

Critical Life Lessons That I Wish I Learned Sooner!

17 POWERFUL TIPS TO HELP YOU THRIVE AS A *Highly Sensitive Person*

Cliff Harwin

Highly Sensitive Person
PUBLISHING COMPANY

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**This e-book is for highly sensitive people,
introverts, empaths, and those with social anxiety.**

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About Cliff Harwin



I'm a husband, father, animal lover, author, and highly sensitive person. I was successfully self-employed for 35 years. In 2008, I founded [The Highly Sensitive Publishing Company](#) and published my first book, *Making Sense of Your High Sensitivity*. As a highly sensitive person, I understand how not knowing about your nature can cause unnecessary pain and unhappiness. I believe that the better you understand yourself, the faster you'll be able to utilize your best qualities, while making allowances for your high sensitivity.

For the most part, I've followed my passions, always seeking to find joy and meaning in my life. Like anyone, I've had my share of struggles and failures, but at least I can say that I've always lived life on my own terms.

I started the Highly Sensitive Person Publishing Company because I wanted to provide inspiration and information to other highly sensitive people. I currently author a blog, [Highly Sensitive Thoughts](#), and am active on [Facebook](#) and [Twitter](#). I reside in Missouri with my wife of 40+ years and our two cats. My wife and I are infinitely proud of our beloved and highly accomplished daughter.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

Ralph Waldo Emerson

Who Can Benefit From This E-book?



My intended audience includes **Highly Sensitive People (HSP)**, both those who are newly aware of their high sensitivity and those who have known for years, as well as **Introverts, Empaths**, and people with **Social Anxiety**. When I started [The Highly Sensitive Person Publishing Company](#) over a decade ago, my intended audience was strictly highly sensitive people. However, because I have many introverted, empathic, and social anxiety characteristics, and noticed the same in others, I came to realize that these qualities may occur together.

According to research published by Elaine Aron, author of *The Highly Sensitive Person*, approximately 70% of the HSP population is also introverted. Social anxiety is common among HSPs and introverts. Similar to highly sensitive people, empaths have enhanced sensory awareness, powerful intuitive abilities, and a need for alone time to decompress. That doesn't mean that all introverts or empaths are highly sensitive, or that all highly sensitive people are introverts, empaths, or have social anxiety, but these types correlate often enough for it to make sense to broaden my audience.

“A true teacher would never tell you what to do. But he would give you the knowledge with which you could decide what would be best for you to do.”

Christopher Pike

What Is High Sensitivity?



According to Dr. Elaine Aron, the author and psychologist who coined the term “highly sensitive person (HSP),” high sensitivity is an inherited trait characterized by an overactive nervous system. HSPs process and absorb more emotional and physical information than average, which can result in feelings of overwhelm.

On the plus side, high sensitivity equips you with important tools, such as intuition and creativity, the hunger for knowledge, and the quest to understand life on a deeper level. Instead of feeling discouraged or overwhelmed, you can learn to recognize and celebrate your high sensitivity as the beautiful and powerful gift that is!

On my website, I have an extensive list of common [HSP characteristics and potential issues](#). These are not necessarily inherited traits, but all are things that I’ve observed in myself or in other HSPs. I encourage you to review the items in the list. Click on each topic, and carefully consider the questions in the descriptions. If you have many of these traits and issues, then you’re most likely a highly sensitive person!

“Beauty is an understanding of what you have and forgiving yourself for what you don’t have...and appreciating all of it!”

Jill Scott

Feeling Different?



Sometimes life can be difficult for people who don't conform to the "norm" and meet the expectations of society. As a highly sensitive person with many introverted qualities and social anxiety, I was one of those people.

I started out life as a nervous and painfully shy child who had trouble fitting in at school and in social situations. I hated being "different" and always felt like there was something wrong with me. Can you relate to this feeling? I wished I could grow up faster, just so I could get away from school, but unfortunately my awkwardness continued into adulthood.

