Takumi Yamazaki's Newsletter

Hi There!
In this newsletter I'll be writing down things that I've found and things that I'm thinking about lately. I'll send it out every few weeks! This is the ninth time, and it's about "Have to and Want To" (from Noda)

こんにちは、山崎拓巳です。
このnewsletterは、僕が気づいたこと、思ったことを 定期的に配信していきます。今回は9回目です！
今回のテーマは「やりたいとやらないと」 （野田より）。

Have to and Want to

"Drive thy business,
Let it not drive thee."

--Benjamin Franklin

It's so true!

When you actively pursue your work…doesn't that mean that you want to do it?

But when your work pursues you… doesn't that mean that you have to do it?

At first glance these might seem to be similar statements, but they really mean something completely different.

We are always trapped somewhere between wanting to do something and having to do something, how can we find peace in this space?

You can care for yourself, and you can care for others.

But If you think of yourself and your work in a "have to" kind of way, then you are sure to think of others in a "have to" kind of way as well.

So first things first, it's important to love yourself.

Be kind to yourself!

And soon you'll find yourself being kind to others as well.

『仕事を追え。

仕事に追われるな』

(ベンジャミン・フランクリン)

ホントやね。(笑)

仕事を追うって・・・
やりたいー！ですね。

仕事に追われるって・・・
やらないとー！ですね。

似ていますが、まったく違います。
どうやったら、この「want to」「have to」の狭間で揺れるボク達の心をうまくケアできるんでしょうか？

これ、自分に対してできる人は
人に対してもできます。

仕事だから「have to」（やらないと）は当たり前だ！と自分に対して思っている人は人に対しても「have to」は当たり前！と強要します。

まず、I love me.ですね。
まず、自分に優しく！
すると、人に優しくできますね。

Shift: 13 Exercises to Make You Who You Want to Be is available on amazon.com and amazon.co.jp!