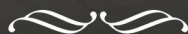


THE HEALED SOUL

A BLUEPRINT on how to **SURVIVE** and
THRIVE in the 21st century



MICHELLE L. STEINGARD

The Healed Soul

is a step-by-step BLUEPRINT to not only SURVIVING but also THRIVING in the Twenty-First Century. I am going to show you how create your own "NEW NORMAL".

Join me on this journey called LIFE as I take you through real life experiences and at the same time I will share with you my approach and unique perspective on how to handle any situation that comes up in your life, bad or good, positive or negative.

I believe that everything happens for a reason and the right people are put into your life at the right time. It's how you approach and PERCEIVE each disappointment in your life that defines WHO you are.

Remember that timing is everything in life and things always have a way of working out. Usually if you push and force things on your own time they don't work out because they are either not meant to OR the timing is off.

Letting things happen and trusting in the process takes time and consistent effort. This is a major key to living the life you were born to live. If you look back on your life I want you to think of a time when you wanted something so bad and did not get it, and than later you realized why. What I am saying is that things ALWAYS have a way of working out just maybe not the way you thought it would. Remember that the only thing that you have control over is how you REACT and PERCEIVE a situation.

In this book I am giving you the tools and the blueprint so that you can begin to shift your perspective so that you can NOW become the best version of yourself.

It starts and ends with you.

What
other
people
think of
you is
NONE
of your
business
- Unknown

Codependency 5 signs you are codependent and 4 tips so you can help yourself

I am offering information on why being codependent could be stopping you from growing both spiritually and financially. The first thing to understand is that energy manifests itself in physical forms. Let me explain that in a different way. Let's say that you have a friend or relative who never seems to be satisfied with anything in life, and every time you see this person, he or she is always negative and continues to complain about the same things, but never seems to make any changes.

Well, as you know this can be physically draining and exhausting to listen to, but yet you continue to listen to this person even when it upsets you. This is where the word "CODEPENDENT" comes in. There comes a point when you now become the enabler. If you continue to listen to these types of negative thoughts, it eventually will bring you down because of the physical energy that you are receiving from these types of people and their energy. SO what I AM saying is that if you feel physically drained or upset after communicating with these types of negative people, then it's time to understand that you may have codependency issues.

Here are 5 signs you may be codependent:

- 1 You value the approval of others more than valuing yourself
- 2 You lack trust in yourself and have a low self-esteem
- 3 You have a fear of being abandoned or an obsessive need for approval
- 4 You have difficulty communicating in your relationships
- 5 You have an exaggerated sense of responsibility for other people's actions

Most people who are used to giving everything are usually doing that because they are afraid to say no. The word NO is a complete sentence and many people have a fear of saying no.

Here are 4 quick tips for you to apply immediately so that you can have more piece of mind:

- 1** Separate yourself and take a break from the relationship to regroup.
- 2** Find yourself again- Go out in nature and feel the quiet. By being more present in the moment you will be able to start to feel more calm.
- 3** Go out to a meal by yourself and get used to being in your own company. Take the time to get to know who you are.
- 4** Create healthy boundaries with others. This requires communication and to basically stand up for yourself. Remember YOU are responsible for YOU and not everyone else.

I hope I have been able to open your eyes a bit here. Just know that when you start to say no to others you are on your way to living the peaceful and purposeful life that you deserve. It's time for you to shine. Stop allowing others to dull your shine. I am sure you have heard the statement "misery loves company".

Life HACK

- The POWER of “positive self talk”

5 Keys to living a more peaceful life: Just “BE POSITIVE”

Here you are going to learn some simple life hacks on how to be more positive in your life so that you can start to get everything that you want.

It's important for you to understand that all of the negative thoughts you process are NOT real. They are just a continuation of your past experiences. Let me break this down for you. Up until the age of 7, we are all being programmed by what I would call ancestral DNA, which gives you specific character traits. What that means is that you are a bi-product of your environment going back generations, including your bloodline and inherited DNA.

Once you can start to look at things from a different perspective, doors WILL open for you. When you live in your past feelings and experiences, you are still essentially living in the past and having those experiences repeat. Therefore, you are NOT moving forward and ahead in your life because you are “living in the past”.