To cope with my distress, I set out on a path of learning and discovery to find ways to build confidence and thrive in a world I felt ill-suited for. I vigorously consumed self-help materials and attended seminars on personal development. I didn't find out I was highly sensitive until I was 55 years old when I went to an adult education class on the topic. I was relieved to discover that there wasn't anything wrong with me!

Once I came to understand my highly sensitive nature, the many struggles in my life suddenly made sense. In fact, this new discovery was such a major revelation that it inspired me to start a business to help other highly sensitive survive in a world that doesn't always understand us.

In this e-book, I share common sense lessons that I've learned in the hopes that I can help make your journey easier. Along with the advice, I've also included some of my favorite inspirational quotes.

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away."

Henry David Thoreau

17 POWERFUL TIPS

TO HELP YOU THRIVE





1. Appreciate your high sensitivity!

Your heightened perception of the world is a gift! It brings added sensitivity and a unique perspective to anything you undertake. Your capacity for deep thinking and deep feeling enables you to look at situations differently, and in a more profound way. Your keen powers of observation allow you to see things others miss. You persist when others have long given up. Your abilities make you an excellent problem solver and innovator. Your intuition provides valuable insight to guide your decisions. You have boundless creativity, whether realized or not, making you well suited for many creative and artistic pursuits.

Despite all of these wonderful traits, many highly sensitive people view their nature as a “problem” that needs to be solved. While we do have our share of adversity, the positive elements of our nature cannot be overstated. Sometimes all it takes to shift your perspective is to change what aspects of yourself you pay more attention to. Instead of trying to be “normal” and denying your true self, it is far healthier to focus on your strengths and find ways to maximize them, while making allowances for the challenges you face as a highly sensitive person.

“Highly sensitive beings suffer more, but they also love harder, dream wider, and experience deeper horizons and bliss. When you’re sensitive, you’re alive in every sense of the word in this wildly beautiful world. Sensitivity is your strength. Keep soaking in the light and spreading it to others.”

Victoria Erickson



2. Choose your life. Don't let it choose you.

It's too easy to let circumstances dictate our lives. Do you have the kind of life that you would choose over any number of options? Or has your life evolved from circumstances that you drifted into? Are you happy? Do you wake up in the morning looking forward to your day, or do you pull the pillow over your head, and hit the snooze button? It's hard to be fulfilled when you don't have things in your life that energize you and spur you to action.

As highly sensitive people, we often cling to our comfort zones, sticking with the familiar rather than going after what we really want. Many of us would rather have a safe, boring life than a daring, exciting one. Unfortunately, this attitude is the perfect storm for future regret. When most people get to the end of their lives, they regret the things they didn't do far more than the things they did do.

Since making mistakes generates less regret than never having tried at all, it's better to take action before it's too late. Use your deep-thinking capabilities and powers of introspection to contemplate what you truly desire. If you had no limitations, what would you want? Do you have a burning desire to do or learn about something? What steps can you take immediately? What steps can you take over a period of time to get you closer to your ideal life? Are there people who can help you meet your goals?

When I wanted to write a book and start a blog, I had a detailed plan—with a time element involved—that I worked on to accomplish my goals. Things were harder and took much longer than expected, but I made adjustments along the way. Slow and steady wins the race. The key to success is to pair a burning desire with a realistic, flexible plan of action. If I can do it, I'm betting you can too!

"How different our lives are when we really know what's deeply important to us."

Stephen Covey



3. Speak up or be left behind.

These wise words were uttered to me by my late mother when I was a child. I was very quiet and easy going. I didn't want to cause problems or deal with conflict. Since I wasn't assertive, my needs were often not met. Other people would place themselves ahead of me. I let this happen. I taught people how to treat me. I was a human doormat! It wasn't until my early thirties that I followed my mother's advice. I learned that when I asserted myself, people had a new respect for me and stopped treating me like a pushover. Oh how I wish I had listened to my mother earlier in my life!

