



Psyche Me Up!

You're OK. I'm Not OK.

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"Don't think you're on the right road just because it's a well-beaten path."

-Author Unknown

Decide *today* to live your life!

Celebrate your uniqueness. Your life was never meant to be lived like everyone else. You don't look the same, you don't sound the same, and **your personality is special.** Your deep-held values are unique. Even your laugh sets you apart. Throwing that away just for the sake of looking and living like everyone else is one of the cruelest things that you can do—it will always prevent you from fully becoming the person God made **you** to be. Instead, champion and celebrate the things that make you, **you!**

NEED MORE HELP?
Talk to someone!

Talk to your roommate, a friend, your RA, CA, SRD, or stop by the Counseling Center!

Located in the Owens Center
Suite 208
Phone: (530) 226-4106
www.simpsonu.edu

What if you decided that you don't have to live your life like everyone else?

Would you pursue more things of **lasting value** rather than the newest fads of society chased by everyone else? Sounds simple enough. Yet, countless multitudes will never make that decision. Instead, they will live their life purchasing the trendiest products and fashion released to the masses. They will **waste their energy** trying to keep up with others, all for the **elusive purpose of conformity**. And in exchange, they will **lose their life and forfeit their soul**.

1. CONTENTMENT is possible. "There must be something better out there." Most people are so busy tripping over each other to purchase culture's newest release that they miss out completely on a better life of **contentment and gratitude** for what they **already have**. Joy and fulfillment is not found on any shelf in any store. It has **never been found there**. And **never will be**.

2. Identify and LIVE OUT your values. Write down: "What I most want to accomplish in life." or even, "**What kind of person do I want to be?**" Make a list of priorities. Post it where you will notice it. Allow them to **shape your life**. Base your decisions about time, **relationships**, energy, faith and money on those values. Allow them to guide your life even when they take you down a **narrower road** than everyone else. (Mt. 7:13,14)

3. Find a MENTOR that you admire. You are not alone in your desire to live a better, more fulfilling life. Others have traveled the same road prior to you. Seek them out because you will need to **look hard for them** - they are uncommon. Perhaps they are in your family, school, church, or even on your library shelves. Whether **in person or through their writings**, soak up as much as you can from them. **Learn** from them and **be inspired** by them. **Follow their life**, not the masses.

4. REFLECT. Regularly pull away to **pray, meditate, contemplate, and reflect**. An **unexamined life is not worth living** because it will never be our own if we don't. Our lives will always "drift" in the direction of conformity if we lose, or fail to secure, our identity. **Withdraw often. Unplug** from technology, **take breaks** from social media. (Research has shown these actually increase anxiety and depression). Review your values and priorities. Reflect on the current trajectory of your life. **Is it headed towards the end you desire...** or just following the road of everyone else?

Your life is valuable. It was bought at a **very high price**. If you are in Christ, it is not your own. But it is **yours to steward wisely**. It holds **potential for great things**., as well as a vast number of **significant "small" things**. Don't let it slip into mediocrity by choosing to live it just like everyone else. It is **not a worthy trade**.

Romans 12:2

Adapted from becomingminimalist.com