

# Weekly Wisdom

*Grow the Green for You and Your Team*



*"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it." -- Michael J. Fox*

## Stop Wishing People Were Different

We know it in our hearts: Some people are never going to change, and we will be much happier if we just accept that truth. But how do we do that?

Rick Hanson writes, "Acceptance means you "give up" to the truth—the facts, reality—no matter what it is."

Begin by accepting something simple like your breath. Notice the

sensation of breathing. "I accept this rising of my chest..." How does acceptance make you feel?

Next, try accepting something harder - the disappearance of your yogurt in the fridge or a loud visitor.

Practice. Remember how good it feels to be accepted.

Have an idea for a Weekly Wisdom topic? [Submit your idea here!](#)