It's important to remember that your needs are just as important as anyone else's. Since others can't read your mind, it's up to you to confidently articulate your needs, wants, and concerns. Speaking up isn't about being aggressive; it's about being direct and honest, while still respecting others. When you speak up for yourself, you may not win every battle, but you'll always feel better for at least making yourself heard and preventing others from taking advantage of you.

Assertiveness and boundary setting are like any other skills in that they take practice and patience to get right. If you aren't used to speaking up for yourself, begin with small matters and work your way up to more consequential issues until you eventually feel more comfortable.

"Boundaries are a part of self-care. They are healthy, normal, and necessary."

Doreen Virture



4. Accept “what is,” and focus only on things you can control.

Make decisions based on “what is” rather than “what you wish for.” It may be tempting to deny reality in order to make yourself feel better, but this will only increase your suffering in the long run. For example, you will only set yourself up for disappointment if you cling to a relationship that requires the other person to change in order to make you happy. Likewise, you won’t feel better if you endlessly seethe with resentment every time your boss treats you disrespectfully. Instead of expecting or hoping things will change because you really *want* them to, it’s far better to stop resisting “what is” and accept the situation.

I’m not suggesting that you should condone bad behavior or do nothing to make a negative circumstance better. Rather, I’m suggesting that you focus only on factors that you can control, such as *your* attitude, *your* behavior, and actions that *you* can take. Are you willing to leave an unhealthy relationship? If not, can you change your attitude, or set some boundaries? If you dislike your job, are there other opportunities that you can pursue? Can you transfer to another position?

The idea is to take your power back by adopting an action-based approach, rather than allowing factors outside your control, such as the behavior of other people, to determine your response.

**“We can’t make people change, but when we change,
others may change.”**

Gretchen Rubin



5. Don't let fear control your relationships. Let intuition be your guide when deciding whether to grant your trust.

Knowing when to trust others can be a challenge for highly sensitive people. After being deeply disappointed or hurt, we may decide to put up barriers in order to stay safe. While this may seem rational, your apprehension will make it harder for you to establish meaningful and fulfilling relationships—which will only perpetuate your reluctance to trust.

Making yourself vulnerable means that you will sometimes get hurt. No matter how many walls you put up to protect yourself, you sometimes end up getting hurt anyway. Pain and disappointment are unavoidable in life.

For me, I find that trust is best established over time. I'm careful about giving away too much information early in a relationship. People have to earn my trust. Despite my caution, I don't assume the worst in others or impose loyalty tests. If I let fear control my relationships, I would have very few of them.

It's much healthier to give people the benefit of the doubt, even if it feels scary or seems contradictory. I believe that you usually get what you expect in life. When you expect people to be there for you and to have good intentions, the more likely you are to create connection, cooperation, and collaboration.

While assuming the best in others is important, I'm not suggesting that you should ignore red flags. There will always be people that you have to be careful of. Some will put their own interests first, even when this harms others. Fortunately, your high sensitivity bestows you with powerful intuition. You have a keen awareness of what's going on around you and an uncanny ability to tap into the feelings and motivations of other people. The more you pay attention to your gut feelings, the safer you'll be in the long run. The biggest mistakes I've made in my life happened when I went against my intuition.

You surrender power when you let fear control your response or when you have overly stringent requirements before you can extend trust. Instead, rely on your intuition, judgment, and common sense to decide when to grant and revoke your trust.

“The most important decision we make is whether we believe we live in a friendly or hostile universe.”

Albert Einstein



6. You need friends, even though you may think you don't.

Highly sensitive people need a lot of alone time. We have rich inner lives that can keep us happily engaged for more time than we'd like to admit. Solitude can be a great escape, but we have to be careful that we don't get too caught up in our own little worlds.

Human beings are naturally social animals, and relationships are essential for our health and well-being. Just as we have a fundamental need for food and shelter, we also have a fundamental need to belong to groups and to form close bonds with others.

You don't need to have a lot of friends. Quality is far more important than quantity. Why not have different friends for different situations? It's impossible to have one friend or loved one who will meet all of your social and emotional needs.

