

# Pick Me Up!

Inspirational Messages to  
Make You Jump for Joy



Michelle Mattsen

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# Contents

FOREWORD .....	6
UNIQUENESS–There Can Only Be ONE You.....	12
TALENTS–You Have Them for a Reason.....	22
INSPIRATION–IF You’ve Got It, Flaunt It.....	30

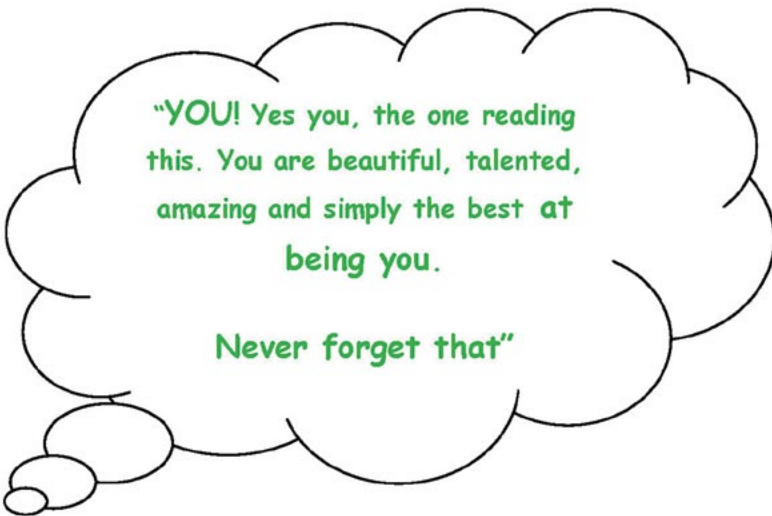
**“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”**

**~ Ralph Waldo Emerson**



## Foreword

You're unique and have many talents to offer. They show up in your intelligences, strengths, and the things you do naturally, without any effort. To find out what talents you possess, I invite you to sign up for our monthly newsletter at [www.yourtrueheartdesire.com](http://www.yourtrueheartdesire.com) and receive a **FREE** eBook, *How Smart You REALLY Are*. This valuable eBook is designed for you to uncover, appreciate and promote the talents you possess.



Michelle Mattsen



**“Our deepest fear is not that we are  
inadequate.  
Our deepest fear is that we are powerful  
beyond measure.  
It is our Light, not our Darkness, that most  
frightens us.”**

**~ Marianne Williamson**

This is a no-nonsense you can do it, go for it, feel good about yourself book that is dedicated to inspiring you to become who you were born to be. It is to be used as a quick reminder of the talents you possess. When you need a quick pick me up, when you're feeling down, take a peek at Pick Me Up to get back on track. Typically, someone or something reminded you of an attribute that isn't your strong point and now you're dwelling on that instead of acknowledging it and focusing on what are your strong points. We all have areas that we're strong in and other areas that we are not. No one is perfect. Don't worry yourself silly over it. It's just a waste of time.

*"There are two types of people who will tell you that you cannot make a difference in this world: Those who are afraid to try and those who are afraid you will succeed."*

*~ Ray Goforth*

There are far too many influences in your life that can literally stop you from becoming who you were born to be. Your well-meaning parents, colleagues and friends may have talked you out of what you wanted to do for fear you might get hurt or not make enough money. The list could go on and on. I know because I've done it myself. At the time, I thought I was looking out for my friend. I know now that it was



something she wanted to try and I talked her out of having that experience. It won't happen again.

Too often, you can get so caught up in the day to day activities of your life that you forget who you are and what you wanted. The demands of earning a living and societies' pressure can make you lose sight of what you initially wanted to do. Some day you may even wake up and ask yourself "Why am I doing this. Am I happy doing this? Is this bringing me joy? Am I out of whack with who I am? Does this really fit who I am?"

Are you lost in the "doing" of life instead of the "being" of life? To "BE" is to be who you are in an authentic, in the moment way. It's a "Here I am take it or leave it" attitude. A good question to ask yourself is if money, time and education weren't a factor, what would you be doing now? When you're a child, you are actually closer to your true divine self than when you get older and start factoring in the above criteria.

