



5 Key Strategies to Create and Live Your Best Life

1) Know that no matter how bad it is, it is happening for a reason for you.

In the thick of things, you may not know why you are going through something or why it is happening to you in your life now! Or, why it is happening in your life again! You don't necessarily need to know all the answers or any of the answers at this time; just know that there are answers. Know that your experiences will serve you and help you grow in order to become the person you want to be or do the things that you want to do.

2) Know that your own feelings tell you everything you need to know.

This is about really, truly, listening to yourself. It is about feeling the sensations in your body (because the body does not lie) and getting beyond your head. People tend to think too much sometimes. Thinking too much can distract you from what is really going on, and, more importantly, what you need.

3) Know that what you put out there is what will come back to you.

This is also known as the law of attraction, karma, or "do unto others as you would have them do unto you." What you think, what you do, and what you say are all energy in and of themselves. Living on a high level of light or energy (lighter) will guarantee and generate more of the same. Living on a lower level of light or energy (darker) will do the opposite. You always want to move your energy (thoughts, actions, decisions) on to a higher level.

4) Know that in order to make changes, you must trust and be open.

Making changes in life is typically difficult and uncomfortable. That is why you may see people or yourself repeating the same behaviors even though you know that it will create the same negative results that it always has. However, if you want different results, you simply can't keep doing the same thing. You must do things differently. You must trust that making different decisions and being open will lead to the positive changes you want.

5) Know that you deserve any life that you desire.

Many people have a little voice inside of them (that they would not really recognize without putting their attention there) that tells them that they really are not all that worthy as a person, or not worthy of having, achieving, or being what they really want. Just because you are a being, alive on this earth, allows you the opportunity to live whatever life you want to live. It is a misconception that you do not deserve something because someone told you that you don't, someone else did or does not have it either, you did not work hard enough, or because there is not enough. Your life is meant to be abundant, and you get to decide what abundance means to you!