While social media can be a great way to connect with others, it should never be used as a replacement for face-to-face interactions. Since so much of our communication is non-verbal, an online interaction isn't anywhere near as rich or precise as an in-person one. It also cannot meet the human need for a hug, handshake, or pat on the back.

It's important to routinely assess your social and support network. Always be on the lookout for "fellow travelers" who share your interests. Seek out nurturing and optimistic people to add to your social circle. These types of people can provide emotional support, companionship, and an outlet to share your thoughts.

It's also helpful to consider old friends. Relationships can easily lapse when we get busy in our lives. Don't be afraid to be the first to reach out and reconnect with a friend you haven't been in touch with for a long time.

"Good friends help you find important things when you have lost them...your smile, your hope, and your courage."

Unknown



7. When you're angry, get to the root cause.

Have you ever felt angry or agitated and not understood why? Many people go through life in an emotionally unconscious state, simply responding to stimuli without giving much thought as to why they feel the way they do.

As a highly sensitive person, you can tap into your intuition and deep-thinking abilities to identify the cause of your anger or frustration. If you need more than your own powers of introspection, you can try working with a therapist or coach to understand your motivation. It's only when you know what's truly bothering you that you can develop a strategy to cope with it.

For example, if you find yourself irritated at a friend for no apparent reason, take a step back, and check in with yourself. Perhaps your friend said something that triggered an old resentment that was never resolved. Is there a way that you can work through that resentment, perhaps by consciously letting it go or by discussing it with your friend?

It is in this way that you can better understand and manage your anger, while also improving your relationships. Confronting the source of your anger may not be easy, but keep in mind that there are few things more toxic to a highly sensitive person than the slow boil of unspecified anger simmering just below the surface.

**"It is wise to direct your anger towards problems—not people;
to focus your energies on answers—not excuses."**

William Arthur Ward



8. Get help when you need it.

Highly sensitive people are often reluctant to ask for help. Since we hold ourselves to extremely high, often unrealistic standards, we may believe that we *should* be able to handle things on our own. We may also fear being judged, rejected, or worry that we're burdening others with our troubles.

The truth is...no matter how smart you are, you'll never know all there is to know or have the skills to do everything successfully. We all need a helping hand sometimes, whether it's for health issues, personal problems, or business situations.

We may also believe the myth that asking help is a sign of weakness. The opposite is true. Asking for help takes self-awareness and courage, both of which are signs of strength not weakness. Strong leaders understand the importance of focusing their efforts on areas where they can have the most impact, while calling on others to fill in the gaps, leading to teamwork and strategic partnerships.

If your request for help is rejected, as will sometimes happen, don't personalize the "no" and weave it into a rejection of you. Accept the "no," and move on to someone else. Most people want to help others. Usually, it's not a shortage of resources that's the problem; it's a reluctance to seek those resources.

"Ask for help. Not because you are weak. But because you want to remain strong."

Les Brown



9. Know how to handle conflict.

As highly sensitive people, conflict can affect us profoundly, even when the disagreement is about something relatively insignificant. Conflicts involve negative feelings and have uncertain outcomes, which can get our adrenaline flowing and trigger a fear response.

The truth is that it doesn't take much for our "fight or flight" instincts to kick in. When tempers flare, we may succumb to the flight instinct, often going to extreme measures to avoid conflict. Although avoidance may alleviate anxiety in the short term, it will only perpetuate the belief that you can't handle conflict.

One way to overcome a fear of conflict is to use graduated exposure to situations that cause anxiety. The goal is to start with lower stress confrontations, such as disputing a bill, before moving on to more major ones, such as confronting a loved one regarding a long-standing hurt. You can expose yourself to conflict through your imagination, role playing, or real life situations—either working on your own or with a therapist.

Although it's very important to have the ability to handle conflict, this doesn't mean you should go around picking fights. As a rule, it's best to stick to the old adage: *Choose your battles wisely*. Unless the conflict is about an issue important to you, it's often best to stay above the fray. When a conflict arises, set your emotions aside, even for just a moment, and think logically about the situation. How significant is the issue? If you choose to fight, is it worth your energy and your distress? If you walk away, how will you feel about yourself? Is it essential to resolve the issue?

