

# Your Possessions Are Not Important REPORT/EBOOK TITLE

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## Your Possessions Are Not Important

You spend a good portion of your time protecting your possessions. You worked hard for them, so you want to make sure no one takes them from you. The problem is, you may be putting too much emphasis on them.

Consider that when you depart from this world, those possessions are no longer yours. Therefore, perhaps they never truly belonged to you. Even if you inherited them from the day you were born, somewhere along your lineage, someone didn't have possession of them. They were acquired during the short duration of your ancestors.

It may be nice to pass on what you have accumulated to your offspring. However, the cost of acquiring those material items matters and not just regarding financial costs. For instance, if you step on other peoples' toes to possess those items, you may not be living properly. The relationships you form are much more important than the material items you possess.

Suppose you somehow lost some material item you valued. Perhaps you misplaced it, or it was stolen. Can't you replace the item? It is understandable that it's inconvenient to have to buy something that you already possessed. However, it's not the end of the world.

Losing a family member who passes on cannot be replaced. You should hold this form of possession as being much more valuable. However, many people take this for granted until it's too late. You don't get back the time you spend (or don't spend) with them.

There are other ways to lose family members. If you are constantly working and not spending time with your family, you will alienate them. Your spouse may decide to move on, and your kids may be resentful after a while.

If you are so focused on obtaining material possessions, you risk losing friendships as well. Many of these friendships took a long time to develop. They can be destroyed quickly by your prioritizing of your possessions.

Money does help make your life easier. There's no doubt about it. It's just that you cannot make it your entire purpose. There are too many other important aspects of your life. You can always make money somehow. You can't easily make friendships, and you certainly can't bring relatives and friends back from the dead. If you find you are too focused on obtaining money and possessions, take a step back and determine what your family and friends mean to you. You will find they are priceless.

## Using Social Media to Be Appreciative

Social media has invaded everyone's lives. People are willing to share many aspects of their lives on social media, from cute pictures of their cats, to what they had for breakfast. While not everyone appreciates these constant updates, when used correctly, social media can be a great way to show the world all the small things that you appreciate.

If you have never used Pinterest before, start setting up boards about your favorite items. It could be songs of your favorite bands. If you have great recipes that you have tried in your past, create a board for that. You can even set up some of your boards as group boards. You then invite others to post on your boards. The advantage of this is you can find ideas of what others enjoy. You can control who is allowed to join to prevent spammers from infiltrating your boards.

If you insist on posting every meal on social media, consider using Twitter to do this. It's a more forgiving platform as the messages pass through quickly and only contain a small number of characters. Your friends on Facebook are probably not as receptive. Now you know.

While it's great to show your appreciation for the small things using social media, make sure you have the rights to post what you post. People and companies take copyright infringement seriously and posting any picture on a whim can get you into serious trouble. The fines can be hefty, and there have been instances of criminal actions taken against perpetrators. If you search on Google for images and you don't know whether it's okay to use them, likely it's not. Don't take this issue lightly.

You also want to make sure you have permission to post pictures of people. If they are people you know, you can simply ask them with a verbal confirmation. If you wish to post people you don't know, make sure you get a signed release that it's okay to use their image. Never use people's images in a negative light. You wouldn't want them doing that to you so they won't appreciate it either.

Be respectful of what you post on social media. Some media channels may allow you to post inappropriate material, such as nude pictures, etc. However, just because the particular channel allows it doesn't mean you should engage in the practice. If it's not something you are willing to show to your mother than that is probably a good indication it should not go onto social media.

## Project into Your Future

Suppose you could use a crystal ball and know it worked. You gaze into the ball, and it starts to portray your life for the next twenty years. It is showing your future. How would your future look?

While there are no definite ways to peer into the future to date, you do have some control over the process. There are random events that will be beyond your control, and some of them not so pleasant, unfortunately. However, there is much you can do to shape your future.

The point of the exercise is to try and determine if you appreciate the small things in your life. In other words, looking into the crystal ball are you spending time with family or friends, or are you constantly working and not interacting with anyone?

If you choose to work and focus entirely on making money, you may look back on your time and wish you hadn't. There is so much more to life than work. The company you work for is not going to care about you in the future. They will simply replace you with someone younger and less expensive. You aren't as important to them as you make yourself out to be. Everyone is replaceable.

