

Every now and then I find a nugget of gold on Facebook, and this one really hit a chord: "You had a purpose before anyone had an opinion."

Why do we play for an audience and allow others to shape our paths? We are divinely appointed - uniquely gifted and placed on this Earth for a reason.

We really need to pay attention to our thoughts, actions, and words. Why do we say "This is a stupid question, but..." or "I hate my thighs," or "I can't do that." Unless the something you hate is worthy of hatred (like abusers, inequality, racism, junk food, sugar addiction, or bullying!), stop using the word hate... especially about yourself! God gave you those legs- love them, appreciate them. Stop saying you hate a politician- you disagree with their policies. Stop doubting your capabilities, including asking "stupid questions." They are not stupid, and the fact that you are asking questions means you are trying to learn and grow.

We often put ourselves in a mindset of never having enough. We think "That is just for rich people," or "I could never have a house/car/life like that." It is not that you could never have anything nice, it is that you've decided that nice doesn't have a place in your life. Abundant thinking gives us enough for everyone.

Is it because you can't, or you won't? Do you have a fixed mindset that believes this is as good as it will ever get, or do you have a growth mindset that allows you to plan and chase the life you choose?

1. Set high standards for yourself. We should have high standards for everything around us- the behavior of our children, the quality of our work, our integrity. Think about the words that are coming out of your mouth. When you raise the standard of how you think, you raise the standard of how you speak.

2. Stop using always and never in negative conversations, especially with your spouse and the people you love. ("You never listen! You always put your work ahead of your family. You never support my dreams.") These are words that should be reserved for food ("I never eat cake"), and uplifting conversations ("I will always love you"), otherwise they will paralyze you and stop problem-solving in its tracks.

3. Literally pay attention. Think of it as a Swear Jar- you know, where you throw a quarter in every time you drop an F-bomb? :-). Instead of a Swear Jar, have a Pay Attention Jar, and add a quarter anytime something puts you into a fixed mindset or you say always/never.

4. Set up your environment. It is amazing what happens when your environment is supportive of your goals. Use all the tools in your toolbox- your journal, quote deck, routines, rituals, goals, visions, and community. They all help to feed the hungry fire burning inside you.

5. Remember that failure is an event- it does not define who you are. You are so incredibly loved- don't ever see yourself as less than.

6. Victimhood is blame-shifting instead of accepting responsibility. Eleanor Roosevelt said, "No one can make you feel inferior without your consent." We need to accept responsibility wisely, learn from our mistakes, and keep looking forward.

The future belongs to those who believe in the beauty of their dreams!❤️

