



Be Inspired Daily!

Connect With Your True & Best Self

To be inspired daily and enjoy your life with ease and grace, start by being aware of and loving all aspects of yourself. It's important to recognize your saboteur and diminish its energy. And then, it helps to connect with your best self (i.e., real essence) daily.

Below are ways to recognize when your saboteur and best self are present. After you recognize your saboteur, note the tips on how to "be with" it. Also, note the tips to connect with your real essence for your most inspired life!

Saboteur

Present When You Feel:

- Fear, judgment, a desire to control/manipulate, confusion, denial, guilt, blame (i.e., unworthiness or shame), attack, and defense.
- It can't help or serve you.

Tips to "Be With" Your Saboteur:

- Notice how it's trying to help you (e.g., be responsible).
- Thank it for its help, but graciously tell it to be gone. (Saying it out loud helps!)
- Take one small step toward your goal/desired life result. (Your Saboteur won't be alerted and will let you go for it.)

Best Self

Present When You Feel:

- Trust, all is well, acceptance (even of strong fear), allowance (allow what is), clarity (aha moment), curious, compassionate, everyone has innocence within.
- No personal will of your own. You're willing to be moved by the universe/other entity.

Tips to Connect With Your Real Essence:

- Pick a song that reminds you of her. (Bonus: sing along and dance to it daily.☺)
- Have a memento (e.g., necklace, picture, perfume) that helps you remember her.
- Come up with a theme for the year and have your actions align with that theme.

Radiate Your Real Essence!

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