

Presently there is much talk of the term "self-identifying." Spoiler alert! This content piece is not specifically focusing on what you probably think it will be about.

The Tyber Lustig Foundation believes the operative word in the term "self -identifying" is SELF. If someone in the bottom half of their class cumulative grade point averages wants to self-identify as the class valedictorian that is THEIR prerogative. However, that same person should not be offended or surprised that most others would not share that viewpoint. That goes for nonathletic people who consider themselves to be an elite athletic, or someone with two left feet considering themselves a great dancer or tone-deaf individuals who consider themselves an opera singer. The list goes on and on.

Our primary message on this subject matter lends itself to our continuing theme of common sense and logic. Worrying or being concerned about how other people perceive us to be is an ingredient in a recipe for an unhappy life. It is a root cause of self-discontentment (unhappiness). People should be comfortable with the person they are or want to become; not the person people think they are. The term being self-conscious is an underdiscussed phrase that leads to insecurity and self-pity which then leads us further on down the chain to self-loathing and self-destructiveness.

As previously stated, the common word in all these phrases is – SELF. It can be used in a negative description or in positive terms like self-confidence, self-awareness, or self-determined, to name a few. Our foundation is not implying one becomes selfish. We are only trying to emphasize the concept that self-happiness is strongly impacted with how well you treat yourself. Irrespective of how others treat you, if you do not stop becoming your own worst enemy, your chances of achieving a happy and content life will become increasingly more difficult.

The Tyber Lustig Foundation is dedicated to helping people become the best version of themselves. Our content is provided to help as many people as possible deal with their own personal journey through this thing called life. Trying to navigate their own path without first thoroughly understanding themselves is almost impossible. Getting control of your thought process is a key component.

People need to figure out what makes them emote sadness, unhappiness, anger, or anxiety. At the risk of sounding old fashioned, we suggest any time you go through one of these anguishing episodes, to write down your feelings as precisely as possible. When reviewing your notes, we suggest channeling your inner child by constantly asking yourself "WHY?" to every one of your answers until your bottom-line answer is – "Ah Ha!"

Our foundation is committed to helping people reach as many ah ha moments as possible.