People do need to work. You have to be able to provide for your family. But, you need to determine a balance between working too much and spending precious time with your family and friends. Work and money is something you can always manage to find. Family and friends are irreplaceable as is the time you spend with them.

Another reason to spend time with people is they can also present you with opportunities. For instance, you may not like your career, but you stick with it because the money is good and it's steady work. When you interact with other people, you may find opportunities for work that you'd much prefer. This kind of thing happens quite often. If you spent the majority of your time at your job, you would never discover these opportunities.

Of course, you don't want to make friends just for the opportunities they may have for you. However, friendships often lead to forming new ventures. That is a natural part of the process. More importantly, the comradery of having friends can never be satisfied with a job. It is possible to make good friends at work, but more often these relationships are distant.



## Show Others to Appreciate the Small Things

If you could help others find appreciation for all the small aspects of life, you make life better for everyone associated with you. People can forget that life has a lot to offer. They become bitter over time. It happens to a lot of people, and they become a drag to be with for any length of time.

You need to set an example for these people. If you aren't grateful for what you have, it will be difficult to show others how to do the same. You don't have to go overboard, but frequently mention how you enjoy your life and give reasons why. Relate experiences about your weekend to your colleagues, and explain why you felt appreciative of those experiences.

Stay as positive as you can, even if the bitter people are negative. That is not easy as negative people can sour the moods of the people around them. But, by keeping a positive outlook, they will have a difficult time justifying their negative behavior.

Sometimes, bitter people just need to talk to someone. They haven't been able to get their problems off their chest. These problems often build, which is why they become bitter. They feel as though no one is listening and no one cares about them. It's not necessary to advise people, and this can be the wrong tactic to use. Simply let the people talk. It will make a world of difference.

Invite them to events after work. It may take some time before they say yes to your invitations. Bitter people often become reclusive. Keep inviting them, and eventually, you may break down their barriers. Don't pressure them. That will make them more reclusive.

Try to learn what activities they like. Get them talking about hobbies, sports, etc. Even if they aren't active in these events, ask about past experiences. When they start talking it may reignite a spark. That can be a great starting point in helping them get through their issues.

Some people will never break down their barriers, and that is unfortunate. They have stopped living their lives, and they don't appreciate any aspect

of it. However, attempting to help them through their situations can bring around some people. Even if you can change one person's life for the better, you are doing something good. They will also become more pleasant to be around with other people. They may get to the point where they will help others who have lost their way.

## Being Appreciative Can Lower Your Stress

Did you know that when you appreciate the small items in your life, you are less likely to be stressed out? It makes sense when you think about it. People who are high-strung will get upset about every little item. They don't appreciate these aspects, and it causes them to blow up at every opportunity they get.

Contrast this with people who appreciate the small things. They aren't going to let little situations bother them. In fact, it's those little things that they learn to enjoy and embrace. For instance, at work suppose there is a problem with the shipment of an order. The high-strung individual is going to blow things out of proportion and yell at everyone to get it fixed. The appreciative person is going to calmly figure out how to solve the problem and work with people to make the situation right. They will also think it's not that big of a deal and is happy to have the job they have.

Who would you rather associate with, the high-strung person who doesn't appreciate anything or the person that appreciates everything? It's likely you chose the appreciative person. This person will also be able to handle major issues since he or she is at ease handling the minor ones.

It is true that appreciative people have lower stress than people who are not. However, this is not a way to reduce stress completely. Appreciative people still need to eat correctly and exercise well. These people are probably already doing that because they love life and want to prolong it. Even if there is room for improvement in that area, appreciative people will quickly adapt because they have the right attitude.

If you are hot-headed about every little item, it's time to reevaluate this stance. Be grateful for what you have and who you have. When you take the time to be grateful, you will start to relax as a byproduct of this change. You'll stop jumping to conclusions, and you'll look for ways to solve problems in a relaxed manner.

You can also use exercise and relaxation techniques such as meditation and massage. Keep trying different ways to relax but above all, be appreciative of your entire life. Others will be attracted towards you as they key off your positive energy. They will also be more willing to follow your lead.