This does not mean it's the end of the world. What it means is that IF you don't like your past, you have the ability to change your future outcome. Becoming self-inspired takes a lot of time, patience and practice. If you want to get inspired, here are just a few things that you can do.

- 1 Fill your mind with positivity- Read and absorb positivity most of the day. Once you continuously and repetitively start to feed your mind with the things that make you FEEL good, you will instantly feel better. Once you actually FEEL better, then you can start to attract more positive things and people into your life.

- ② LET GO of people- it's time to end relationships with people who do not make you feel like a better human being after being around them. Endings can be great. Not everyone who comes into your life is supposed to stay in your life forever. These are the people, who are sucking your energy, and you are giving way more than you are getting back. It's time to let go of any relationships that don't serve who you are today. People outgrow people all of the time. This is called evolution.
- ③ SPEND time Alone- This is one of the ONLY ways to truly self reflect on what's best for YOU in your life. Hearing your own voice will guide you as to what your next steps are. You decide who you want to be, but YOU have to start making some decisions as no one will make these for you because only YOU know what's best for you.
- ④ Practice Self-Structure - Develop a daily routine and put it into practice. It can help you to feel more structured and centered. Things are moving so fast these days; taking time for yourself "On the Daily" will help you to feel more grounded.
- ⑤ Start giving to others- Do something nice for someone that you would NEVER do. In order to change your state of mind, it starts with changing your actions. This will help you develop a positive state of calm and eventually allow great things to enter your life. This is when you can manifest exactly what you desire.



If I can take control of my thoughts and change my perspective on my different circumstances, then you can too. Remember that even though you may have been through some horrible things in life just remember that someone has it much worse than you. Just some food for thought.

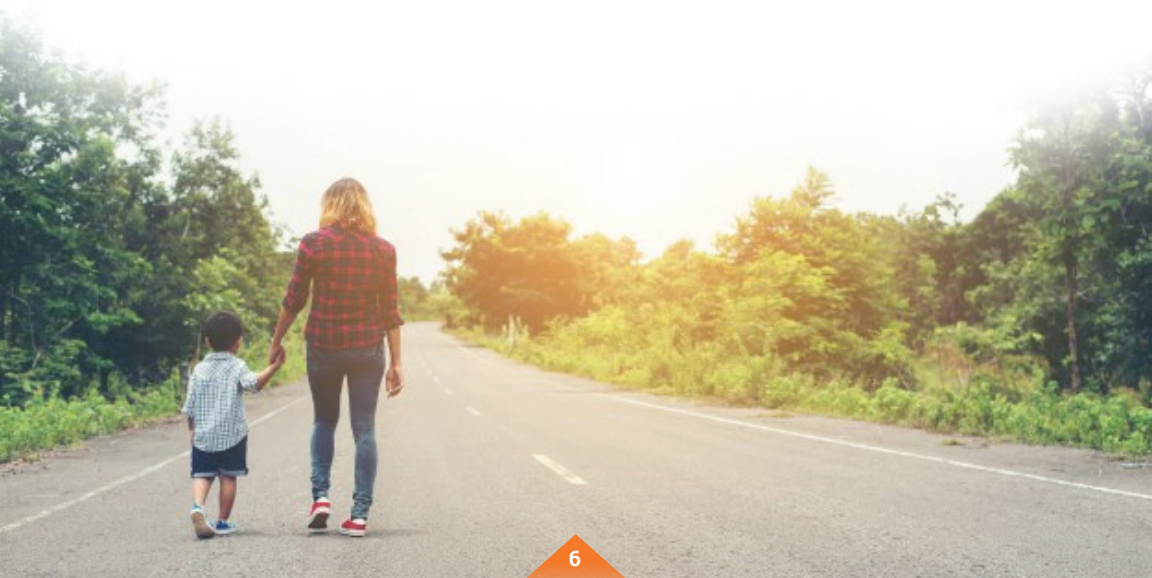
Change your thoughts, change your LIFE!

Who are you to judge?

