

A Wise Woman connects high vibes to VIBRANCY.

The creation of vibrancy is ALWAYS connected to high-vibe habits, thoughts, and actions.

That doesn't mean we won't vibe low sometimes - Oops (see my Monday Show!), but HIGH VIBES require thought, and emotions create the catalyst.

Catalytic Converters control emissions, reduce toxic gasses, and change harmful substances into something useful.

When we are aware of the need to vibe higher so we can live vibrantly, we use that AWARENESS as a CATALYST of CREATION, our own Catalytic Converter.

Creation is high-vibe and awareness is the catalyst.

We have to CREATE in order to HAVE:

- 1) Belief - that yes, you can have that, yes you can do that, and yes, you are so much stronger than you think you are. This is where enoughness comes in. Your story will look different from mine, but this helps you create the life that you want.

2) Clarity - you know your WHY. Perhaps you want to be present in your life, you want meaningful relationships, you don't want to be living with pain and you want to be living a life of vibrancy. Use a Why Ladder and keep going until your "WHY" stands out.

3) Focus - you're able to zero in on what you want. Your energy becomes laser-focused and you get what you want because that is what you are focused on. (Yes-ADD/ADHD makes it harder, but it is still very much doable. I use checklists and write everything down.)

4) Faith - Hebrews 11:1 says, "Faith is the substance of things hoped for, the evidence of things not seen." This is the core of everything - it connects you with the one who made you.

5) Urgency - this is important, and swift action is required. We always put things off until Monday or after the holidays, or after [insert excuse here...] We need to just start.

6) Decisive action - we need to do what we say we will do. Connect the dots, and do things excellently. Things become easier when you are in the flow of things.

7) Tenacity - you've got GRIT, not QUIT. Wise Women don't give up, and they make decisions that lead them to a life of vibrancy. Sure, you may hesitate from time to time, but keep going.

8) Slather everything in gratitude and wrap it up with a big bow! Our TBYL Journal will encourage you to start your day with 3 gratitudes. This practice is incredibly important. You don't have to have long, eloquent gratitudes either. Yesterday, my 3 gratitudes were a new toy for Lincoln (this occupies him and gives me a chance to focus on what I need to focus on), a really good meditation, and delicious coffee gifted to me by a friend.