

COMPETITION

I believe life is about learning balance in all things. Love is the most wonderful of emotion, and even love must be balanced between love for your Self and love for others and everything else outside of your Self. Don't be the overlooked subject in your life.

What do you really desire in your life? Not what anyone else wants for you – what do you want?

What are the stories and/or lies you have told yourself that keep you from attaining your desires?

If there are others (such as family) you must consider, are you willing to have a discussion about making some changes together? If so, how can you negotiate or compromise to satisfy both sides?

What can you do today to become more authentic?

Life is about change. Taking baby steps eases the transition of change. This enables others to make adjustments along with you. You must communicate to keep loved ones on track with you. Make changes as you go and pay attention to what feels right. Enjoy stepping into your true self!