

# 10 easy steps to take to make the changes you want to make in your life!

## 1. Make a new choice

The definition of insanity is doing the same thing over and over again expecting a different result. So if you want to make a change — make a new choice. Try something different. Take a risk.

## 2. Be true to yourself

This is your one big beautiful life. No one else is going to live your life for you so don't live it for others. Speak up for yourself. Show up for you and live every moment from that place in you that says — YES!!

## 3. Live beyond right and wrong

Allow yourself to be imperfectly you. Make mistakes, fail, color outside the lines. Make corrections as you go along. You will get to where you want to go — it just may be a bit more scenic than you imagined.

## 4. Accept what you've lost

Life brings changes to us on its own. People leave, people come, things leave, things come. We can't accept the new people and things that are coming our way if we are hanging on to all the things we've lost.

## **5. Embrace your failures**

Turn your “failures” into new opportunities. Remember that it’s now how many times you’ve failed but what you’ve learned from each mistake that really shows who you are.

## **6. Surround yourself with people who support you**

Life can change drastically for you just by hanging out with different people. If there are people in your life who have brought negativity or hurt — accept that you can not change them or the situation but you can forgive them, move on and find people who support, guide, and make you a better person.

## **7. Stop being your own worst enemy**

Change the way you think and live as if you already have what you want. Don’t let your small thoughts get in the way of your big dreams. Every time a critical thought comes in say, “Thanks for offering that mind but I don’t need it.”

## **8. Live on the edge**

If you go past your edge you will hurt yourself. If you stay back from your edge you won’t grow. Try something new everyday and watch yourself

change. If you want something you've never had before you've got to do something you've never done before.

## **9. Love the life you live right now**

Stop thinking people are happier than you are because they have a bigger house, a better car, a spouse, kids or whatever — You never know what is really going on with other people so — just get happy with who you are! Remember — everyone has life challenges and struggles.

## **10. Simplify your life**

Make a list of all the things in your life that are important to you and let go of all the rest. You must focus on what is important to you to make the changes you want to make and create the life you desire.

**BE THE CHANGE YOU WANT TO SEE IN THE  
WORLD!!**