

## TURN ENVY INTO INSPIRED ACTION

# ENVY

Do you spend time thinking about what you don't have and what others do have? Have thoughts about "the grass is greener on the other side?" Consider what life might look like if you ended up with another person, could just be like so-and-so, lived somewhere else, or perhaps had more money to live a decadently free life? In other words, do you find that you are at times "green with envy" of other people, places and things?

To some degree, I believe we all want more of something we do not have whether it is materially, relationally, spiritually, financially, emotionally, or physically. If not, where would we derive the motivation to do better, become better, or accomplish more in order to positively impact our life and the lives of our family, friends and community. Envy can give us the desire to create our best selves.

For instance, let's look at the people, places and things you might long for... instead of envying other people for who you think they are or the life you see that they lead, why not let the things you are attracted to in another person such as their smile, their kindness or their self-confidence motivate you to find that within yourself or accept your own uniqueness. If you crave being in another place, whether it is a trip or a new home, self check to determine if you are escaping or running away from a situation you do not want to face. When it comes to the coveting of new possessions, buying something because you think it will bring you acceptance or help you to fit in is not a good reason for your purchase. But if something you want makes you feel beautiful, confident or happy and you can afford it, then go for it.

Unfortunately, as one of the seven deadly sins, envy does have a bad reputation as it can create resentment and jealousy. Envy is bad when it hurts your self-esteem; it causes you to focus on what you lack; or it creates any negativity around others' achievements. When it causes you to be a victim and makes you feel inferior, you might be compromising who you are. Being a martyr to your circumstances is not pretty either, and any of these thoughts could hold you back from creating the life you could have. However, when you learn to recognize the difference between the good and evil of envy, then envy can inspire you into action.

### ENVY IS GOOD WHEN IT...

- Motivates you to learn more about who you really are
- Crystallizes your own dreams and desires
- Dismisses mediocrity, inadequacy or fear
- Teaches you to ask for help from others and to be real, open, honest and vulnerable
- Offers a new perspective and viewpoint
- Ignites authentic action
- Helps you to find mentors and gain knowledge from their successes
- Builds your confidence by making choices that are true to you

I believe envy gives you the chance to find out what you truly want. It provides a gauge to see where you rank on your own happiness meter. It can give you a zeal that creates a drive for enhancement. Envy can cause you to have a conscious and choiceful life and turn your envy into enthusiastic and rewarding action.

### COACHING STEPS TO TURN ENVY INTO ACTION

- List 5 things that you truly envy.
- Using the list above, probe deeper by noticing more specifically what emotions get triggered... are you Jealous? Angry? Happy? Sad? Frustrated?
- Now, what action items are you willing to take to get what you want for yourself that are based on the "right" feelings for you?
- Ask yourself, will these items create sustainable fulfillment or just happiness in the moment?
- Now, choose the one that speaks to your heart and soul and do that one first.

---

*Jennifer is founder of Excavive Life Coaching in Louisville, KY. Her work focuses on personal and professional life coaching, inspirational public speaking, interactive workshops, creativity consulting, writing, and occasionally teaching salsa dancing. Her website is excavive.com. Jennifer can be reached at jennifer@excavive.com or 502.893.9589.*