



Feeling Good Vs. Responsibility

When learning to use the Law of Attraction to manifest more of what you want, an important thing to remember is to *do more of what makes you happy and less of what doesn't.*

On this surface this makes sense. But often I'm asked some variation of the question:

What if what makes me happy is in direct conflict with my responsibilities?

Like what if you have a very whiny toddler who demands your immediate attention but all you want to do is crash for a while? Or a deadline at work and you simply can't get motivated or make progress? In fact, there are many times when *we feel like what we want to do is in direct conflict with what we have to do.*

In those cases, the best thing you can do is *...deal with the immediate situation, then take some time to reflect on the issue, figure out what you really want, and make changes so that you get it in the future.*

You see, when you're constantly dealing with **"HAVE TOs"** what you're really doing is living life in what I call reaction mode, which feels like a constant state of emergency. *Your time and activities become dictated by outer circumstances and people instead of being directed by your inner being.* And that does NOT feel good!!!

If you're used to living this way it can take some creative thinking to see things differently. As always the first thing is figuring out what you want. So in the case of the whiny toddler for example, what you may really want is happy toddler as well as some peaceful alone time for yourself. Once you realize that you can create a list of possible alternatives and come up with an action plan that to get you closer to your goal while simultaneously being a responsible parent.

By doing so you are actually being more responsible than if you continue doing things as you always have. You are being responsible to your family AND being responsible to yourself. This is so important, because if you don't take care of yourself, you become run down and ultimately have nothing left to give....how responsible is that?

Practicing Happy Responsibility

So how can you begin to do more of what makes you happy while maintaining your responsibilities? Here are a few pointers to get you started:

1. Figure out the things that push your buttons most and deal with those first. Dealing with just a couple huge issues can make your entire life run a lot smoother.
2. Decide what you want in place of what you have. If you have no idea what you're aiming for how will you know what direction to take?
3. Talk to people around you about how they've dealt with situations. You're sure to get a few great tips you can integrate into your life.
4. Understand that change is required. You can't continue to do everything the same as you always have and get different results. It will require some change on your part. The thing is to remember you're heading toward a better outcome, so a little uneasiness during the transition is quite all right.
5. Make it a win-win. When other people are involved take care to find a solution that benefits everyone involved.
6. Give those around you time to adjust. Changes you make in yourself will affect people around you. Have patience and know that everyone will be a lot happier in the end.
7. Know that getting where you want to be is a process. Keep heading in the direction you want...rejoicing that each step you take gets you a little closer to your goal.

And remember...take care of your needs as well as being responsibility and everyone around you will be happier!

Maria Meiners is an intuitive psychic reader, channeler, and master manifestor who provides guidance, inspiration, support and personal coaching through one-on-one phone or Skype sessions. Her mission is to help you take concrete steps toward creating the life you dream of and deserve.

Note from Maria – If you got this report from a friend, I wanted to let you know that available as a free download to people who “like” my [Maria the Muse](#) Page on Facebook

Also, if you'd like to learn more about how to manifest what you want using Law of Attraction principles then check out the FREE Manifesting Kit at www.musemanifestingkit.com.

Thanks for allowing me to be part of your journey!

Maria