



1. Live authentically. This is YOUR life. Be yourself.
2. Vision your future. This is a daily practice. Stick with it. Make collages with pictures of what you want to bring into your life, keep lists of experiences you want to have, script new realities for yourself. This new vision replaces the old reality. Clarity and focus will bring you the life you envision.
3. Ask for help: Help from friends, family, your guides, your angels, the Universe. You deserve to RECEIVE.
4. Learn how to say NO when you need to. (It's okay, really. People will survive without you. Truly.)
5. Say YES to yourself. If you're not sure how to begin, start with baby steps. Go back to what you liked when you were a kid and do something fun and inspiring. It gets easier.
6. Carve out time and space for PLAY. Just to be, to create, to laugh, to tumble on the floor with your kids, your pet, your lover or just YOU. Make the space and your inner child will fill it for you (if you don't it's a given that someone else will fill it for you!)
7. Be FIERCE about your boundaries. Show your fangs if you need to. You get to choose how you spend your time, who you spend it with and how you're treated.
8. Be honest with yourself and others. This also gets easier. Once you begin the process of authentic living and truth-telling, the courage comes. When you stop hiding and avoiding, you free up a lot of energy to create and enjoy life.
9. Live your best life with intention. Set the intention every day to live your life for the greater good of all Beings everywhere and you can't go wrong. Remember, this includes YOU. What's "best" in any given moment isn't what someone tells you is right. It's what you FEEL in the moment. Trust inspired action.
10. Believe in yourself. Toot your own horn. Remember that the Universe wants to shower you with blessings. When you believe that you DESERVE good to flow to you, it will. ALLOW good into your life. The more you love yourself, the more the Universe can love you.