

Destiny Malibu



3 THINGS DESTROYING YOUR HAPPINESS

By Destiny Malibu



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1. COMPARING YOURSELF TO OTHERS

Have you ever looked at someone before and thought to yourself “Why can’t that be me?”.

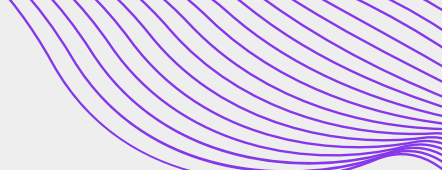
STOP RIGHT THERE! This is one of the fundamental first challenges that we - on the Destiny Malibu Podcast want to address. It is natural for us to admire beautiful, talented, successful, and seemingly “perfect” people (even though news flash, no one is perfect), but if admiration turns to jealousy or self doubt then this ugly emotion can cause our hearts to turn sour, and our stomachs to churn in uncomfortable ways. Who wants an upset stomach? Not me! So how can we remedy this feeling?

First of all, you are a beautiful, unique creation. There is no one in the world exactly like you with all of your features, experiences, memories, likes, dislikes, and talents. It is so easy to look at someone online or in person and think to yourself “wow they have the perfect relationship” or “wow they have the perfect career” or “wow I wish I looked like that”, but I want you to STOP RIGHT THERE.

One of my “7 Pillars of Mental Health” that we discuss on the Destiny Malibu podcast is Self Love, and in a truly loving relationship with ourselves, comparison does not serve us. As we go on this journey together, I want us to work on eliminating the habit of comparison, and instead practice taking on a mentality of “I am not competing with anyone, except myself. I want to be the healthiest version of ME”. A flower and sunset look nothing alike but are equally beautiful, and one person’s success does not mean less of your own. As you have heard me say on the Destiny Malibu Podcast, self love is a really, really, really pivotal part of healing on our mental health journey.

I want one of our goals as individuals and a community to be able to look into the mirror, and say:

- I love you
- You are beautiful/handsome
- I am so proud of you



I want you to stare into your own eyes as you say these affirmations and really connect with your own soul. The thoughts we feed ourselves are POWERFUL. If you look into the mirror and say “you are so ugly”, your body will PHYSICALLY respond the same way as if a bully just walked up to you at school or work and said the same thing. Our thoughts create physical reactions, and though we might not always be aware of the physical response on a conscious level, our subconscious responds and this can physically manifest as anxiety, depression and a plethora of mental health illnesses. It really does start with our thoughts.

I used to think I had no control over my thoughts, and though there are times when my thoughts race, as with any new skill, practicing holding power over our own thoughts takes practice.

30 Day Challenge:

So let's practice together, every day for the next 30 days, I want you to practice gazing into your own eyes and saying the following phrases:

I love you.

I am so proud of you

You are so beautiful/handsome.

There is no one in the world exactly like you.

I will not compare myself to others today, and I will instead focus on being the best possible version of ME.

2. EXPECTING ANYTHING AT ALL

Have you ever fallen in love with someone and later down the road realized who you thought they were, and who they are, were two completely different people? Have you ever expected a situation to go one way, but then it went the opposite direction? Same. Let me explain.

This is actually a very common phenomenon. Whether it's friendships, business, family, or romantic relationships, naturally we want those relationships and experiences to go well, so a lot of us have a tendency to paint a picture in our minds of who someone is, rather than see them for who they really are. We fantasize about how good someone will treat us, or how great a situation or relationship may go, only to be disappointed and let down.

Here's the thing, though we should ALWAYS hope for the best in every situation in life, the reality of human existence is that there is no such thing as a perfect person. We all make mistakes. We all say and do the wrong thing sometimes. We all have bad moments and this is part of our human nature. When we expect more from people than they can give and put them on a pedestal, we are creating unnecessary expectations and more opportunity for disappointment. So next time you catch yourself putting someone or something on a silver platter, and expecting a certain outcome:

- * Take a deep breath and remind yourself that everyone is human, and that NO MATTER THE OUTCOME of the situation, you will be ok.
- * Make a promise to yourself that people or situations not going the way you anticipated will not break you.
- * Learn to love yourself so much that your OWN company and faith fills your own cup
- * Accept that people or situations staying in your life, or leaving, will not paralyze you.

This all takes practice, but with time, together, I will show you how being your own best friend and not having too many expectations of others or situations - is imperative to living a happy and fulfilled life.

