

## Things I already know but tend to forget I know...

When your body sends you messages (this hurts, this isn't working properly), LISTEN!

If you're always tired, MAKE THE TIME to get more rest and sleep, your body is trying to tell you something.

MAKE TIME TO BE. Relaxation is not a luxury, it's a necessity. As Emma Lane says, "Relaxation is a vital ingredient to health and well being." Turns out she's right!

Make time for REFLECTION. This is when you will receive WISDOM from your essential being which will allow your mind to be creative about your Life and your Business and what changes you want to make.

BE OPEN to your intuition. Keeping your mind open to guide you to decisions, places and people will enrich your life with new ideas, experiences and conversations which might otherwise have passed you by.

If something is troubling you, WRITE IT DOWN. Putting on paper exactly how you feel allows you to articulate exactly what is bothering you without jumping in head first and distorting your thoughts. This is often a good way to resolve something with a friend, colleague or someone you love, even if you never send the letter. Remember, if you decide to send such a letter, you must be prepared for the consequences.

TRUST that all is as it should be. Whatever life is throwing at you is there to teach you something. LOOK FOR THE LEARNING. Beyond darkness there is always light.

TAKE RESPONSIBILITY. The only person responsible for your HAPPINESS is you. You are essentially a FREE SPIRIT. Make careful choices which generate happiness for yourself and others.

Be proud of YOUR STORY. You are the sum of your Story to date. We all have extraordinary stories. Be proud of everything you have been through, overcome, experienced, contributed, and hold your head high.

SMILE! If you feel exhausted with negative energy, look for something around you or in your memory to smile at. You WILL feel better. Look people in the eye wherever you are and smile. The gift of a smile in return will make yours even wider.

Greet each day, each person and each situation with LOVE IN YOUR HEART.