*Who are you anyway?* What makes you stand out? What are the unique blend of talents and experiences that only you can offer?

The purpose of this book is to remind you that you are truly a unique individual who has a lot to offer in your own unique way. Figure out what that is and use it to your advantage. When you're feeling down and losing confidence in yourself, pick this book up to remind you that you do have a unique blend of talents and you just need the right venue to express them.



**"You can never cross the ocean unless you have  
the courage to lose sight of the shore."**

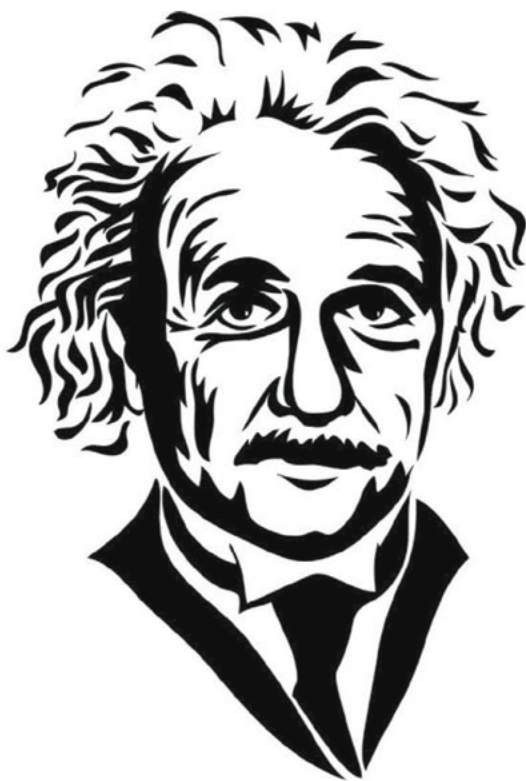
**~ Christopher Columbus**



**"You were born an original. Don't die a copy."**

**~ John Mason**

# UNIQUENESS - There Can Only Be ONE You



*Imagination is everything. It is the preview of life's  
coming attractions.*

*~ Albert Einstein*

*"I am Me. In all the world, there is no one else exactly like me. Everything that comes out of me is authentically mine, because I alone chose it -- I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself. I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know -- but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me. However, I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me. If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded. I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me. I am me, and I am Okay."*

*~ Virginia Satir*

You are unique, a one of a kind, one and only. Perhaps that is why you sometimes feel like you don't fit in. Think about it. Every encounter, conversation and experience has made you who you are today. From the place you grew up, to the level of income, even the color of your hair, eyes and skin have molded you into who you are today. You are so unique that it shows up on a cellular level, fingerprints. However there is more to being unique than just the physical.

Even though identical twins have the same fingerprints, their parents will tell you that they are different. Why? It is because of the different experiences they encounter throughout their lives. Imagine being told from the time you can first remember that you were born two minutes later than your twin. What kind of effect would that have on you? Sure, it may be a fun tease but after a while, the underlying tone is that the other twin is somehow better than you. Of course, that's not the truth. If identical twins end up unique then so do you.

Look at your own life thus far. What unique blend of natural talents and experiences do you have? You have something that makes you different, something that makes you stand out from others. You are blessed with unique gifts. Sure you may come across someone that *you* think is more gifted, but that would be like comparing apples to oranges because:

- a. No one else has the same combination of gifts that you have.
- b. No one else will express his or her gifts, as you will.
- c. No one else will look, hear, or feel the same way that you do, therefore, it's impossible for someone else to create or solve something in the same way that you will.

You have these unique experiences that have made you who you are today. Use them to your advantage. There are countless business people, performers and athletes, who have come from humble beginnings to beat the odds and go on to achieve great things. Everything they went through made them who they are today and if you ask them, they wouldn't change a thing. It is precisely the experiences they had that gave them the drive and ambition to be who they are. The question to ask yourself then is would you change anything?

The great thing about **you** is that you are one of a kind. That means there can be no comparison, there is no one to compete with but you. You are in a league all your own.

