

The road to becoming the best version of yourself can be summed up in two words: Self-Mastery.

Self-mastery is *self-control* according to the dictionary, period.

Thank you for attending my TED Talk. 🙏

But seriously. What the dictionary does not define is the skillset necessary for self-mastery and a better and fuller definition.

Let's talk skills first - I believe that will give us a glimpse of a better definition.

1. Awareness: Your thoughts will check you in or out. The "check out" is oftentimes into the future or the past, but neither the future nor the past is helpful to becoming.
2. Discernment to Decision (choices): Our decisions are the building blocks of what our lives are becoming - low vibe decisions (led by ego) vs higher self decisions lead to a low vibe, unsatisfying life.
3. Decision to Do = Focus: The courage to ACT upon a deliberate decision means you're going to have to say no to a lot of immediate gratification - raiding the junk food lurking in the pantry, sleeping in instead of getting up early to exercise, vegging out on Netflix instead of reading a book, for example.

Your FOCUS will determine how you do it - unplugging from the emoting and just going forward vs handwringing and spending a lot of emotional capital and time on talking yourself into NOT starting. (We all do this!)

4. The Ability to Visualize and Create.

When you know what you want, you can turn up the heat, spotlight and focus on that. You create a mantra, goal, and affirmation.

Remember mine was "a house, on a lake, with a dock."

Your hot desire is enough - the how's make themselves known, the purpose is pronounced and the vibrancy is palpable - that's FLOW!

SO the better definition of self-mastery is fully understanding:

- WHO you are.

- WHOSE you are.

- Stop playing the victim and instead, take wholehearted responsibility for yourself.

- To recognize your gifts and talents, and to use them all like the servant in the parable of the talents - "Well done my good and faithful servant!"

- To create FLOW by allowing, practicing the practice of becoming, and staying the course. No QUIT, just GRIT!

- Being patient and grace-filled. You will have a lot of scrapes, bumps, and bruises on this journey - it's tough work! But it's worth it to live vibrantly and excellently, dumping perfect at last!

- *"You can be powerful or you can be pitiful, but you can't be both!"* - Joyce Meyer

Becoming requires all of the above, and the Wise Woman knows this and creates her life daily - with rituals, introspection, prayer, and action.

Let's BECOME our very best! Pinkies Up!