I am going to discuss the word “judgement” and what it means to me. There are all sorts of reasons why people judge. People will judge you based on how you look, your pictures on social media, how you act, what you do for a living, what you drive etc.

The point is that family, friends, and business colleagues have judged me my entire life and now I actually understand why. It has taken me years to make sense of why so many people have judged me and tried to control my life. The obvious reason is that they are haters who are jealous, but it goes deeper than that. When someone judges you, it's because that person has internal issues and deep wounds that they have not faced yet head on. Also, remember people can only see out of the filters and lenses of where they come from and how they were raised.

If people judge you, remember they are projecting their own insecurities and beliefs based on their own life experiences. So why on God's green earth would you care what anybody thinks? This was a life changing revelation for me. Remember it's your life and you are entitled to make your own choices and decisions regardless of what others think. No one knows what's best for you but you. Remember what other people think of you is none of your business. Liberation is “POWER”



How to love yourself - SELF WORTH - SELF APPROVAL

3 Simple Hacks you can do if you feel mistreated by someone

Today I want to talk about the importance of SELF APPROVAL. This excerpt was inspired by two of my friends going through similar situations with their parents. So G and T this is for you. This is a typical case of parents saying mean and hurtful things to their children or they just show a lack of compassion and love. At least that's how these ladies felt.

Let me ask you this. Have you ever wanted your parents to say something to you, which you knew would help you feel better and make everything perfect? Are you like many people out there that just feel flat out WORTHLESS? NEWSFLASH, it's not happening and words create very DEEP wounds especially within families, and I am here to help you understand that.

The bad news is that you will never hear the words that you would like to hear or think you need to hear.

The good news is that you have the power to change this. You have 100% control over the thoughts that you think. This is something that NO ONE can take away from you. They are personal to you.



Here are 3 takeaways for you that you can implement ASAP.

- 1 Write down 5 affirmations and say them out loud every day. Do your best to do this 3 times per day. Start with the words "I AM". "I am proud of myself", "I am amazing" etc.
- 2 Write a letter to yourself listing what you WISHED your mom and dad would say or have said to you that would make you feel worthy, loved and appreciated.
- 3 Accept the fact that you now have to parent yourself and be your own parent. Let me explain what that means. Since we don't get to hear what we think will make us feel better from our parents, we have to start to tell ourselves these things. I use the example of parents because that's the most life challenging relationship to come to terms with when it comes to self-approval and feeling special.



Life advice and life lessons for 2021

7 keys to unlocking your potential

Here is the deal. Life lessons do NOT come easily. In fact, nothing in life comes easy. Hard work, perseverance and tenacity, topped with some FAITH & BELIEF, will always ensure you come out on top. If you start to feel like you are in a dark place, just relax and live in that space until YOU are ready and remember you are right where you are supposed to be. We are all being taught our own lessons in our own time on a daily basis through our relationships and experiences with others. Sometimes they don't look like lessons, but if you can learn that if you "slow down" you will actually "speed up" your results and this WILL do MIRACLES for you.

1



LISTEN TO YOUR INTUITION

No one truly knows what's best for YOU except for YOU. Quiet the mind and listen to your gut. YOU always have the answers. Stop looking to others for approval. What's meant for others is not necessarily what's meant for you. Everyone is here walking his or her own path.

2



BE HAPPY FOR OTHERS

If you can't be happy for someone then the opposite is jealousy. Jealousy is the death of any relationship.

3



SELF-LOVE

This is a very important component to living a happy and successful life. Loving yourself first means that YOU are just that more open, loving and caring about others. We attract what WE reflect. If you come from a place of love, you will get that back.

4

PRACTICE and LEARN the WORD “NO”



This is the art of NOT being a people pleaser. Having seen the DARKNESS over and over again, and shown the light each time on the other side, I now know it's much easier to say NO. It saves many headaches. Putting yourself first is imperative so that you can tap into YOUR personal POWER and take charge of YOUR own destiny. If you don't, someone else will. This is not selfish because remember the better you are to the people that you care about the happier everyone is.

