

TIPS TO ALIGN WITH WELL-BEING

- Well-being is experienced when you believe that you have the ability to access options that feel good to you for every challenge that you face.
- It is vital that we create a consciousness of abundance rather than scarcity...that we believe we have options
- Be an Optimist- Allow yourself & others to experience undesirable situations without worrying, judging or putting other negative thoughts around yourself or others. Choose to feel love & compassion for self, others & the situation rather than judge. Take responsibility by learning from each experience
- Segment Intending: Take charge of your day-to-day experiences by setting intentions throughout each segment of your day so you attract more of what you desire
- Communicate: check-in with others rather than make assumptions
- When feeling frustrated, angry or hurt, be an observer and consciously choose to step out of the situation and observe it from a higher perspective
- If something doesn't feel good, ask the Universe for help in seeing it from a higher perspective
- Create a support system (1-2 people) of individuals who agree to help you see situations from a broader & positive perspective.
- Set intentions to feel inner peace & harmony
- Routinely, choose to focus on the good things happening in your life, rather than magnify the things that do not feel good.
- Focus attention on your strengths by being grateful for your personal gifts rather than put yourself down
- Focus on the positive qualities of people who do not easily agree with you
- Focus on the positive qualities of situations that do not easily agree with you
- Create positive expectations without putting your peace of mind or happiness on hold waiting for something to happen.
- Learn from an undesirable situation rather than blame yourself or someone else
- Look for the gifts in unexpected situations rather than fearing the worse
- Create options for yourself by replacing *should*, *must* and *ought* statements with "could", "might consider" & "perhaps" statements.
- Replace "*need*" statements with "*desire*" statements. This allows you to shift from desperation and fear to being relaxed & open to your highest good.