REMEMBER IT'S YOUR TV SHOW

Remember that every season, the characters in your own real life TV show will change, but your leading role will be consistent for as long as you are here on this earth. With this being said, you must learn to view yourself as a cup of tea, and other people or situations as a packet of sugar or honey. It's nice to have the honey, and you should absolutely enjoy the sweetness when it's there, but don't forget that the tea still tastes amazing without the added sugar.

The warmth, the love, and the aroma of the tea is still there with or without the added sweetness. This is what healthy inter-dependence looks like. You can love and appreciate every person that you meet in every season of life while remembering to practice no expectations from anyone. Love and respect yourself enough to enjoy the cup of tea without the sugar or honey if it's negatively affecting your health.



SET BOUNDARIES

This is where boundaries come in. Always show people love, but if someone disrespects your boundaries, walk away, not from a place of bitterness or hatred, but from a place of self love and self respect. This simple mind set shift, sets a completely different tone for the energy you emit to others and how you carry yourself.

When you don't expect anything from anyone, if they let you down, it's not as painful or shocking because you didn't have expectations in the first place. You didn't fantasize about who they could be, instead you observed who they showed up to be. We must stop imagining who someone is, and instead, let them show us who they truly are. If a line is crossed, walk away with love, leaving a trail of elegance and grace knowing the reason you're leaving is not out of hatred or bitterness, but an understanding that you deserve better, and that you love and respect yourself too much to ever settle for less.

DON'T DROP YOUR CROWN KINGS & QUEENS!

This mentality is extremely magnetic because we are continuously learning to live in a frame of peace, love, kindness and comfort within our own skin and company. It's a comforting and peaceful energy to be around. It takes practice, but as we grow on this journey of self-love - together on the Destiny Malibu Podcast, my goal is to help us build a community of deeply loving and magnetic individuals.

The truth is, we have zero control over anything outside of ourselves, so why waste energy on expectations. Have boundaries yes, and be ready to walk away if they are crossed, but ultimately remember we cannot control how a situation will go or what people will do, only how we react.

Go out into the world and spread love DESPITE the reality that many people will let you down. Practice grace, practice empathy, practice self-love, and don't expect, simply observe and trust you will be okay no matter the outcome.



3. FEAR OF FAILURE

“Don’t let the fear of striking out, keep you from playing the game” this line is from one of my favorite movies “Cinderella Story” starring Hilary Duff and Chad Michael Murray. I love this quote because as a perfectionist myself, it’s important to remind ourselves, that it’s OK to make mistakes. The only way to get better at something or improve is to TRY, and when we are trying something for the first time, SURPRISE, you WILL most likely mess up, and that’s TOTALLY OK. It’s ok to look silly sometimes. You don’t have to be LeBron James to throw a basketball, you don’t have to be Michael Jackson or Shakira to shake some moves on the dance floor, and you don’t have to be Isaac Newton to come up with a new invention or idea. I for one have a tendency to get very frustrated with myself when I don’t pick up on something new right away, and this is something I continuously work on, because the truth is, learning something new takes time, practice, and patience. We need to learn to be empathetic and patient with ourselves as much as we would be with others.

My sister, DJ Dezzee, loves to go line dancing, and for a long time, even though I love to dance, I didn’t go out and do the dance routines on the dance floor because I wanted to “know the dance perfectly” before dancing along with everyone. I stood on the sidelines watching my sister dance many nights before I finally said “screw it I’m going out there” and I started trying to learn the dance blindly, knowing I looked silly. This was way out of my comfort zone, because as a perfectionist, I typically don’t like to do anything publicly until I have mastered it on my own time, but in this moment, I decided to stop fearing failure. I took the first step, walked out on the dance floor and made the decision to try. Suddenly I felt more free than ever before. It didn’t matter if people thought I looked like a beginner line dancer, it didn’t matter if I messed up, what mattered was that I had the confidence in myself to give it a try and I loved every moment.

LEARN FROM YOUR MISTAKES

We must stop fearing failure. We will all fail many times in life and that's okay. Instead of letting that get us down, what we can do is view all failures as a learning experience. We cannot become better versions of ourselves if we don't try to grow or if we are afraid to fail.

FAILURE IS BEAUTIFUL

Failure is beautiful because it means we are trying and growing. So remember, next time you're at a party to get out there and dance! It doesn't matter if you know the moves, just TRY, have fun, be yourself, and remember that if failure is necessary to grow, then every failure means you are one step closer to your next success.

I love you all so much, thank you for joining our angel squad and our Destiny Malibu Podcast family.

I will see you on the next episode!

xo, Destiny Malibu

