

Hi I'm Gwen from **Always Brighter**, home of the Better Feeling Thought and the place to find inspiration to keep growing, learning and reaching for a brighter and more fulfilling life.



In last week's video, **we talked about Gratitude** and about how it creates expansion in our lives.

Expansion is growth. And when you aren't growing, what are you doing?

<insert eyes-closed, grimace-faced emoji/>

Gandhi once said, "**Live as if you were to die tomorrow. Learn as if you were to live forever.**"

We all know we're not going to live forever, but creating a life of learning is essential to personal and professional growth. Now, if you are here and watching this video, I know you are a person who wants to grow, otherwise you'd be somewhere else, watching the Walking Dead and eating a box of raisinettes or something.

Not that there's not a time and place for that because, Oh, but I do love me some flesh eating corpses.

But if you sit around all day binge watching Netflix and binge eating chocolate covered raisins, you'll look up one day with hair down to your ankles and won't be able to get up off the couch for fear of fitting through the door.

That's unconscious living at it's finest, and it's not going to fill that most important need of creating a meaningful life.

See, we all have the innate human need to grow and to be fulfilled. You can have love and safety and all the basic human needs met, but if you stagnate and live a self-centered life, you miss out on your divine purpose in this one chance you have at a physical existence.

So what about that new computer system at work? They've come into your established routine and created an upheaval of epic proportions. You're perfectly happy with the way things are and see no need to change the system as it is. But you're not in charge, and nobody asked you, so you're now at the mercy of the machine.

That's when your attitude can make or break you. You can sit there and whine and complain about how this isn't going to make anything easier or better, or you can remember what we've talked about here today: that the attitude of being a life-long learner will serve you in any new and challenging situation. This isn't just a new system brought in to disturb your peace, this is a chance to expand your knowledge and challenge your ability to adapt to a new environment.

Feel the opportunity in your body, the excitement that knowing you can learn how to do anything! Visualizing the day when this new system is easy, and you recognize the improvement that it brings to your work day and the ultimate good it will do for you and your employer. And I bet, with this kind of attitude, your employer will take notice.

Your outlook changes everything when at your core, you define yourself as a life long learner. No challenge can stop you and keep you from overcoming it.

When you are open to new things and look for ways to expand your experience, you have more and more to give back to the world. You can take what you know and encourage and teach those around you adding value back into the energy pool of life.

Have you ever been to a pond that is stagnate? Can you smell the rot and funk right now as you sit here? That's what a life of internal focus is like. But add a flowing stream to the mix, and it will churn all that death and decay bringing new life to the stinky, mucky water.

That's what happens when you move beyond your internal world to live a life that soaks up all it can with the purpose of giving back through the lens of your own experience and life. No one has your eyes and your heart and the world needs **you** to learn, grow and teach in only the way that you can.

Besides, you'll have something interesting to talk about at parties and for this introvert, that's a bonus.

Now, seasons change and so will your interests and attention. What you love at this moment, may not be what drives you ten years from now, and that is ok. It's not what you learn, it's **THAT** you learn. It's that you continue to fill the well of your soul with that which it craves: something new, something to challenge you and something that will excite and inspire you thus creating a spark of life within that is ever expanding leading your to your best and brightest self so that you are always, always growing brighter!

So let's all be like Gandhi. Live like there is no tomorrow and learn as if you're going to live forever.

So right now, I challenge you to take a few minutes to think about what you would like or need to learn or what area of your life you'd like to improve, Then take action and [leave us a comment below this video](#) letting us know what you came up with!

Then let's all give each other high-fives with our replies.

Thanks so much for watching, and I'll see you next time on The Brighter Side.