If you think back to the times when you have experienced emotions such as envy, jealousy and low self-esteem it was likely when you were comparing yourself to others' talents and success. The more you thought about it the more you began to feel bad about yourself.

*"If you're able to be yourself, then you have no competition. All you have to do is get closer and closer to that essence."*

*~ Barbara Cook*

Instead, you should be rejoicing in their success because they have found a way to express what they do well. Better yet, you can do the same thing. It won't show up in the same way as someone else because you will put your own spin on it, your own signature. For example, there are songs that have been redone by different artists, they each sing it a little differently by changing the breaks, phrasing and key it is in. Country artists will take rock songs and do them with a country flavor, while pop artists vamp up a country song like, "I Will Always Love You." There is quite a bit of difference between Dolly Parton singing it and Whitney Houston. Each put their heart into it and the result was unique for each of them.

The closer you get to who-you-are, your essence, the less competition you will have. The challenge is in discovering what makes you unique, your stand out quality.

*You need to look **deep** inside yourself.*

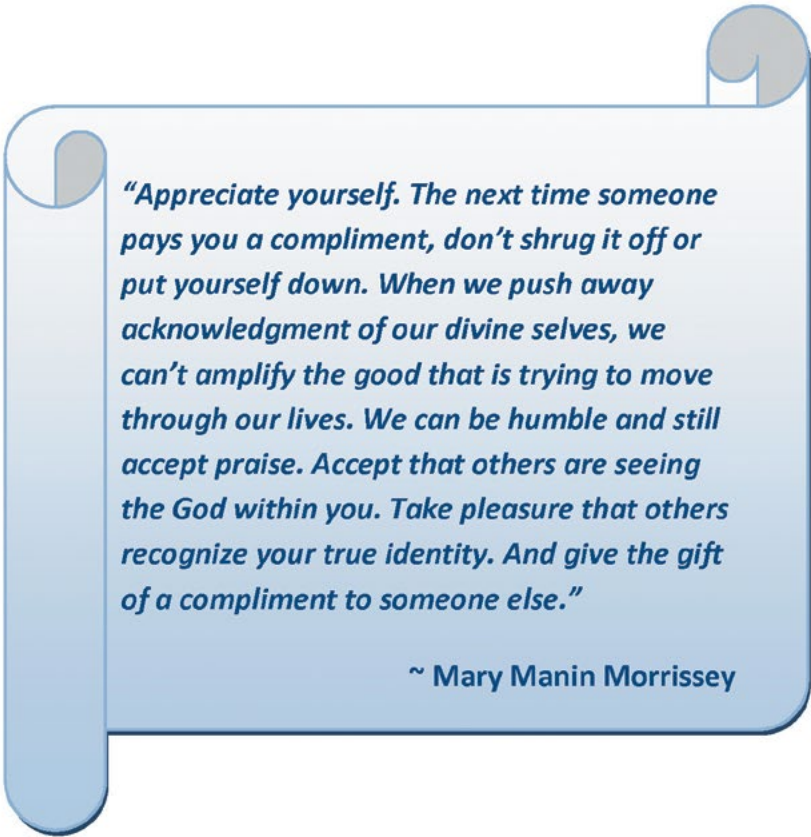
*Give yourself the space to discover your own unique gifts*

*Acknowledge them,*

*Embrace them,*

*And finally ....Own them*





*“Appreciate yourself. The next time someone pays you a compliment, don’t shrug it off or put yourself down. When we push away acknowledgment of our divine selves, we can’t amplify the good that is trying to move through our lives. We can be humble and still accept praise. Accept that others are seeing the God within you. Take pleasure that others recognize your true identity. And give the gift of a compliment to someone else.”*

*~ Mary Manin Morrissey*

When someone gives you a compliment, a little bell should go off in your head saying, “This is one of my strong points; I need to remember it.” All too often, people shrug off compliments as if they were nothing or worse yet they make excuses for it and belittle themselves. Now isn’t that silly?

The truth is if you think you don’t deserve the compliment it’s because it came easy for you, it means it is one of your talents. You have innate and developed talents that have become so thoroughly embedded they are just part of who you are. You don’t have to think about it, you just do it. It’s the person who instinctively knows how to put together the child’s play set he just bought.

