

I Get To.

Many years ago, so many I don't remember how many, I began to change my thinking from "I have to do this" to "I get to do this." I say I began to change because I wasn't very good at it at first, but with repetition, I got better. Even to this day, I catch myself thinking or saying I have to do this, and sometimes I do have to do it. Yet, when I calm down, I again realize I get to do it.

I have to hug my dog before I go out, or he seems unhappy.

I get to hug my dog before I go out, which stops him from being unhappy.

The difference between I have to and I get to is a happier and healthier vibration.

Written by Peter Skeels © 10-5-2024