"Don't fight a battle if you don't gain anything by winning."

Erwin Rommel



10. Use your alone time to release emotions, reduce stress, and tap into your inner guidance.

Our need for solitude can serve us well, when used properly. Being alone and silent in a relaxed setting will bring forth your deepest and most profound thoughts. Many of us find solace by journaling our thoughts, writing songs or poems, creating works of art, playing an instrument, or other creative pursuits. We may also find release through exercise, exploring the outdoors, or just reading a great book. Any of these activities can be healthy outlets for the strong emotions we have.

Meditation and yoga are other excellent ways to decompress. Yoga gives you strength, flexibility, and mind-body awareness. Meditation can help empty your mind of thought, so that you can focus on “presence.” Your feelings of tranquility can bolster your ability to tap into your inner guidance. You’ll be amazed at the insights and inspirations that come to you once you’re able to quiet that pesky voice in your head!

When it comes to making the best use of your down time, it doesn’t matter so much which activities you prefer, only that you find a safe way to “take the edge off” your hyperactive nervous system. You can’t change the way you’re wired, but you *can* learn to better manage the sometimes overwhelming emotional and physical responses that you experience on a daily basis.

“Without great solitude, no serious work is possible.”

Pablo Picasso



11. Always do your best, but don't demand perfection.

As highly sensitive people, most of us strive to be responsible and competent. Other people know they can rely on us, whether it's for providing a quality service, meeting a deadline, or caring for a child. Conscientiousness is a wonderful quality, but it can go sour if we take it too far, and it morphs into perfectionism.

Perfectionism is often driven by a fear of not being good enough or a hunger for approval. Perfectionists define themselves by their accomplishments and see failures as deeply personal and all encompassing. Ironically, when you strive for perfection, you only set yourself up for failure and disappointment. Your need to be "perfect" will slow your progress, as you endlessly fret over every detail, regardless of how important it is. You'll agonize over decisions because you're afraid of making a mistake. Your anxiety can lead you to procrastinate or avoid certain tasks. You can easily end up with a string of unfinished projects.

While conscientiousness can help you succeed, perfectionism can derail your success and destroy your self-esteem. To reign in perfectionism, it's essential to separate your sense of self-worth from your performance. You are not your accomplishments, and you are not your failures. Everyone makes mistakes, and you can use them to help you grow and learn. There's nothing wrong with having ambition, but you don't have to set exacting standards and demand absolute perfection. Remember that sometimes good enough really is good enough!

"Perfectionism is a corrosive waste of time, because nothing is ever beyond criticism. No matter how many hours you spend to render something flawless, somebody will always be able to find fault with it."

Elizabeth Gilbert



12. Don't become a grievance collector.

Grievance collectors are people who remember every slight, unkind word, or injustice, either real or imagined, that ever happened to them. They go out of their way to find reasons to take offense. They gather up these grievances to perpetuate a “poor me” mentality.

As you can imagine, in a world where there are plenty of injustices, the grievance collector never has to look very far to feel victimized. At the heart of a grievance collector is a desire to blame others for their own shortcomings or to justify their anger towards others, themselves, or just fate in general.

While it's not possible to live in the world and *never* feel offended, it *is* possible to choose your response. The best strategy is the opposite of what a grievance collector would do, which is to take these slights in stride, and move on as quickly as possible. I realize that this isn't always easy for us because we feel things so deeply and have a strong sense of justice. However, holding onto anger is the absolute worst thing you can do for your physical and emotional health.

In some cases, we may have triggers that cause us to collect grievances. In my case, I am much more prone to negativity when I don't feel well physically, such as when I was unable to manage my high blood pressure over a period of two years. Since I was both stressed and tired all the time, it was very easy for me to gather up other things to be upset about.

