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## Prompt #10-Untitled

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How many of us have committed several of those little betrayals in the last few days? Actions that pull the rug from under one's feet. They were just words, you think. Words that erode confidence.

"I'm not that talented..."

"Oh, it was nothing."

"I'm not sure."

"I guess so..."

Why do we feel we the need to diminish our own abilities? Is it force of habit? Repeating the behaviors we grew up observing?

Stop.

Next time, stop.

Take a breath before answering. Acknowledge being the phenomenal soul that you are. Just have gratitude for this life, family, incredible opportunities-large and small. If someone compliments what you've done, simply say, "You're welcome."