

Strength training isn't just for biceps!

Exercise, and especially strength training, repeats itself so that the muscle is built. Similarly, this is precisely how we strengthen the vibrant beliefs that support the vibrant life that we all desire to live.

I've found the greatest strength I have (my inner superpower!) is belief in myself.

I have tenacity for breakfast, perseverance for lunch, and consistency for dinner, with a triple serving of grit for dessert! 😊

This is how new neural pathways are created and made stronger. Optimism is a choice and it's part of the process. We have to choose (or decide, as we spoke about on Tuesday) what we're doing, thinking, and how it's serving us.

So how do we strengthen a powerful belief in oneself? (once we decide to exercise it, of course!)

Step 1: Set goals. Goals create the journey and teach us valuable lessons along the way.

Step 2: Find your passion - love what you do. Are you acting from a place of privilege or drudgery?

Step 3: Be a helper, both for yourself and those around you. It lights you up, strengthens your beliefs, and does a world of good. Remember, you are here on purpose, for a purpose.

Step 4: Keep good company. Be active in our community, find a Body Clutter Buddy, and be part of the rising tide.

Step 5: Grit, not Quit. "Stubborn and obstinate" should only describe your doggedness in staying the course.

Remember, Wise Women don't quit on themselves!