Have you ever experienced, seen or heard of a time when someone needed help with something because they didn’t have the time, skill or knowledge to do it? Then along comes a helper who finishes the job in no time. When the helper is complimented and thanked, he or she responds with, “Oh, it was nothing.” It was nothing because it was his or her strength. That’s another clue for you, if you ever hear yourself say the words “It was nothing” it means it’s something at which you excel! Ding! Ding!

A magical thing starts to happen when you begin to acknowledge and appreciate the things you are good at; you start to feel good about yourself which raises your self-esteem and you notice and appreciate what others’ are good at as well. If you can see the beauty in others when you give a compliment, it makes sense that they must be seeing

your inner beauty when you are complimented. This is the divine in you coming through. Your true beauty, identity, wants to shine - let it. Appreciate the gifts you have been given and humble in their origin.

Wouldn't it be great if you knew what you were supposed to do in life—what you should accomplish? I don't mean if you should get married or take on a certain vocation. I mean, what are you meant to do? What is your purpose for being here? What is it that you have to offer that no one else can do but you? And finally what would it be worth to you to know the answer? What is the cost of not knowing in time, money, energy?

*"From the time you were little, and maybe even before that, you've had a mission to fulfill.*

*What's yours?*

*You have gifts. You see the world only as you can. That means something. It means something to the rest of us, too.*

*Value your uniqueness...the stuff that makes you YOU, because seriously, there's a reason.*

*If you have anything really valuable to contribute to the world it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every other living creature."*

*~ Bruce Barton*

At some point, you may have those questions. It may start with an inner longing, yearning, thirst or feeling of wanting to do something significant, typically years after having a house, family or career. Eventually there comes an underlying need to somehow make a difference, to make a contribution in your own way. And wouldn't it be easier to just ask, "What am I supposed to do while I'm here on earth?"

### **What is the key to finding your meaning and purpose in life?**

I'll give you a clue. It's in your many gifts. The gifts are the talents that you were given at birth and developed through experience. They're the ones you still have today. Think about it. Did you ever ask yourself why you're good at one thing and not at another—why some things have always been more difficult for you while other things are effortless? Why you have the body, hair, skin, and the voice that you do? Ever wonder: Why didn't I get the hot body instead of my sister? Why did my brother get all the smarts in school subjects while I struggled to pass?

Your talents are an innate part of your Being. You will always have them until you die. They are so much a part of you; you couldn't get rid of them even if you tried. It's in your blood.

You weren't just dropped off to fend for yourself. Your talents, your strengths, and your gifts, are the key to discovering what you should be doing and being while you're here on earth. It's your job to discover what unique talents you have to offer and how they are going to show up in the world. Get to it!



**"Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best."**

**~ Henry Van Dyke**

## TALENTS - You Have Them for a Reason

*"Each soul comes to earth with gifts. Each soul takes upon itself a particular task. It may be the task of raising a family or communicating ideas through writing, or transforming the consciousness of a community, such as the business community. It may be the task of awakening the awareness of the power of love at the level of nations, or even contributing directly to the evolution of consciousness on a global level. Whatever the task that your soul has agreed to, whatever its contract with the Universe, all of the experiences of your life serve to awaken within you the memory of that contract, and to prepare you to fulfill it."*

*~ Gary Zukav, Seat of the Soul*

What is your gift to the world? It doesn't have to show up as some grandiose idea, product or movement. It could simply be demonstrating through your everyday actions and conversations what love and respect look and sound like. Perhaps what you do best is being the best Mother or Father that you can be. Or perhaps one of your talents is the ability to listen with interest when others speak.

Often times, people will associate talents and strengths with things like writing, singing, sports, being good with numbers, being organized, speaking well and good hand-eye coordination; but then you'd be missing out on all the other vast talents out there. What about perseverance, focus and self-reliance? They are talents too.

Sometimes people freak out about not having talents that are grand enough. That is just wrong. That would be your own misconception, simply because you don't believe they are worthy to be called talents. On the contrary, if someone acknowledges it, envies it or compliments you on it then it's a talent.

You have these talents and strengths for a reason. What is it?



