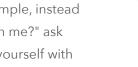# LOVE YOUR LIFE

Grace.

Change the way you talk to yourself. Most of us would never even talk to a stranger the way we speak to ourselves! For example, instead of asking "What's wrong with me?" ask "What's troubling me?" Treat yourself with gentle gratitude.

Commitment.

Enter into a *Self-Care Contract* with yourself. Ask yourself daily: "What am I going to do for myself physically, emotionally, and spiritually?" Learn to recognize your needs (yes, you do have them). Share the contract with a good friend to add accountability!

Exercise.

Emotions change with motion. Move your body! We are not talking full-on cross-fit, world dance moves, or Ironman contest here. Start with just ten minutes per day. Take a stroll, dance in your kitchen, even a hula-hoop count. Keep it going so it becomes a habit, a regular part of your day.

Focus.

We are the thinker of our thoughts, not our actual thoughts. Take agency with your thoughts. How do you do that? When a thought pops into your head, stop to observe it. Ask questions like "Why do I think that?" or "Where have I heard this before?" Many of us tend to run on autopilot and not with intention. We can choose what to think.

Write.

Our words have power, especially when written down. Start a journal! It can be a bullet journal, stream of consciousness writing, or brain dumps. Just start writing. If it was good enough for DaVinci, Einstein, and Maya Angelou, it's good enough for you.

Meditate.

Start a mindful practice. I suggest practicing meditation as the key to repairing our hearts and replenishing our minds. Start with two minutes and work your way up. It's actually been scientifically proven to alter our ability to live with intention!

Decide.

Make a decision to start consuming better content. Stop watching so much news. Stop hanging around those people who trigger you (you know who they are) or at least limit your time with them. Set your mind on a mission to find good. Reach out to schedule a call with me soon!
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