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MARCH 2010 MARCH 2010 MARCH 2010

[IDD 2004](#)

[IDD 2005](#)

[IDD 2006](#)

[IDD 2007](#)

[IDD 2008](#)

[IDD 2009](#)

[IDD 2010](#)

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Each One! Bless One!

You Make a Difference!

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*From Love Living Life Today! Newsletter
with Love & Relationships Coach, Dr. Torri L. Griffin, LPC.*

Love Living Life Today! Newsletter Part One. Yesterday, March 9th was "Get Over It Day," one of those lesser known holidays that I feel we all need to know about and embrace. It was conceived by [Jeff Goldbatt](#), an Atlanta-based entrepreneur. In 2005 Jeff found himself taking longer than he thought was reasonable to get over an ex-girlfriend. So the "Get Over It" concept came to his mind. Jeff selected March 9, the exact midpoint between Valentine's Day and April Fool's Day, for this unusual, but very much needed, holiday.

The day is based on the idea that everyone has something to get over. It could be past bad relationships, stressful work-related issues, fears, insecurities, embarrassing moments, unfair situations, etc. An article on the website, [www.GetOverItDay.com](#), suggests that if you are not sure what you need to get over, just ask your friends what they are tired of hearing you complain about again and again. The day got national attention in 2006 when ABC's Good Morning America and ESPN's Sports Center did segments about it.

It is important for us to realize that the things we need to get over can easily rob us of experiencing present happiness for the good things we have in our lives. It can also keep us from having the focus and the positive attitude we need to

achieve our future plans. Many people have let this happen to them. I know because it has happened to me.

One such experience occurred when I gave a speech during my college years. Having finally decided to go to college at age 33, I wanted to participate in as many extra-curricular activities as possible to build up the education section of my resume. So despite being deathly afraid of public speaking at the time, I volunteered to represent my college's Alpha Chi Chapter and give a speech at the national convention in New Orleans.

At that convention I gave what I consider the worst speech of my life! I hurried through the material, talking so fast that people could barely understand what I was saying. In my rush, I kept mispronouncing words. I was completely preoccupied with the thought that I should have practiced more. I dropped my note cards, and after picking them up, I had a hard time reordering them and refocusing. At the end of my presentation, instead of asking "are there any questions," I just ran from the lectern. I twisted my ankle as I stumbled down the stairs leaving the stage. I felt like a complete failure.

But to make the situation even worse, for the remainder of the trip (3 full days), I could not stop thinking and talking about that speech. It occupied my every thought and every conversation. My poor performance robbed me of the chance to fully enjoy the incredible New Orleans cuisine, the great jazz clubs, the wonderful art galleries, the great weather, and the fabulous people I met. Instead of putting the speech behind me, I kept telling everyone how terrible I was. Responses like "You weren't that bad;" "It really was OK," did not console me. The rest of my trip was completely ruined by an eight-minute speech. I wish I had decided to "get over it" sooner, so I could have enjoyed my time in New Orleans.

I feel that trip is a metaphor for many of our life experiences. Since that time, I have decided to recover from life's embarrassing moments, disappointments, misunderstandings, poor decisions, etc. as quickly as possible so I do not miss out on what is going well or even great in my life at the moment and so I can avoid losing the focus and positive attitude I will need to accomplish my plans for the future. (TO BE CONTINUED)



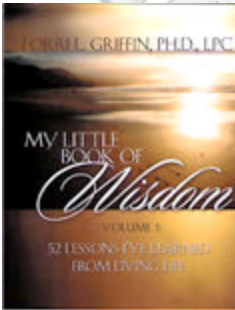
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Dr. Torri L. Griffin, LPC is a Love & Relationships Coach based in the Atlanta area. She works with individuals, couples, and groups on improving the quality and quantity of love in their lives. She is the author of **My Little Book of Wisdom, Volume 1: 52 Lessons I've Learned from Living Life**, and leads seminars and workshops on ways to Love Living Life! Visit her website for more information on forming lasting and loving relationships and sign up for her monthly newsletter at www.LoveLivingLife.com. She can be reached at (404) 805-1756 Wisdom@LoveLivingLife.com.

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