5

QUIET THE VOICES IN YOUR HEAD



I have learned that we all have similar voices in our head that tell us we are not worthy or we can't do something. Dig deep to figure out where these voices come from. They ARE NOT REAL! Don't let them win. We are basically the DNA of our parents, grandparents, great grandparents etc. The point is that you CAN reinvent yourself by SIMPLY changing your thoughts and looking at things from a different perspective.

6

LET GO AND LET IT FLOW



you are right where you are supposed to be. Things are unfolding exactly the way they are supposed to and in the time frame in which they are supposed to. If you look back at your life, I am sure you can say that things always had a way of working out. Timing IS everything and when it's your time you will KNOW!

7

PATIENCE



practicing the art of patience is essential. Always take your time while making decisions. Nothing happens right now or overnight, but know that it is happening and things are moving. You have to put the work in and do the steps in order to receive. Relax and allow things to happen for you.

I had a yoga teacher years ago and during the class she used to say, " Stop fighting what is wrong and start loving what is right".

Life is NOT supposed to be a struggle. If you are struggling, then just know that only you have the power to change what you believe.



Are you an Empath or a Highly Sensitive person? You may be both.

Part 1

Today we are going to discuss what it means to be an empath. You may be one and not even know it. Over the past year, I have met many people who were empaths and they did not even know it. So let's break down a few characteristics of an empath.

- 1 You feel and take on other peoples' emotions like they are your own.
- 2 You are sensitive to your surroundings.
- 3 You don't care for crowds and they cause you stress.
- 4 People ask you for advice.
- 5 You find public places challenging because you can feel many emotions from people.
- 6 You can feel and read other people's energy.
- 7 You have a fear of intimacy.
- 8 You want to spend as much time alone as you possibly can because you have to regroup or restart your engine.
- 9 You have a high sensitivity to smells.

If you have identified with any of these traits, the good news is that not only can you protect yourself and your energy, but also there are many positives to being an empath.

Here are just a few tips you can do to protect yourself when you feel like others are overwhelming you.

- ① Remove yourself, at least 20 feet, from the person.
- ② Take a few deep breaths.
- ③ When you are feeling calm, make a list of the top 7 things that rattle your sensitivities and then create boundaries and a plan for how you will handle yourself in these situations moving forward. Set yourself up for success and not failure.
- ④ If you are an empath that is sensitive to smells, you can remove yourself, take a few minutes and go get air.
- ⑤ Most important thing is to say "NO" to things when you know a certain situation will stress you out. These are healthy boundaries and you do not want to set yourself up for failure. Hopefully, this has helped you to understand yourself even more, and for God's sake, go easy on yourself. All is good, and you are good!



Are you a sensitive person or an Empath? You may be both.

Part 2

I am going to expand on what it means to be an empath and explain to you what it means to be a “highly sensitive person” because they are extremely similar if not one and the same.

I have helped you identify what an empath is and what to do when you may feel overwhelmed with other peoples’ energies.

To take this one step further, there is a “character trait” called HSP, which stands for Highly Sensitive Person. Elaine Aron who has written several books on this subject discovered this.

Research shows that 70% of Highly Sensitive people are introverted and 30% are extroverted. It’s important to know this because it can help you understand yourself more so that you can “accept” yourself and ultimately fall in love with yourself. In my own personal experience, I have been able to learn to love myself fully and completely by embracing my differences and uniqueness instead of judging myself. Once you have a simple shift in your perception, you will be on your way to accepting WHO you are so that you can live your best life!



Here are 11 signs of a Highly Sensitive Person:

- 1 You get startled by sounds.
- 2 You are a deep thinker.
- 3 You are more sensitive than others, and others have even told you this.
- 4 You get anxious easily.
- 5 You don't like crowds and are better one on one.
- 6 You are a deep thinker and tend to analyze most things.
- 7 You get bored easily.
- 8 You don't like small talk.
- 9 You like to spend time alone.
- 10 Bright lights bother you.
- 11 You feel like you have had traumatic life experiences.

Here are 11 simple hacks to help you feel better instantly :

- 1 Close your eyes for 10-30 seconds throughout the day. Highly sensitive people tend to get stimulated automatically.
- 2 Identify others in your life that are an HSP and connect with them further. This will help you to feel more understood and supported.
- 3 Meditate for at least 10 minutes a day. If you can't do 10 than do 5 but do something.
- 4 Understand that over 20% of people with HSP are born with it. The research is everywhere.

