

Wise Women SOAR above victim mentalities - they FLIP it to create victory-hood instead of victimhood.

It's Thought Week on the Daily Dish Show, and yesterday I shared 11 ways that Wise Women can learn to become victorious in their lives.

1: Wise Women don't blame others for the way they feel, and indulge in blame shifting. It leaves us powerless, with no responsibility for our actions and it gives others the keys to our castle. Remember, old keys don't open new doors.

2: Wise Women believe life is ALWAYS working on their behalf - even in rough times. They know that there are lessons to be learned and to grow from.

3: They believe no one is out to get them. Wise Women see the good in people and believe them until they shouldn't. People will always show you who they are, through thoughts, actions, and deeds, and wisdom and grace allow for it.

4: Cynicism and Pessimism are off the table. They don't serve us and only create harm and misery in our lives.

5. Wise Women realize that they are not trees. They are not powerless, regardless of circumstances, and they always "find a way."

6. The tragic, sad stories they used to tell now serve as a placeholder in the experience file - there is no more hashing it out, giving it power, and emoting over something no one wants.

7: They have lost the blame/shame game, and they have stopped attacking loved ones for how they "make them feel."

8: Wise Women no longer put themselves or others down.

9: They used to believe they were "the only ones" being targeted for everyone's abuse or being taken advantage of, but they have since learned the kindness of NO (and a smile!)

10: Wise Women have stopped saying "Yeah, but..." and finding excuses to hold onto thoughts that no longer serve them.

11. Complaining is a thing of the past - Wise Women look for gratitude in everything!

A Wise Woman recognizes when her life is out of balance and summons the courage to act to correct it. She knows the meaning of true generosity, and that happiness is the reward for a life lived in harmony, with courage and grace. -
Suze Orman