*"To worry about what you don't have is to waste what you do have."*

*~ Unknown*



*"Everyone has talent. What is rare is the courage to follow the talent to the place where it leads."*

*~ Erica Jong, author*



Some very smart and talented people don't follow where their strengths lead for a variety of reasons. They could have the answer on how to cure cancer but not have the social or writing skills to present the information to the correct audience. This is sad because society would benefit greatly if the information were available.

Sometimes you need to take the leap of faith in order to let your talents shine. The very act of getting out of your comfort zone indicates that you are growing. You're not only growing but adding to your list of talents. It's only in taking the leap that you can soar.

You have talents even if you don't recognize them. When in doubt, ask your family, friends and colleagues what your talents are. And remember, they won't show up like anyone else's talents. You are a one and only; therefore your talents are filtered through your personality and exhibit themselves in your own unique way.

*"As simple as it sounds, we all must try to be the best person we can: by making the best choices, by making the most of the talents we've been given."*

*~ Mary Lou Retton*



Every day you make choices that determine your future outcome. Every choice you've made, every decision you make has brought you to the place where you are today. From the friends you choose to hang out with to what you did with the education you've received has transformed you into the person you are today.

Did you study hard throughout the school year or did you decide to cram for the test at the end of the year? That was your choice and so was the result. You chose whom to date and possibly to marry. Some of your choices were good and some not so good. Throughout these choices, you were given the opportunity to learn from your choices, to filter out what you want from what you don't want. The choices you make give you clarity to make better choices with the intention of making you a better person.

Has there been a time in your life when everything was clicking, you were operating on all cylinders, you were at the top of your game, *in the zone*? How did you feel? Was it easy? If so, you were in harmony with who-you-are and using your talents to their fullest. That's the funny thing about being who-you-are; you not only get to do what you're good at but it's easy. Sweet!

So many people spend their time working on what they're not good at, hoping that one day they will somehow become a balanced and therefore a complete person. The Gallop poll has proven that the most successful people work on their strengths and find someone or something else to cover for the rest. The best advice is to focus on what you're good at and let the rest take care of itself. You will always find someone or something to cover for your weaknesses.



**“When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me'.”**

**~ Erma Bombeck**

## INSPIRATION - If You've Got It, Flaunt It



*"The way to choose happiness is to follow what is right  
and real and the truth for you."*

*~ Oprah Winfrey*

What this means is, you need to be authentic, to be the true you; only then will you be happy. How many times have you stopped doing, being or saying something because you were afraid you weren't going to be

respected, accepted or loved if you did? In those moments, the fear becomes more important than expressing who you are.

The reason unconditional love, God's love, is so comforting is that supreme love accepts your true nature. It is seeing the true intention behind the words and actions. It is seeing you on a deep spiritual level, not just the physical level, and loving you no matter what you do or say.

When you can get to what's right and real for you, you will embrace the truth of the spirit of God in you and your true essence will shine.

*"Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."*

*~ Harold Whitman*

What would it mean to you if you could wholeheartedly be doing and being what makes you happy? It's simple; when you're doing what you enjoy, you take on a completely different persona than when you're doing something else. You come alive in your facial expressions, your tone of voice, the language that you use and the way you carry yourself. People love to be around you. Your energy level is like a drug that others want to have. They notice that something is different about you but they can't quite figure out what it is; they just want what you have.

There's not only a spark inside of you, but also a fire that's yearning to burn brightly. That's you wanting to come alive.





**"The good news is that the moment you decide that what you know is more important than what you have been taught to believe, you will have shifted gears in your quest for abundance. Success comes from within, not from without."**

**~ Ralph Waldo Emerson**

Whatever you call it, your soul, spirit or essence yearns to shine. It's the reason why you're here on earth, to come alive by expressing your talents in order to experience life to its fullest. There is no other person on earth exactly like you. Therefore, there is only one person, you, who can offer your unique blend of talents to the world. It's time to magnify your talents.