- 5 Make your life and daily decisions by understanding how your surroundings will affect you. Basically, when you make different decisions, you won't be setting yourself up for failure.
- 6 Get noise cancelling headphones, which block out noises and help you hear yourself think. This is a lifesaver. I personally use Bose.
- 7 Walking in nature is the best way to restart yourself. This is also the art of practicing self-care.
- 8 You can go to the bathroom or your car to disconnect. These are two places where you will be alone and uninterrupted by others. This is a simple hack for you to unplug yourself for a few minutes so that you can reset yourself and refresh your perspective.
- 9 Put on some lotion, perfume, or cologne that smells good to stimulate your senses in a positive way.
- 10 Write down a plan on how you will handle future scenarios that you know will make you uncomfortable. This will help you to commit to a plan, allowing you to react appropriately when you are in these types of situations.
- 11 Have a conversation with your loved ones about this trait and how it affects you. In doing so, you can help them to understand your sensitivities, thus changing their perception of your actions. This was extremely helpful for me because for those of you who know me, I take the saying "beat to your own drum" to the next level.

This may sound very much like common sense but it's a reminder that "little steps over time go a long way". NOT taking any steps will get you nowhere. I hope that this information was helpful for you. As I always say, "to know better is to do better".

Living in the moment and WHY it's important

I love to sit down and write about the things in my life which have helped me heal my past wounds and traumatic experiences. I feel called to do this because I know that everyone goes through hard times and the world could use a lot more inspiration. There have been so many kind and loving people who have crossed my path and showed me so much love and encouragement. I have learned that having and giving love and compassion is the key to living your best life.

I used to give everybody the benefit of the doubt because I was a people pleaser. Once I started to put myself first and think about what I wanted, it became clear to me that negativity was not on the list. I "CUT" ties with many people who did not care about my needs and myself. This was life altering!

I realized that I have always been the one in charge, but I was giving my power and trust away to others who did not deserve or EARN it. Once I started to understand why I was doing this it became so much easier to make different decisions and therefore the outcomes changed as well.



I know that nothing in life happens by accident and there are no coincidences. Pay closer attention to these types of experiences in your life. This will help you to slow down, evaluate and live more in the moment. By living in the moment you are neither living in the past or the future. Your thoughts become your current reality. So if you are thinking about the past all of the time then you are currently still living in the past, in this present moment.

My Aunt Sandy used to always say, “if it’s to be it’s up to me”. This means you can have whatever you want, you have to do the work. It’s not easy but it’s worth it.

“

Your thoughts and feelings come from your past memories. If you think and feel a certain way, you begin to create an attitude. An attitude is a cycle of short-term thoughts and feelings experienced over and over again.

Attitudes are shortened states of being. If you string a series of attitudes together, you create a belief. Beliefs are more elongated states of being and tend to become subconscious. When you add beliefs together, you create a perception. Your perceptions have everything to do with the choices you make, the behaviors you exhibit, the relationships you chose, and the realities you create.

— Dr. Joe Dispenza

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Snap OUT of it!

One of my dear friends reached out to me and said she was having a rough day and asked me for some inspirational words. I wanted to pass along to you what I shared with her.

The fastest and easiest way to pick yourself up when you are feeling down is to accept how you feel in the moment and internally reflect WHY you are feeling this way. Know that you are right where you are supposed to be and that NOTHING happens by accident. It's okay to feel down at times because that's part of being human. The KEY is to pick yourself up as FAST as possible.

By changing your thoughts quickly in the moment from negative to positive is the best way to pick yourself up! Focus on 3 things that you are grateful for. Do this for a minimum of 3 minutes. It can also help to write this down. Once you see how fast you can snap yourself out of the negative thoughts that don't serve you, you can start to manifest whatever you desire quickly.

Your thoughts can play tricks on your mind so it's important to SWITCH your thoughts, just like a light switch. Things will happen in your life that are tough, painful and traumatic but always remember YOU are the ONLY person in control of your thoughts and destiny.

