

### Green Building Basics and LEED For Building Industry Professionals



On March 24, from 1-5pm, the US Green Building Council, is supporting a certified Continuing Education course for building

professionals, contractors, architects and planners that will teach the USGBC and the LEED Rating System, the value of building green, examples of green practices and how to find additional resources and support. The one day class is held at Coastal Carolina University, Wall Auditorium, Room 116, 119 Chanticleer Drive East in Conway. Cost is \$175 to \$205 for USGBC members, \$225 to \$275 for non-members and \$150 for full time students. To register online, visit [GreenBuild365.org](http://GreenBuild365.org).

### Protecting our Coastal Waters Seminar on Rainwater Bioretention

The Coastal Training Program and the City of Myrtle Beach invite you to a free Design and Installation Seminar on Bioretention Systems (bioswales, rain gardens and stormwater wetlands) on Tuesday, March 10, from 8:30am to noon at 800 Gabreski Ln, Market Common, Myrtle Beach. This event will provide developers, engineers, architects, contractors, landscapers and planners with information about bioretention systems for managing stormwater. There will be coffee and a light breakfast provided, followed by a two-hour classroom seminar and a demonstration rain garden installation.

Contact Nicole Saladin at (843) 546-6219 ext 241 in Georgetown or email [nicole@belle.baruch.sc.edu](mailto:nicole@belle.baruch.sc.edu) for information or to register.

# Who Says I'm Not Good Enough?

by Cayenne Graves

Did you know that every time you tell yourself you are “not good enough” it is just a fear and not the truth? I once heard that “FEAR” stands for False Evidence Appearing Real. Somewhere, self-doubt creeps in and internalizes as something to be believed. Here are some things to consider that will help you shift toward self-acceptance:

#### Consider the Source

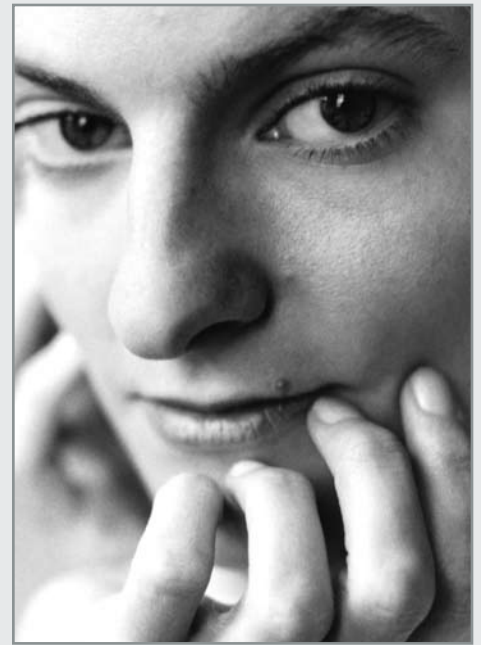
Beliefs are formed from interpretations of past experiences. Perhaps someone made fun of you, put you down, criticized you or spoke badly about you. If you accept those words as truth, then you internalize those beliefs and begin a destructive habit of self-criticism. If the person who said something to you or about you is a source of unethical, rude or otherwise negative behaviors, don't listen, and more importantly, don't accept the words spoken as absolute truth.

#### Transferred Self-Doubt

A critical or judgmental person will criticize and judge others for what they are feeling about themselves. They may not be ready to acknowledge and face these feelings in themselves, so they think they see fault in you. How many feelings of low self-esteem are you feeling because of someone else's criticism—criticism that has no meaning for you because it was never really about you in the first place?

#### Measuring Up to Others

We are often under constant pressure to measure up to unattainable standards. Television commercials suggest that unless we look or dress a certain way, we won't be loved. We grow up with the pressure to achieve and to worship the extreme. Let's instead question whether we want to continue trying to measure up to someone else's standard or instead acknowledge our



immeasurable, already whole self and live from that source.

#### Consider the Impact

To paraphrase Dr. Robert Holden from his book *Shift Happens*, self-acceptance is your number one goal in life. Why? Because for as long as you believe that there is something unacceptable about you, you'll push away love, sabotage success, unconsciously conspire against joy, struggle and never really find out who you are or what you are really capable of. You experience what you identify with. To believe that you are not good enough causes incalculable emotional pain.

#### Consider the Solution

Determine for yourself now that no one gets to criticize, judge or define who you are. You are without measure. If you are criticizing and judging yourself, realize that it is just a belief, not a reality. Clean house and discard those useless beliefs like broken furniture that no longer supports you. Replace them with something that does support you: self-acceptance. Whenever you are feeling unworthy or just not good enough, say to yourself, “Who says I am not good enough?” Then say: “I accept and love myself for all that I am.”

For more information contact Cayenne Graves, Happiness Coach, Founder of The Listening Space in North Myrtle Beach, at (843) 283-0950, [TheListeningSpace@gmail.com](mailto:TheListeningSpace@gmail.com). See Resource Guide page 19.