

Fake, Fact or Fiction; What Do You Tell Yourself?: Titania

Anyone like a faker? Anyone? Nope. My patience is well and truly **gone** for fakery and f*ckery, sick to **death** of the smoke and mirrors. Even if you consider yourself genuine, what stories do you tell yourself?

Bad story: 'I'm not good enough and never will be. I don't deserve good in my life. If something good finally happens, it's short lived or taken away...I'm a loser...I get three colds every winter...Money is dirty/bad/evil...We're middle class and we'll always be middle class...It's a dog-eat-dog world...' And similar down putting rubbish.

Good story: 'I'm more than good enough, always will be. I deserve good in my life...I'm a winner...I am vibrantly healthy...I'm a creative soul with unique gifts to give...I deserve to shine and encourage others, helping to create a beautiful world... Money is the root of whatever I chose to plant with it. I use it for good...I may have been born into a poor or middle-class family, but the past does **not** dictate the future. The future is whatever I make of it. I create my life. With the lemons I was dealt, I made lemonade. With the leftovers, I made lemon meringue pie. The sh!t I was given, I made luscious compost and grew a garden of dreams.'

So, Beautiful, what do you tell yourself? Fact or fiction? If you are sick or in debt, do you reiterate 'I'm sick...' and dwell on the condition, or on the problem of debt? Or on positive notes, do you focus on wellness and prosperity? The choice is yours. Do not let **anyone** stamp on your power and **never** give it away. Think outside the box. Take back that power and use it wisely. This world has had more than a gutful of narcissistic tyrants. Now is the time for empowering, benevolent leaders.

Think of your life as a novel, series or movie. How are the scenes coming? Is it angsty drama? Terrifying horror? B-grade? A cult classic? Sweet romance? Fantastical adventure? Blockbuster material? If you think the book or movie of your life stinks, you are both director *and* lead. Tell 'CUT!' Begin anew, or pen a new novel. If no one has told you, I'm telling you now: **You** have the power to write the novel or screenplay of your dreams and yes, you **do** deserve a beautiful life.