



Thoughts to help reveal your Brilliance

By

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Background: Corporate trainer, coach, mother and cancer survivor wants you to know that you matter. Take time to relax, breathe, and know that giving up is not an option.

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These are my ideas for paving the road to an abundant life. By doing your inner work first, you prepare your mind for abundant living. Read one each day and see how you can apply it to re-wire your brain for abundance. Soon, your brilliance will unfold.

1. Silence improves your listening skills.
2. Authentic, a Saturday kind of beauty.
3. Be still long enough to find your light. Then, let your light shine.
4. Today, read a poem aloud.
5. Today, be in alignment with your truth.
6. Stand outside and look up. The Universe is aiming all of its energy directly at you!
7. When you feel absolute stillness, say thank you!
8. The sound of silence...
9. I have complete control over my own thoughts.
10. You give me everything I need and most of what I want.
11. Freedom to vote.
12. Sharing.... There is always enough.
13. It's simple, LOVE one another.
14. Today, leave nothing unsaid.

15. Find that “island of peace” within yourself.
16. Course correction is always available to you.
17. Do you still love the feel of a book? I do. Identify your favorite book.
18. Be generous today. Do something for someone who can't pay you back.
19. Today, be your own best friend.
20. It's your story. You write the ending!
21. Know when to say No!
22. Today, be open to new possibilities.
23. Transformation takes place day by day. Allow.
24. Reflect on it until you can verbalize what you really mean.
25. Surrender. Stop resisting your amazing self.
26. Be, still, and know. Then you can think God thoughts.
27. You are worth spending 5 minutes of silence reflecting on you.
28. You are worth building a savings account to use solely for experiences that you want to have.
29. Be willing to do what is necessary.
30. He said, she said. Listen to what God said.
31. It's a great day to check off some of your accomplishments.

Save this list and start over next month!

