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With My Whole Heart, For My Whole Life

Just curious...when was the last time you committed to something? Was it a diet? Maybe it was a new job? Your business? Your team at work? Or relationship? Your "get out of debt plan"? What I'm really curious about is...

When was the last time you committed to YOU?

If you follow me on social media or have read my previous emails, this story may sound a little familiar. Today, I want to share just a little more with you to help you

understand WHY I did what I did and HOW it has changed my life in every way. It was 2016, and I felt like I had faced just about every disruptive change a person could experience. It was what felt like a year after year shift in the stars, universe, and overall mojo. Over the course of just a few short years, I experienced my last child leaving for college, divorce after over 20 years, the loss of my grandmother (she helped raise me), sold the house my family and I lived in, moved to a place of my own for the first time...ever (talk about scary), had just climbed my way out of unmentionable debt, was having major health issues and experiencing the most unhealthy stress in my workplace. I remember clearly one cold morning in February 2016, walking to work and I just broke down crying. It wasn't until someone I passed asked me if I was OK that I realized I was physically, outwardly crying. I was physically, mentally, emotionally, spiritually, financially and professionally exhausted. If I was a celebrity on tour, you would've read "The Philecia Superwoman Tour has been cancelled due to extreme exhaustion". My Resilience Reserves were depleted and I wasn't even aware. It was that moment on that day that I decided to commit to ME. Here are a few of the first steps I took, beginning that very day.

1. **Get
Quiet.**

I
needed
to
spend
quality
time
with
ME.
It
had
been
far
too
long
since
I
was
still
in
my
own
thoughts
and
listening
to

my
own
body.
Every
minute
of
every
day
was
filled
with
emails,
calls,
meetings,
news,
noise
and
just
an
overload
of
information
coming
at
me.
I
needed
to
cut
down
the
volume
of
the
world
and
just
listen
to
me.
What
I
needed.
What
I
wanted.

What
I
no
longer
found
satisfying
or
of
value.
And
this
was
the
hardest...WHO
I
needed
to
cut
out
of
my
life.
This
was
by
far
the
most
rewarding
investment
of
time
in
my
life
and
it
could
not
have
come
at
a
better
time.
It

was
in
these
moments
I
rediscovered
my
Why
and
Purpose.
It
helped
redefine
how
I
viewed
success,
happiness,
what
and
who
is
important
to
me
and
how
I
planned
to
spend
the
rest
of
my
life.
Yes.
It
was
then
I
committed
to
ME.

2. **Created**
a

Vision Board.

I
created
a
vision
board.
This
was
something
I
started
back
in
college
and
didn't
realize
I
hadn't
done
so,
since
my
divorce
the
year
prior.
I
was
WAY
overdue
and
I
needed
to
get
to
work!
Why
do
I
love
vision
boards?
They

serve
as
a
source
of
affirmation,
inspiration
and
motivation.
It
was
a
way
I
could
visually
see
my
goals,
the
outcome
I
was
seeking
and
where
I
wanted
my
life
to
go.
I
still
create
vision
boards,
both
physical
and
electronic.
I
keep
a
photo
of

it
on
my
phone
to
reference
when
I
noticed
I
need
to
get
back
on
track
or
just
to
keep
me
inspired
to
move
on.
It
helps
refuel
my
Resilience
Reserves.

3. **Identify
and
Take
My
First
Step.**

For
some,
this
may
sound
easy.
I
had
regained

my
clarity.

I
was
back
aligned
with
my
purpose
and
vision.

I
had
even
created
my
new
vision
board
to
keep
me
inspired
and
motivated.

So
what
was
the
problem?

Initially,
I
wanted
to
move
mountains.

I
had
remind
myself
that

I
didn't
get
there
overnight

and
it
wasn't
going
to
change
overnight.
I
had
to
give
myself
grace
and
space
to
take
those
first
steps
AND
celebrate
them
when
I
did!

Family, remember, **it's all about progress.** A step forward is still a step, no matter how small. I had to crawl and walk toward my goals, gaining momentum day after day. You, too, can regain your clarity and vision. You, too, can create and live the life you are purposed and promised. Your business can thrive. Your relationships can be fruitful. Your goals can be met. You can navigate the changes of life coming at you and even orchestrate them to your advantage. How do I know, you ask? Because I've done just that and more! I left that job. Started my own company and am helping businesses and individuals navigate change, reach higher heights and goals they didn't think were possible. Now, I'm running with my whole heart, for my whole life and you can too!



With purpose and passion,

Philecia

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