

The International Inspiration Index

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#1 Your attitude – how's it doing?

April 2009

My husband is deploying to Iraq. That means that in addition to working when I can for the part time job I still maintain I have all of the household jobs. Plus I really really miss him. I find myself quite sensitive and easily upset. I want to go into business for myself, but I have not been able to line everything up so I can jump off into the unknown.

The pull of the moon influences my biorythms, however. During the time of the full moon I can be extremely followed by and extremely energetic streak. During the dark of the moon the effect is similar but often less noticeable. This last dark of the moon totally drained me of all energy when the "forces" combined with office stress.

Just bought a house with my new husband. Currently we are not feeling the effects of the economy or the swine flu.

Well, am feeling somewhat "so-so" as, after some fifteen years of college, am now living at "home" with parental figures at 32. Not exactly where I envisioned my life to be at this age and after this much school and...well, the list goes on. Am grateful, however, to have parents that are willing to take me in until I get a job that will allow me to move out (the sooner the better for all of us, trust me!). Life goes on, despite my moaning and angst, and I try my best to remain positive.

Zero income in April - bleah!

Considering being unemployed & working contract work, it's pretty good. I try to stay busy and focused on positive things. I find myself lost at times dealing w/ my husband's insecurities as he is the main bread winner for the first time since we'll been a couple. We are doing okay financially, but he finds it hard for me to be away at events for networking opportunities and he has to watch the kids (ages 2/6). Maybe too much information =0)

May 2009

My mom is dying of cancer so it has brought my attitude down, even though I am trying to work through it.

I am making little money right now but taking up sea kayaking. I capsized in 50 degree water on Saturday. That will wake you up!

I have a good attitude.... I work hard to be cheery.... after all ..."every day is what you make it" and I want to make it a great day!

Convinced husband to replace awful room mate.

My job sucks at this time and am waiting to hear on another one I applied for, A slow process. Feeling very unappreciated at my work at this time.

I have been working on that since last fall, when my firstborn left the nest and it broke my heart and I was told to try to find the positive. it has been my focus for about the last 7 months.

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#2 What's the attitude of those around you?

April 2009

For the most part I am surrounded by people who have good attitudes although most having money worries, etc.
Work - not so good - changes are happening around them and it's making them see negative versus positive
Mostly good. I work with good people except for one who cannot function if she is not in control and micromanaging everything that goes on. I think I caused her chest pains the other day when I scoffed at the importance she placed on some inconsequential things. The day she stayed home was glorious for all of us in the office - and in the organization!
I think that most people have very self-centered, negative attitudes
Most people I deal with on a regular basis have jobs but are concerned for those jobs.
A lot of negativity going around. They just don't get it negativity breeds negativity.
Well, I'm 32 and living at "home" with parental figures. They (as well as myself) resent this, on some level, and they have every right to be frustrated. *sigh*
Lotsa fear uncertainty and doubt out there.
Those around me, my children, husband and so many others not on a regular basis. I chose not to be around those who are negative, complain all the time or who won't help themselves move forward in challenging situations.

May 2009

I hang around with optimistic people!
Lot's of angst about the recession
They seem to be managing well for the most part.
Why oh why do people say "I'm here" when I say how are you today?..... Why not... Great! Never better! It is only a few more words....
Kinda like a roller coaster really
Depends who you are taking about. Most people at work UGH friends very good.
I am trying to avoid people with bad or negative attitudes! so much easier.
As I share my story with people, I notice that few really "get it." Even close friends and family have a hard time understanding everything I'm feeling. I work closely with people in the broadcasting field that thrive on negativity. Well, maybe "thrive" isn't the right word. They celebrate negativity because it makes them feel better somehow? That doesn't make sense really. Then there are some people around me that are truly inspirational. They're completely in charge of their happiness!

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#3 What's concerning you these days?

April 2009

Please stop this madness about swine flu. It's just flu, for gawd's sake! I'm sick of hearing about it. There must not be anything else going on in the world, i.e., a slow news week.

I am really concerned about the economy for my daughters who are in there 20's with children. What are we doing to their future? How will they survive these times? I am also really concerned about the international relations, with our economy so bad should we be spending all this time and money sending our troops over there when they should be here with their families?