It's important to remember that the pain of your anger will punish you far more than anyone who offended you. I'm not suggesting that you should sweep your feelings under the rug or become a human doormat. You should always feel your feelings and stand up for yourself when you need to, but try to release your anger after you've responded or not responded. The danger isn't getting angry; it's *clinging* to that anger that poses the greatest risk to your well-being.

“The past has no power to stop you from being present now. Only your grievance about the past can do that. What is grievance? The baggage of old thought and emotion.”

Laozi



13. Watch what you think!

Your thought patterns determine your destiny in life. As deep-thinking and deep-feeling people, we need to be conscious of the kind of thoughts we experience on a regular basis. While we all have positive and negative thoughts, it's important to pay attention to your "default setting." Do you spend most of your time in an anxious, agitated, or depressed state? If so, it's helpful to question your thinking and determine if your beliefs are actually true. There's a good chance that many of your beliefs, especially those formed in childhood, are either untrue or no longer apply.

Unfortunately, many of us have such ingrained patterns of thinking that we're on autopilot. Since we automatically believe every thought we have, it never occurs to us to dig deeper. In fact, we may not even realize how negative our thoughts are or why we have a general feeling of sadness or despair.

One way to assess your default setting is to keep a mood journal to record your feelings over several days or weeks. Whenever you notice a shift in your mental state, jot down a few notes detailing your mood and what's behind it. The act of writing down what you're thinking and feeling will enable you to better track your emotions, analyze/question your beliefs, notice triggers, and recognize warning signs of strong emotions.

As highly sensitive people, we need to ensure that our emotional memory hasn't stockpiled an arsenal of fear balloons and false flags that limit what we're willing to do or try. Make a conscious effort to uproot, branch by branch, those outdated beliefs and stories you tell yourself. Once you "clean house," you can focus on cultivating new beliefs that better fit the person you are today.

"If you realized how powerful your thoughts are, you would never think a negative thought."

Peace Pilgrim



14. Consider starting a business that matches your interests and talents.

For many highly sensitive people, autonomy and meaningful work are more important than anything else. We function best when we can work at our own pace in an environment of our choosing. Conventional wisdom may tell you it's *safer* to work for someone else, but in today's world, there's no such thing as job security.

I knew early on that I was too much of a free spirit to work for anyone else. For me, the easiest path was to start my own business by using the existing experience I had. I'm proud to say I was successfully self-employed for 35 years!

We're blessed to live in a time where technology and ready access to global talent and a worldwide audience have greatly reduced startup costs. Now more than ever, there's just one major obstacle on the path to entrepreneurship: *deciding to take action*. I'm not suggesting that it's easy to succeed; only that it's much easier to get started. Things were a lot different back in the 1980's, when I started my business!

Sure, there are risks to launching a business, and the path will be challenging, but you can always start small and remain employed as you build your business. When I learned about my high sensitivity, I self-published a book on the topic and began a website and blog. I continued to support my family through other means. In the long run, if you're in the right business, entrepreneurship can provide more opportunities to use your strengths and follow your interests.

“We all have the DNA of an entrepreneur. Some are building their own dreams...while most are building other people's dreams. Entrepreneurs are Dream Builders. Are you building yours?”

Farshad Asi



15. Go on a “bad news” fast.

If you feel that world and national events are making you abnormally depressed, go on a communications sabbatical. Like many highly sensitive people, I often feel overwhelmed when I hear about violence, political vitriol, or other distressing things in the news. Some of us are so empathetic that, no matter how removed we are from a situation, we feel like we are right in the middle of it! When we're overwhelmed with stressful emotions, we can experience panic attacks, depression, and many other physical and emotional conditions.

While you can't stop your feelings, you can drastically cut down on your media consumption, even if only temporarily. A little break can make a huge difference in your mindset. Use the downtime to engage in things that you enjoy or that will take your mind off your concerns. You may want to pursue activities that can help you relax or rebalance your energy, such as meditation, yoga, or exercise. You can also try spending some time in nature: a walk in the woods or stroll on the beach can awaken your innermost feelings of happiness and peace.

