON A SCALE OF 1 TO 10"

I remember, years ago, I took part in a medical study about pain. The doctor had specific body points on which he pressed and asked me "On a scale of 1 to 10 what is your pain?" At the time I had some places where I felt like my pain level was in the "7 to 9" range. Of course, the issue with the 1 to 10 pain level assessment is that we all perceive pain levels differently. What was a 7 to 9 for me may have been a 5 to 6 for someone else.

Many of us have taken part in surveys after receiving a service from a company. Again, many of those ask for our opinions on a 1 to 10 scale. Sometimes, 1 to 5--but it really doesn't matter, it's all about rating the satisfaction levels of the company and the services they performed. So, why am I writing about surveys and assessments? Well.....

From time to time I feel it is necessary to take an assessment of our lives. Do we enjoy the work we do? Do we have a supportive and loving family? Have we surrounded ourselves with true and trustworthy friends? Do we enjoy getting up in the mornings and looking forward the days ahead? Are we generally happy and positive in most situations that arise in our lives? Unfortunately, we may be more truthful with a doctor assessing pain or a company asking us to rate their services than we are with ourselves.

It's sad to me that many people seem to be just fine with simply getting by when it comes to living their lives. Instead of being honest with themselves when asked "Do you enjoy your work?", the answer, many times, is "It pays my bills". Or when asked, "Are you enthusiastic about getting up in the mornings?", the response may be "Most days I'd like to sleep until noon!" I'm afraid the honest truth of where those answers lie on a scale of 1 to 10 is somewhere in the 2 to 3 category.

Regrettably, most of the violence we are now experiencing in our country and around the world is because many people are unhappy and not honest with themselves about the reasons why. It's much easier to blame someone else for our "lousy job", our "lousy, back biting friends" or our "lowly social status" than it is to look inwardly for the possible causes.

On a scale of 1 to 10, what are they doing to correct those issues? Many times the answer would be "0"!

I'm not saying that there aren't injustices in our society or the world--or that we have control over them. BUT, what I am saying is that when we take a hard assessment of our own lives there are many places where we could make some changes and create situations where we, and those around us, would be happier. Just as it takes millions of drops of water to make a lake, so it takes millions of us living happy, fulfilling lives to change our world!

It's time--time for all of us to make that brutally honest assessment of our lives and make the changes necessary to be happier, more loving and more prosperous individuals. On a scale of 1 to 10--how do you really rate your life right now? Be honest!

All my best--

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