When you start to focus on the positive aspects of your life, this will raise your vibration and elevate your mood from negative to positive. The universe does not know the difference between positive and negative, so why not focus on the positive?

I am not sure if most people realize how positive thoughts can IMPACT your entire life. Continue to listen to your gut and do the things in life that make YOU happy. Spend quality time with people that bring out the very BEST in you. These are people that will say things to you like "I am so happy for you", "I want what's best for you", and "you deserve success." If you are not hearing this from your friends then it may be time to re-evaluate your relationships. You have one shot at this life; don't let others bring you down.

YOU'VE GOT THIS!

Tacos with friends

I guess it doesn't matter how young or old you are, people do NOT act their age. Here is a real life scenario. I decided to be a gracious host and have a few of my neighbors over for tacos. My son loves my tacos so I figured why not.

My innocent taco party turned into a huge ordeal with the neighbors, people were texting me and inviting themselves and others over, including people that I have never met before.

One of my friends that I invited over asked me if he could bring his friend along so I said yes. He came over with his friend and a group of us all enjoyed tacos and drinks. It was a great time with amazing people.

FAST FORWARD - I go to an exercise class 2 days later and this man's wife is there. She comes up to me and starts acting like I was with her husband all night. She told another lady that her husband came over to my house all night and she wanted to find me and talk to me. LOL.

I am literally like; did I just enter the "Twilight Zone"? She actually started calling me the taco lady and talking all sorts of nonsense about me to other neighbors. Her behavior was that of a teenager, or younger. Then she tells me that she and her husband are together 24-7, and that the only reason he even came to the party was because she had plans with her girlfriend for dinner that night.

The moral of the story is that this woman has been married for 48 years, and is probably 75 years old or older. I CAN'T EVEN. I have never encountered someone her age acting like that so the shock value was high. My mom always told me that you couldn't put anything past anyone, she was right. I HOPE and PRAY that you are inspired to NEVER act like this.



Positivity” is the only way UP

All of the negative thoughts that you think are NOT real. They are just a continuation of your past experiences. Let me break this down for you. Up until the age of 7 we are all being programmed with what I would call ancestral DNA and character traits. What that means is that you are a bi-product of your environment going back generations, including your bloodline and inherited DNA.

Positivity means that you are able to see the best in other people, even if you have to search long and hard for it. You can always find something positive in any scenario. Surround yourself with positive people and this will help you to FEEL a lot happier. Like attracts like and sharing energy is real so be careful who you surround yourself around because you are basically sharing vibes.

Every morning when you get up it is a good idea to start off by saying positive things. It's more effective to speak these words aloud. It could be as simple as saying "I am grateful for this day", "I feel good about my life" etc. Decide what you want and SPEAK THAT! The universe delivers so be careful what you ask for.

- ① Practice the art of being grateful. Focusing on gratitude is one of the fastest ways to shift your focus away from judgment and negativity. Make a list of 3 things in your life for which you are grateful for and read these out loud in the morning. Write down what you're grateful for in a journal. Each day, share with others what you're grateful for, this will give it more life and you will start to FEEL more grateful which in turn will help you attract more positive results.
- ② Do a random act of kindness for a stranger. This could simply be that you buy the person in the drive-through behind you a cup of coffee. Give a homeless person a few dollars. Just do something kind for someone you don't know. This will take you out of your comfort zone.

- ③ Listen to healing music. You can look up binaural beats and healing musical frequencies. There are so many great frequencies out there. I personally like the musical frequency 432mhz. This type of music is internally healing for all aspects of your life. This will help you raise your VIBE so that you can start to peel these layers off and start to attract more blessings.

- ④ Start to randomly smile at yourself in the mirror and others. By smiling, you are actually allowing more joy into your life. DO this until you FEEL it! Smile at someone randomly because you never know what kind of day someone else is having.

- ⑤ MOVE AROUND. Remember motion creates emotion. This WILL change your entire physiology. Whether it's getting up to do 10 jumping jacks or 25 push-ups JUST GET MOVING. Breaking things up can really help your mental state at the moment when you may be feeling a bit down.

