

James Baldwin said, "Not everything that is faced can be changed, but nothing can be changed until it is faced."

On the one hand, staying the same protects you from seeing where you are. However, the truth means you have to see the whole truth - not just what you want.

How do you know when something needs to change?

1. It feels like something isn't right, although you can't put your finger on it.

2. You're numb, or behaviorally numbing out. (For example, eating, smoking, or drinking instead of facing your feelings.)

3. You've given up and sent up the white flag.

4. Relationship-wise, it's stuck, dull or unhappy.

5. You're in a toxic environment, either literally or figuratively. (Anything that causes inflammation of choice - clean up is important!) Take a shower, put on clean clothes, and make your bed. Maybe your pantry is toxic and feeding a food addiction. The point is to figure out your toxic, put on a hazmat suit if necessary, and clean it up!

6. You're struggling with compulsive or addictive behavior.

7. You're in survival mode.

8. You have low energy or a low vibe.

9. You are living in the past or romanticizing about what could have been, had you only made a different choice.

10. You keep asking yourself, "Is this all there is?"

Remember that song by Peggy Lee?

“Is that all there is, is that all there is?

If that's all there is my friends, then let's keep dancing

Let's break out the booze and have a ball

If that's all there is.”

Depressing or what? There's more, so much more...start **LOOKING** for it!

How do you fix it? Through Process and Progress!

1. Meditate, pray, and journal. These three things are central to nurturing your beautiful self.

2. See a doctor. Is it depression? Hormones? Deficiencies? There may be other things causing it.

3. Up your supplements - B-Complex, Omega-3, Vitamin D, and Probiotics. Do you know what your Vitamin D level is? You should!

4. Get enough good quality sleep - Use SleepEazzz. (It's also our Supplement of the Week)

5. Dial in your diet and ditch the sugar! ALL FORMS! (I'm looking at you carbs!)

6. Exercise - it releases dopamine and serotonin, and they help you to think clearly.

7. Take a nature walk; try tapping; or earthing.

8. Laughter is a reset button, and so is self-care. Take a relaxing bath, throw in a handful of Epsom salts and unwind.

9. Community and friendship are incredibly important.

10. Music - however it moves you.

When you honor the process, you get the progress. This is our life's work...take it seriously and watch what happens!

We Are Glorious!