My husband lost his job a month ago so that is a worry. Since he is in construction there doesn't seem to be any job prospects in the near future, but we'll survive. He however isn't handling it well and it is increasing the issues in our home and marriage.

Education is a tough one. As a music educator, I watch music departments get cut and cannot help but cringe, at least inwardly, at the lack of understanding in that area. Of course I also have no job, as a music educator, and--well--that leaves me terribly worried, esp. in this economy. Weight loss is a major health concern for me, as is my total lack of health insurance due to my lack of employment. This worries my family, which worries me. Am scared for the environment.

The swine flu thing came out of no-where

Right now it's family/marriage as when one person works and the other doesn't carry their normal load, it puts stress on the other family member. First time ever in our relationship that I have not been working and we now have a house payment/mortgage which is okay and 2 children under the age of 7.

May, 2009

The reason I am worried about my job and health more than anything else is because of changes I am making to try and improve myself.

I try not to get overly concerned about things I can't affect directly and try to focus on what I can do something about.

We travel quite a bit... Having the president go different places and say "I'm sorry we are American: we suck..." doesn't help. yikes... The billion dollar bailouts are horrible... then talking like he's concerned about the economy behind that. Hypocrite or politician?...time will tell.... I am really happy with my job, my education and my marriage...(obviously I can control those)..

Whatever it's going to be the future is not ours to see.

My level of concern is due in part because I'm in broadcasting and I don't get caught up in rumors or "fun" little dramatizations or sensationalizing. Other media outlets might promote the "scare" type approach. Not me. I'm a realist. I don't get caught up in "pie in the sky stuff" unless there is really a solid foundation laid to support that hope. At the same time, I'm a born optimist. I believe that our happiness comes from within, and each of us, regardless of circumstances have that capacity

I recently was fired from one of my 3 part-time jobs. ouch. supposedly "personalities". and i can't seem to get a 2nd date yet i've had a few 1st dates lately. rejection, rejection. but i'm pushing a lot of it "away" and just moving fwd. looking for those OTHER doors to open. doing my best to keep a positive outlook. oh yea, i've gained my weight back too. ouch.

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#4 What do you see for our future?

April, 2009

I wish I knew.
I know that eventually we will recover from this. It will take time. This economic did not occur overnight and to expect an overnight fix is ridiculous. People need to be more responsible for their own spending and gain control of their extended credit. I have a hard time for those who failed to pay their bills be the first to get a bailout; however the banks began failing because of poor decisions...Wait! Someone else makes a poor decision which leads to additional poor decisions.
We just have to keep going in our new direction to get out of the hole we're in.
I think the economy still has more to fall before it gets better - I'm hoping in the next year it will start to turn - I think once it turns things will be better than they have been and we'll learn and grow from this period.
I can always hope, right?
I try to think positive and hope for change in my personal life and the lives of those closest to me. As in live, some days are better than others. I have hope for the future, as I see no other choice but to hope. Will hope change things FOR me? Of course not. But it will help me understand that there are other bigger, better things waiting to be discovered.
If we survive the next couple of years it will be great.
It's hard to say because we can't predict the future, but as long as we focus on happiness, pray, God will take care of us all. I have a lot of friends/family with a lot of love & support. It has to get better and with children that are growing, it's always a fun and great experience as we get older.

May 2009

I needed a 'have no idea' button for five and ten years out!
Probably want to throw out my opinion since I'm a mathematician who traces the cycles in the world.
I'm generally an optimist and think about life's possibilities and challenges and how I can meet them.
economically... horrible ... when you say "our" are you talking about the nation as a whole? .. I am answering it as though you are...
Hopefully this new job will come though for me.
I should be retired in 5 years, living the good life!
Like I said, I'm an optimist and a realist at the same time. I believe in real hope when it is supported by individuals who are 100% responsible for their own happiness and they know it. Many don't realize that. The Future looks incredible from my perspective. As far as everyone else? I believe the outlook changes depending on the individuals perspective, that's pretty basic...The increase or decrease of our future outlook usually hinges on who's perspective we choose to subscribe.

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all this staying positive is exhausting but really helpful, hence i keep doing it. sometimes i have to "lie" to the voices in my head and start the positive stuff even if i'm not quite believing yet. need to "lie" to my voices more often as the nego thoughts are coming back.