We can learn so much from children. When they're born, they are in sync with their true essence. Maybe deep down we know this to be true because no matter what the sex or health of the child, it is perfect. It's only when well-meaning adults teach children that they can't do this or that or can't become this or that for fear that they or the child may be hurt physically or emotionally if they fail. Eventually the child begins to believe the adults around him and gets further and further away from his core essence. He's lost touch with who he really is.



It may take years, and sadly in most cases never, that he finally sheds the limits, which years of conditioning have put upon him and he discovers who he really is. It's in that moment when he begins to shift gears that the manifestation of his desires and abundance are lining up for him. The more he becomes in touch with his core essence the greater the likelihood for abundance and joy.

And what is success?

“He has achieved success who has lived well, laughed often and loved much; who has enjoyed the trust of pure women, the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who has never lacked appreciation of Earth's beauty or failed to express it; who has always looked for the best in others and given them the best he has; whose life was an inspiration, whose memory a benediction.”<sup>1</sup>

The person who expresses himself wholeheartedly with his core essence truly has achieved success.

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<sup>1</sup> *What is Success?* by Bessie A. Stanley (1904) *Brown Book Magazine*

*"If everything we attempted in life were achieved with a minimum of effort and came out exactly as planned, how little we would learn-and how boring life would be! And how arrogant we would become if we succeeded at everything we attempted. Failure allows us to develop the essential quality of humility. It is not easy-when you are the person experiencing failure-to accept it philosophically, serene in the knowledge that this is one of life's great learning experiences. But it is. Nature's ways are not always easily understood, but they are repetitive and therefore predictable. You can be absolutely certain that when you feel you are being most unfairly tested, you are being prepared for great achievement."*

*~ Napoleon Hill Foundation*

You're here to learn. Unfortunately, you're likely going to make some mistakes along the way. That's okay. That's how you learn. The repetitive nature of mistakes is a reminder that you still have more to learn in order to move on.

The best bet is to accept the challenge head on and go through the learning process. Only through your hard work and gained insight will you appreciate the progress you've made, how far you've come, and be

grateful to the people who supported you, that allowed you to have the experiences in order to grow.

It may appear unfair but each person has his or her own challenges to face. What appears easy for you may be a challenge for someone else. You don't have the same challenges. Another person's challenge may show up in an entirely different way or time.

It may help to think of every challenge and setback as preparation for your great achievement. Here is one more challenge to overcome before you can shine. Take it for what it is, an adventure.

*“Life is not about being secure, stable and content. Life is about the unknown. It’s about chaos, vulnerability and being open-minded. When we are ready to surrender and use our talents and strength in life, that’s when God calls on us.”*

*~ James Rienstra*

The optimal phrase here is “ready to surrender.” Essentially, it means you’re willing to surrender to God’s will.

As humans, we think logically and have needs and desires that our ego wants to fulfill. However, your spirit, the God part of you, may not be in sync with those needs and desires. It may have an entirely different plan for you. Try as you might to satisfy what your ego desires, there’s an inner tug pushing you another way. It may show up as not getting the job you wanted, a business venture that falls through, a relationship that didn’t work out, an accident or a death of a loved one. These experiences are preparing and guiding you to align with your spirit. Only when you surrender to these experiences are you aligning with your spirit and therefore surrendering to God.

The irony of it is you’ve been preparing for it and you’re not even aware of it. Your talents and strength that you’ve honed throughout your life have prepared you for this moment. You may not think you’re ready but your spirit knows you are. God doesn’t give you anything you can’t handle. As Mother Teresa said, “I just wish he didn’t trust me so much.”



**“Your time is limited, so don’t waste it living someone else’s dogma – which is living with the results of other people’s thinking. Don’t let the noise of other’s opinions drown out your own inner voice, and most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary”**

**~ Steve Jobs, Apple Inc. Founder**

Steve Jobs sums it up quite nicely here. Have the courage to be yourself, your authentic self, with all the up and downs, starts and stops, criticism and praise it entails. Stand strong, believe in and embrace your own uniqueness. Listen to your inner voice inside, it tells you to do this but don't do that. It is that voice that connects directly to your heart. Make that connection and the joy you seek will be yours.





"Life is a big canvas throw all the paint on it you can."

~ Danny Kaye

