



## 12 Habits for Creating Strength

**1) Be in the present moment as often as possible:** We cannot change the past by ruminating over it, this will only create feelings of frustration or hopelessness and over time lead to depression.

Worrying about the future and living in fear of what might or might not happen, will bring on a state of anxiousness.

(Deep breathing, Grounding, Meditation, Body scan, Morning fresh start)

**2) Embrace where you are, where you have been, and what you are feeling:**

In order to move toward your goals and dreams, we have to be willing to embrace (love) the whole process. If we detest or are in disdain for what we are going through, or past mistakes, it will be hard to move forward. The reason is, when in judgement and disdain we are vibrating at a low frequency and will attract more things in that energy.

Embracing where we are, along with the mistakes we have made in the past, is powerful. This puts you into a state of gratitude, toward the whole process, that helped shape you into the person you are. It doesn't mean you want to stay there, only that you are in love and appreciation, which allows solution and possibility to manifest.

Allowing your feelings to emerge is also a necessary part of the spiritual journey. We cannot avoid how we are feeling to make them disappear (being in denial) or judge them as wrong (doing a spiritual bypass). To be able to understand things on a visceral level, it is best to lean in rather than resist. Only then, can we fully release these emotions, without holding onto residual resentment.

(Surrender, Gratitude)

**3) Eliminate energy drains:** Clean up the areas of your life that do not serve you, that cause annoyance, distraction and are toxic on any level, that keep you feeling stuck and frustrated. Then, don't sweat the small stuff. Manage your energy by rising above

daily challenges, be inquisitive, open to learning something from the situation and get in solution mode.

Avoid addictive distractions; such as, too much TV, web browsing, gaming, social media, drinking. Weak mindedness will attract an insatiable desire to fulfill these cravings to distract you from your goals and dreams.

(Weed the garden, Cleanse/Detox)

**4) Manage your self-defeating mind chatter (town idiots) daily:** Part of the human experience is to have this “*faulty programming*” the computer glitch, that has us believing that we are “less than”. This is false information, which can take over and invade all the good in our lives, like weeds in a garden. These pesky untruths show up at the most inopportune times, so we need to be aware of catching them (like flies) as they show up: Treat this as your daily spiritual workouts. The more we work out, the easier it is and the stronger we become. If we stop working out, our muscles weaken, and things will become more difficult.

**Empty your cup:** As soon as you come from the standpoint that “*I already know that,*” you have shut down your ability to take in new information, believing that a situation you are being faced with, cannot teach you something new. This mindset only blocks you from moving forward toward your goals. Lean in, get inquisitive; we have the potential to learn and grow from whomever or whatever is being brought before us.

(Hello chair/fly swatter, Pause/examine/reframe, Reflect, release, replace)

**5) Celebrate your unique gifts and talents:** Each one of us have unique gifts, talents, passion and purpose that only YOU can express, in the way you do. We are each a puzzle piece in the large tapestry of life, where we all bring significant gifts to share. Embrace what makes you different. Don't be afraid to express yourself. It is those that are willing to face their fears, dare to be different and go after what makes them come alive, that fully step into their purpose.

Don't ever spend time comparing yourself to others, because this is a slippery slope based in distorted thinking. Focus on what you do well and celebrate those gifts and achievements daily.

(Connecting with the inner child, Celebrate your wins)

**6) Take time to replenish and nourish yourself:** When we invest in ourselves by really getting to know the child within, it allows us to have a clear understanding of how to replenish ourselves. Focus on “*Luxury vs Necessity.*”

Nourish the things that make your heart sing: connect with the inner child, meditate, dance, sing, laugh with friends, workout, garden, paint, do a project, write, listen to music, take a hot bath...

Fuel your body well: The fuel that we take in is either working for or against us.

(Luxury vs necessity, Be the observer/food journal, Exercise/Nutrition).

**7) Focus on what is right to attract more:** There are many things that can distract us from staying in love and faith energy. These can knock us out of a state of joy and have us believing that the world is a horrible scary place.

The best way to maintain and utilize our energy for the good, is to “*hold space*” when others are acting out in a bullying manner, frightened or lost. If we meet the situation with the same energy, we end up becoming the very thing we were judging. When you feel the urge to complain and criticize, rise above the problem with love and gratitude. Whatever you do, don’t fall into the trap of taking things personally, what others do, has to do with where they are and rarely has to do with the others involved.

When we lose patience and are in frustration or judgement of ourselves or others, we are in a vibrational match of anything of that sort of energy. When we can be compassionate and still speak our truth, we are in the vibration of solution and possibility.

(Forgiveness, take yourself off the hook, Be what you want to attract, Hold space, White Light Visualization)

**8) Create win/win situations- Nice vs Kind:** Remember, you will never be able to please everyone, all the time. No more “shoulding” all over yourself!

It is most important to fulfill your needs first, so you can give from a place of wholeness and abundance. When you have self-love, it becomes easier to create boundaries, as well as, say “no” to the things that do not serve you.

(Be inquisitive, Be pro-active vs re-active, Nice vs Kind).

**9) Embrace Change:** Life is never static. We are either moving toward our goals and dreams, or away from them. Change is an inevitable and necessary part of our spiritual journey. The more we “lean in” and get inquisitive about what is commanding our attention, the more fun and exciting this can be.

Let go of “*the need to control*” and trust that all things happen when they are supposed to. Focus on faith filled activities and don’t let **FEAR** (**F**alse **E**vidence **A**ppearing **R**ead) get its’ grips into you. When you feel “the need to control” taking over, lean in and be open to what you can learn from the situation.

Remember, we cannot solve a problem in the energy it was created, when we raise our vibration out of blame and disdain, into love, gratitude and inquisitive energy, solution naturally appears. We create solution when we vibrate at higher energy.

(Healthy detachment, Handing it over/God jar).

**10) Be open and willing to receive, learn to delegate:** We are not meant to be on this journey alone, nor have everything piled on our shoulders. There are two “un-truths” that are getting in your way when you are not receiving help. The first one, is feeling like you are not able to trust others to do the task as well as you can. Either you do not feel safe, or you are coming from a need to control; neither will provide freedom in your life; therefore, they need to be addressed.

The second un-truth, is that you are alone, nobody wants to help you. It can feel that way at times when we are not clear about communicating our needs. Sometimes we expect that others can read our minds when they see us struggling, this will set us up to feel rejected. We must catch this faulty programming and set ourselves, as well as others, up to win by sharing your needs and requests in a kind and productive manner.

**11) Be clear and intentional with your time and energy:** Everyone has the same amount of time and energy available to them. The universe does not play favorites. Getting clear about your values and priorities, their order of importance and how to put them into action steps will create your roadmap for success.

(Urgent vs Important, Values and Priorities in action).

**12) Move out of the way:**

(Accountability partner)