

Inspirational Insight

Don't Listen To Those Who Don't Know

When something is on our mind we tend to share it with other people. We discuss how we feel and what we think. Occasionally we ask for advice but often advice is given whether we asked for it or not. Getting advice and listening to other people who know more than us is often how we learn. All our lives we have learnt new skills by observing others and this learning should continue throughout life.

As Mahatma Gandhi said: - "Learn as if you will live forever, live as if you will die tomorrow."

I am going to offer you the best bit of advice I have read in a long time. Don't listen to those who don't know, only listen to those who do know.

What I mean is, if you want advice on how to stay slim, ask a slim person. If you want to know about how to have lots of money listen to someone who has lots of money. After all would you ask a mechanic to give you a facial? People are very generous with their advice they always have an opinion on your life as I am sure you do on theirs. This is all part of life and how we interact with one another and just remember to filter the information? Take in the useful information and disregard the rest.

Advice read in: - Shut Up Stop Whining & Get a Life. By Larry Winget

Action:-

Next time you are unsure about something, ask someone who has achieved at that task/job, whatever it is and then you can be confident they know what they are talking about.

OR

Contact a Life Coach, Life Coaching enables you to find your own answers, it is empowering and motivating. Contact me if you would like to find out more. I am always happy to discuss the amazing benefits of coaching.

[DO YOU WANT AN INSPIRED LIFE?](#)

Caroline Hart – Life Coach