

WHAT TO DO WHEN EVERYTHING FEELS LIKE IT'S GOING WRONG

1. PAUSE, TAKE A BREATH.

Escape for a while. Do something to relax your mind, even if it's 10 min of no thoughts: sleep, binge watch tv, go for a walk/run, ride your horse, get out in nature, go to church, ride your bike, go sailing, get on your paddleboard or kayak, massage your head, do Reiki on yourself or get it done, take a bath, listen to music, turn on positive affirmations, journal, paint, get your feelings out in a creative way, express your feelings to someone safe and non-judgmental, etc.

2. TAKE STOCK.

What is going right. Make an actual list. Notice how much is going right compared to what is wrong. Recount the things that have worked out throughout your life. Feel your energy return by focusing on what's right. How does your body feel when it is joyful? Feeling grateful invites more into your life to appreciate.

3. LOOK, LISTEN & ASK:

Look for signs: numbers in sequence, songs on the radio, coincidences, conversations with random people that hit your heart, small miracles. Listen to your intuition. What do you feel down deep? Your heart knows the truth even if your mind can't figure it out. IF you can't hear it, go back to #1. Doing things that bring you joy to help unlock your heart to let intuition flow. ask or pray for support and watch what comes your way.

4. EMBRACE THE MESSES.

Instead of reaching for that cigarette, beer, cake, sex or phone, Embrace what you are trying to escape. go into the discomfort and Ask yourself, "why does it bother me so much? What in me needs to heal?" Listen for the answer. Is it sadness, disappointment, failure, lack of control? Face the pain and feel it. That is what needs to be healed. this is not the time for problem solving, only being present with the feelings. the way out of the mess is through it. Strength and resilience come through adversity. You never know what you're capable of unless you're forced to learn.

5. TAKE ACTION.

When your energy returns and your mind is more clear, make small steps to recover in a positive way to turn the situation around. Make small decisions with low impact to raise your spirits. Tackle the issues 1 at a time. When you begin to feel successful, make the bigger decisions.

6. KEEP THE FAITH!

Things usually have a way of working out when your spirit really wants a happy ending. Keep believing in miracles and they will show up.

7. LEAN INTO LOVE.

Do what you love. Allow love in from others. Show yourself some love and Be Nice to Yourself! Only when you claim your worth will others respect you. Then you will have even more love to lean into!