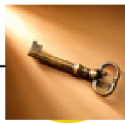




Coming Out of the Dark

10 Vital Keys to Get You
From Surviving to Thriving
Because Your Old Keys Will Not
Unlock New Doors



10 Vital Keys to get from Surviving to Thriving

1. Open the door to positivity



2. Just Go Pee – Do The Obvious



3. Identify Your Triggers / Clear The Mental Fog



4. Envision Your Future / Stay Future Focused



5. Reclaim Your Balance



6. Put Your Dreams To Paper



7. Create A Playlist



8. Get A Coach Who's In Your Corner



9. Implement The Guidance You Receive



10. Take Action Steps





Open The Door To Positivity

Shut out the negative and bring in the positive. Look at the hope in that situation, not the circumstance. Once your mind starts searching, the answers will come. Lean into your lesson, learn and live.

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Just Go Pee... Do The Obvious

When you're stuck and not sure what to do next, do what's obvious. The rest will come. Breathe. Then, dig deep and pull out your dream. You had a WHY, dust it off. Look beyond now and picture where you want to see yourself when you're out of this. What will you do and who will you be once you've overcome this?

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Identify Your Triggers

Triggers, we all have them. Things that set us off when situations are escalating around us. When we're well rested and balanced, we can overcome the triggers, deal with them with ease and they don't set us off. At other times, when our energy and life is low the triggers set us off easily.

When triggers are identified, then we know how we can overcome them. That clarity will help us see them coming and we can head them off.

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Clear The Mental Fog

The world can be foggy at times and we have days when we can't seem to find our way out of a paper bag. The obstacles in our mind can cloud everything so we don't see clearly. We're focusing on things from our own limited perspective, not seeing the whole picture because the circumstances have clouded our eyes and we cannot see clearly. Use the new lenses you've acquired in your toolbox.

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Envision Your Future

Are you clear on what you want?
Have you journaled to find your purpose?
A parked car goes nowhere.

What is your destination? Envisioning the future you want for yourself is half the dream, action is the other half, but we cannot take action if we are not clear on what we want. Get it in your mind and hold tight to it. Build a wall around it so that no negativity can break through.

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Stay Future Focused

Get deep within yourself, look beyond now and picture where you want to see yourself when you're out of this. What will you do and who will you be once you've overcome this?

Each situation needs a different emotion, what emotion do you need now to carry your thorough?



Reclaim Your Balance

Well balanced doesn't mean that all of your spinning plates are going to perfectly spin all at once. It means that one plate is working for you while the other is at rest. It's all about harmony... that is balance. Areas working together in symphony... one may be louder for one set and then during the piece another instrument may be louder, so it all plays well together.

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Put Your Dreams To Paper

Write your visions and goals down. Write down how you think you'll be best able to achieve them.

How can you achieve them?

What needs to go and what can you put in place to bring them to fruition?

What are you willing to give up to make it happen?

You cannot steadily walk forward while your hand is reaching back.

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Create A Playlist

Music plays a big part in how our brains engage and function. It calms the mind and body and can raise serotonin levels.

Create your own or use apps that provide music with specific genres to guide you through each activity you need to accomplish.

Create different playlists to accommodate your current needs, situation, and mood.

Pull out the appropriate list for each situation, take a time out, and let your mind and body assess through music.

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Get A Coach Who's In Your Corner

When you're looking to transition from surviving to thriving, you'll need a different person for this life transition. Just as you wouldn't go to a dentist if you needed heart surgery, be sure to find the best coach for you.

Find one who can help you during this time... someone who's emerged victorious out of the same situation.

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Increase Your Energy

Sometimes we wait for the feeling to come before we make a move. Like some big idea or energy is going to overcome us and gives us the mojo to move and do the appropriate things.

Action precedes emotion. Action brings that mojo.

It comes while we're moving. The energy from endorphins comes once we start moving, not before. So take your first and best next step and then move to the next thing. Soon you'll have created the momentum you need to continue.

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Implement

Once you're clear on where you're going, create some simple action steps to help you get there.

Create steps to avoid stressors in life, to measurably and comfortably reach your goals.

You may have to stretch once in a while, but having them on paper helps you to map out your future in the direction you want it to go.

Once you've taken steps to harness the best habits, the sky is the limit.

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Let's Strategize Together

I'd love the opportunity to chat, to see where you are, how I can help, and what it's like to work with me.

I myself have come out of the dark many times in life with many different situations. I'm an expert at thriving in life. Let me be your champion.

It would be an honor to help you through to your new, victorious and thriving place.

Book your complimentary session on my site today.

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