After your hiatus, if there's an action you can take to make things better, then do so. Action feels good and can make a difference, whereas anxiety feels bad and accomplishes nothing.

**“A break is what you take when you can no longer take what
you've been taking..”**

Earl Wilson



16. Don't overlook the "little" things that make a "big" life.

Happiness is finding enjoyment in the seemingly smallest aspects of life, such as a simple act of kindness from a stranger, a family gathering, a walk in the woods, a beautiful song, a fun hobby, or the companionship of your pets. All of these things add a special dimension to your life. Taken together, the net result is larger than the sum of its parts.

Don't take these small pleasures for granted. As deep-feeling people, we are exceptionally well positioned to fully experience and reap the rewards of these beautiful moments. Regardless of what's going on in your life, never squander an opportunity to experience joy and tranquility!

"Many people lose the small joys in the hope for the big happiness."

Pearl S. Buck



17. Live in the present moment.

The past is gone. The future is yet to come. The only thing that's "real" is the present moment. We often miss the present because we're too caught up in our minds. We may be thinking, contemplating, daydreaming, planning, or fretting. In other words, we are in a perpetual state of preoccupation. What is the opposite of preoccupation? Mindfulness. To be mindful means to focus your awareness exclusively on the present moment.

Once you stop contemplating the past and/ or fretting about the future, you can finally live in the *now*. You'll start to appreciate everything more, whether it's a delicious meal, the warmth of the sun on your face, a beautiful landscape, a silly moment with a child, or a purring cat. With a clear and open mind, you'll also be more productive and less stressed. Being present is the only way to enjoy life to the fullest!

**"Yesterday is history. Tomorrow is a mystery. Today is a gift.
That is why it is called the present."**

Alice Morse Earle

Highly Sensitive Person Affirmation

I am exactly the person that I'm supposed to be.

My high sensitivity allows for a unique and powerful perspective.

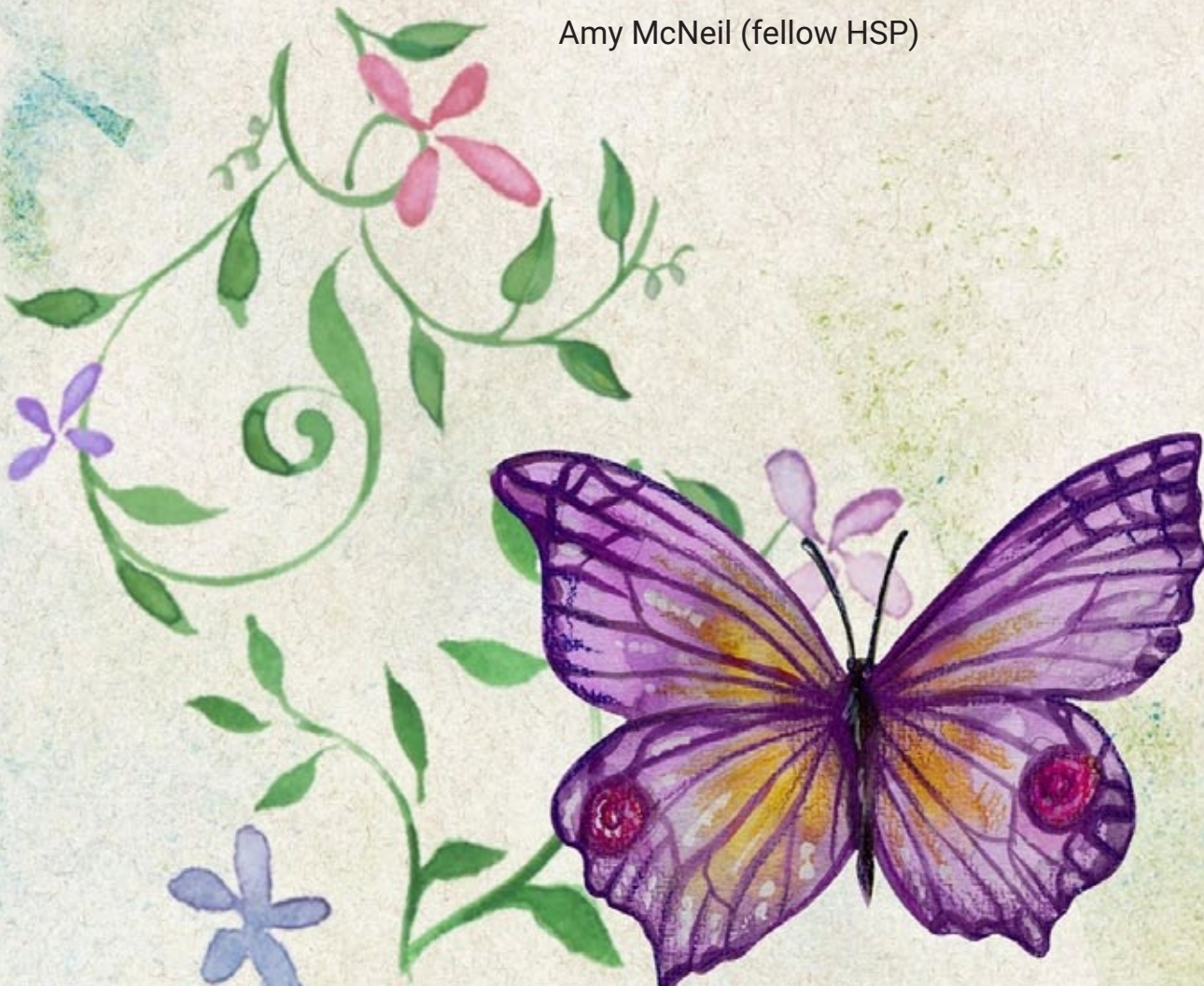
I listen with gratitude to my strong sense of emotions as well as my body's messages.

