

Many of us have found ourselves stuck in a perpetual Groundhog Day for the last few months, perhaps even longer. The days roll into each other and become a season of discontentment. I've shared before how studies show that we spend most of our time in our subconscious minds. There is often a disconnect between what we say and what we do, and awareness is what takes us to a different level of existence. There has to be congruency between our actions and our words to get out of our Groundhog Day existence and create a life that is both meaningful and purposeful. Here are 4 steps to help you create new neural synaptic connections, and welcome in a beautiful new season:

1. Take a look at the congruency in your life. Are some things out of balance? Are your words and actions aligned? It is important to find the incongruencies, to figure out how to fix them, and then to do the work. Flip those negative thoughts and do it anyway. This creates motivation and momentum, and like a domino effect, things will start to happen by themselves.

2. We have to disrupt our negative thought processes. The easiest way to do this is to replace them with positive, intentional "I am" statements.

I am fit, therefore I eat healthily and exercise consistently.

I am strong, therefore I lift heavy things.

3. Do something spontaneous for yourself, your spouse, or your kids. Spontaneity sparks newness and creative thinking, and it is a good disruptor.

4. Try new things and make your brain do something different. Brush your teeth with your opposing hand, for example. Try a new hobby, read a new book, listen to music in a language you don't understand. If you always do sudoku, try crossword puzzles. There are an endless number of things that can give your brain a pick-me-up.

You have one life - make it a good one. Too often we take better care of our cars than we do our own bodies. Remember, it all begins with you. If you do not care for yourself, you will not be strong enough to take care of anything else in life.

"Your worst enemy cannot harm you as much
as your own unguarded thoughts."

-BUDDHA