

Live the life of your dreams!!

and do it now!!!!

1. You must start where you are right now. No excuses, no bullshit, you gotta start in this moment and take action for creating the life you always wanted.
2. Allow yourself the freedom to fulfill your destiny. The choice is yours and its time you take back your power!
3. Write down your ideas, no matter what they are, write them down, no judging..... period, no judging at all!
4. Be gentle and kind with your inner dialog, it matters how you speak to yourself, always speak to yourself with kindness and love. We don't like to be yelled at or talked down to, why the hell would we talk to ourselves like that? Don't do it, be nice to you!!
5. Give your body, mind and soul what it needs daily. Feed it good food, lots of water, move your body everyday, feed your mind positive things, get rid of the crap in your life!
6. Ask for help. Paid and unpaid. You need help, we all do, we can't do everything all by ourselves, we are humans, not machines that are meant to do it alone. Find a mentor, seek out counseling, go to the doctor, ask your family member or friend for help when you need it. Don't wait for it to arrive, stop sitting there thinking, well, so and so could clearly see I was struggling, bullshit, ask for help. Pay for help too, when we invest in ourselves we take it seriously and any investment we make in ourselves is always money well spent!
7. Release your gifts and talents, let them fly out into the world, let the world see them, let us benefit from your gifts. You were born which means you have a purpose, allow us to learn from you too!!