Whoops, there it goes again!

How to stay positive when the bottom drops out of your world!

Are you coming from a place of Fear or Love?

Your Decision-Making Process.

As with many issues, the first step to improvement is awareness. Look back at the important decisions you've made and ask yourself if they were made from a basis of fear or love.

My important decsions:	Love or Fear?

Step out of fear and anxiety into love and joy

First, treat yourself with self-compassion. Instead of judging and criticising yourself, talk as if you were speaking to your best friend. Your best friend has your back, supports you, encourages you, consoles you, and celebrates with you.

Make a commitment to only speak to yourself in the same way that you would speak to your best friend. Would you tell your best friend that she was fat, boring, not good enough or stupid? Would you tell her that she was a loser who always messed up? Would you tell her that no-one liked her or that everyone thought she was an idiot? Of course you wouldn't. But if you are like most people that I have worked with, you will be saying things like that to yourself every single day.