



Make Your Current Situation a Gift

*** Take responsibility, choose consciously... your choices create your life**

How you choose to handle a certain situation is up to you. Both your conscious and unconscious minds will affect your choices. How often do you hand over power and allow others to choose? Do you do this consciously? How are you allowing past experiences and/or assumptions to limit your choices?

*** Have a check up ... get aligned with and transform your life**

Transitions are all about bumpy, uncomfortable rides. They are times when passions, core values, needs and beliefs are shaken around. Take time to check them out and fine tune your life. Align with your deepest passions and notice the transformation in your ride. Who is the real You? What have you been denying or holding onto unnecessarily?

*** Remove personalisation and blame...free yourself and move forward**

In any situation personalisation and blame of yourself or others is wasted energy. Instead use this energy to propel you forward to new adventures or chapters of your life. Who do you have to forgive? What is stopping you let go of your saboteurs, your self limiting behaviours?

***Check your Filters...what you look for is what you'll find**

Your situation cannot be avoided, it is how you choose to interpret your situation that is under your control. Remove negative mental filters, look for the positives. How do you make this situation a gift? What is the unexpected opportunity before you?

*** Enjoy the present ...play and learn from the children around you.**

Young adventurous children embrace change. Anxiety does not exist for them as they live and play in the present, in a state of flow. What can you learn from them? How can you play more? What would your child or grandchild, if you had one now, say to you?

*** Your energy is powerful...make sure it attracts what you want**

What you focus on and what you feel about it, whether it is fear, anger or joy, is what you attract into your life. Practise the Law of Attraction principles. What are you feeling now...is this energy going to attract what you really want in your life? If you're wanting happiness are you giving happiness?

*** Strengthen Intuition and Trust ... your precious inner gems**

In times of change you know best and time spent deepening your relationship with intuition is invaluable. By heeding its direction and noticing the transformation in your life your trust and courage grows. In your relationship with intuition what's getting in the way? Who are you being when you're trusting?