YOUR ROAD MAP TO A HAPPY, HEALTHY AND PROSPEROUS LIFE:

1. BELIEVE in yourself, LOVE yourself and don’t worry about what people think about you. You are ABSOLUTELY AMAZING!
2. Listen and be in the HERE and NOW when you are around others. Daydream when you’re alone.
3. Be HONEST. I challenge you to be honest and funny.
4. Be kind, compassionate and empathetic. SEE IT from their point of view.
5. Don’t let people walk all over you. Have BOUNDARIES.
6. DON’T JUDGE. You never know what other people have been through.
7. RELEASE CONTROL and let God. You can only be in control of yourself. Don’t let other people frustrate or upset you.
8. BE OF SERVICE from a place of your heart and not from selfishness.
9. Always be GRATEFUL for what you have. So many others have less.
10. FORGIVE and let go of your anger and resentment. It only hurts you. They don’t have a road map.
11. Forgive yourself. You’re not perfect, you are ABSOLUTELY BEAUTIFUL!
12. Your thoughts create your reality so stay POSITIVE. When in doubt, follow your intuition. You were born with a divine guidance system.

BELIEVE in yourself, LOVE yourself and don’t worry about what people think about you. You are ABSOLUTELY AMAZING!

You are full of love and imagination! You are unique. There is nobody like you on the planet. You have your own individual perspective as to how you see the world. It is truly a gift from God.

Finding your purpose will unfold for you as you trust your intuition and align with the divine guidance system that you were provided when you were born.

Let your emotions guide you but not control you on your magical journey through life. If you find yourself annoyed, angry, frustrated or sad. Step back and ask yourself what is the lesson here? Why am I feeling this way? Don’t let your emotions trigger you. Just acknowledge them. Question them. Learn from them. Then calmly explain your point of view if you are able.