

8 *Ways to Interrupt the Corrupt*

1. **Take the compliment.**
2. **Get the "joy-thief" OUT - stop the comparison.**
3. **Meditate instead of "medicate" (food, drugs, shopping, gaming)**
4. **Gratitude will create the most beautiful attitude you've ever had.**
5. **Child-like wonder (what-iffness) will light the way.**
6. **Remember who you are and whose you are.**
7. **Fight like hell for what you want.**
8. **If you complain (in thought or verbally) - THIS is toxic.**