TOP 10 *Ways To*

Get Past Your Blocks and Take Care of Yourself!

THESE TIPS WILL HELP YOU STAY GROUNDED AND FOUCSED ON WHAT MATTERS FOR YOU!

Awareness is your power to change everything - Change HOW and WHAT you think and your life will change!

Debbie Forcier-Lynn

Change is inevitable... How you respond is your choice.

Action Based Leaders ™ Principle

1 Extra Time

Give yourself extra time before the world wakes up. Get up first.

2 Embrace the "Suck"

Expect it to feel "yuck" sometimes as you give yourself time to find yet, another new normal.

3 Control Only What You Can

Be sure to check yourself first. What are you feeling and what are you really able to do about it?

4 Kids, Partners, Pets

They are on their own journey as you, So "let" them grow forward also. Let them feel the change with you.

5 Show and BE Kindness

Remember, people can feel your energy. Believe everyone is doing their best and lead from the inside out.

6 Pause - Breathe

Ask for what you want, you might not always get it but maybe a compromise is on the horizon.

7 Continue Doing "IT"

Be fanatical and honor your values. Do something every day for YOU!

8 Stop Trying! It's a Myth

Stop trying to manage your time and instead, make a conscious decision to manage your choices.

9 Center and Grounded

When you feel triggered, let that be your opportunity to center yourself and get grounded.

10 One Conversation

Have one meaningful conversation a day. Remember, you are not alone in this. Connect like never before.

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