I know that I can trust my own guidance and that my powerful intuition is always on my side.

It will be there for me at all times.

These senses offer me tremendous insight into myself and the world around me.

Amy McNeil (fellow HSP)



Self-Appreciation

Who are you?

Where do you fit in this world?

We come in different colors, shapes, sizes, abilities, and aptitudes.

Some of us are able bodied, and some of us are not.

Some of us have physical handicaps, and some of us are handicapped by our thinking.

Some of us have attitudes that will make us soar, whoever we are.

We all have choices. We can choose to make our situations better or worse.

We are all dealt circumstances that we can and cannot control.

Don't we owe it to ourselves, our loved ones, and our world to make the best out of whatever we've got?

Why not make the best out of your lot?

For better or worse, we're all we've got.

It's important to appreciate yourself as you truly are. Learn, accept, and work with what you have. Make the best out of your lot. Your lot...our lot...is a good one. Take advantage of it. *For better or worse, we're all we've got.* I wish you all the best on your journey!

If you enjoyed this e-book and know of other people who can benefit from this material, please share [my website](#) and encourage others to join my mailing list. I would really appreciate your help in getting the word out!

Kindest Regards,
Cliff Harwin

17 POWERFUL TIPS TO HELP YOU THRIVE AS A *Highly Sensitive Person*

Sometimes life can be difficult for people who don't conform to the "norm" and meet the expectations of society. As a highly sensitive person with many introverted qualities and social anxiety, I was one of those people. I was a painfully shy child who had trouble fitting in at school and in social situations. I hated being different and always felt like there was something wrong with me. As I got older, I set out on a path of learning and discovery to find ways to build confidence. I vigorously consumed self-help materials and attended seminars on personal development.

Unfortunately, I didn't find out about my high sensitivity until I was 55 years old. Once I came to understand my nature, the many struggles in my life suddenly made sense. In fact, this discovery was such a major revelation that it inspired me to start a business to help other highly sensitive people thrive in a world that doesn't always understand us.

In this e-book, I share common sense lessons that I've learned in the hopes that I can help make your journey easier. Along with the advice, I also include some of my favorite inspirational quotes.