If I can get control of my thoughts and change my perspective on my life, then you can too. Remember that even though you may have been through a lot or are going through a difficult time now, someone has it much worse than you.

Change your thoughts, change your LIFE!



Your cell phone IS the issue

A few years back I came to the conclusion that I was not happy with my life or myself. I felt as though I had the weight of the world on my shoulders 24/7 and I was running on a hamster wheel that I could not jump off of. I knew that I could not live like this anymore and that something had to change. The question was what and how.

One of the first “actions” that I took was to turn off ALL of the notifications on my cell phone. NOW I know this sounds extreme, however, it was necessary. I was somehow under the impression that I had to reply to my family, clients, friends and staff within seconds or I may miss out on something.

Once I deactivated my notifications I started to feel more relaxed, organized, focused, happy and in control. I could finally hear myself think for the first time in years. I realized that I was living my life trying to make everyone else happy.

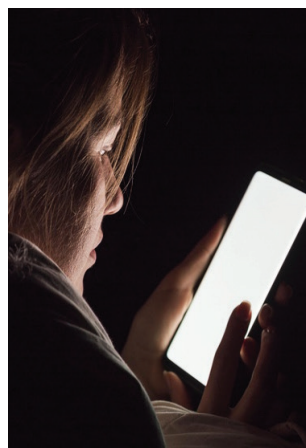
Below is a study by Deloitte regarding how many times per day people check their phones.

“Forty-seven”. That’s how many times the average consumer is likely to check his or her smartphone today.

The exception is those between the ages of 18 and 24. They check their phones even more – 86 times a day, according to Deloitte’s 2017 Global Mobile Consumer Survey: U.S. edition, released in December.

We’re addicted to our phones, researchers say. Most of us reach for them soon after waking up and just before going to bed. A device that lets us call, text, read, watch, and browse is often too hard to resist.

An estimated 264 million Americans own smartphones, according to the survey. While the number of times we consult them daily has remained steady during the past three years, we collectively look at them an astounding amount, more than 12 billion times a day.”



I mention this because I feel that by checking your phone this much you are putting unnecessary stress and pressure on yourself. This leads to feeling sad, inadequate, depressed and anxious.

Gaining awareness is the key to transformation. Sometimes it's as simple as understanding "why" you are doing something. We cannot change what we don't understand.

If you want different results in your life you have to be willing to do and try different things. Things that will make you uncomfortable. This is how you grow as a person. It's through your deepest pain that you will discover your greatest powers.

Most people don't like change and are not willing to go within. It takes courage, consistency, persistence and discipline to develop self-confidence and self-esteem, which results in self-love.

I believe that self-love is commonly misunderstood, and underestimated. By learning to love yourself first you are able to feel the LOVE from others, because now you are projecting the love you have for yourself onto others, which in turns brings back even more love to you.

Live free, BE you, and don't settle. NEVER stop pursuing your dreams, passions and visions. Always BE open to receive. You have already planted the seeds and what's yours is coming. It's time to enjoy the fruits of your labor. You deserve it!





Are you Accountable?

If you tell yourself you're going to do something and you don't do it, what you're actually doing is you're not being accountable to yourself. When you're not accountable to yourself how can you be accountable to others? When you say "no" to others you say "yes" to yourself. That does not mean that you are selfish or self-centered. What it means is that you respect yourself enough to take care of yourself first.

Now let's take that a step forward, when you start to say yes to yourself first; it's inevitable that you will raise your vibration to a more positive one. This is where the magic of manifestation happens. You won't manifest anything without living/being in the present moment. If your thoughts are still stuck in yesterday or tomorrow then you are not living in the present moment.

This is not easy to do and it takes daily practice. When I started writing this post I said that when you don't follow through with a simple commitment to yourself such as a workout, then you are letting yourself down. This stems from a lack of self-love, self-esteem, self-respect, feelings of worthlessness etc. First step is to take baby steps. Start to follow through with little things to start. If you say you are going to workout than make sure you do it because if you don't you are subconsciously letting yourself down. This is blocking you from manifesting what you want. When you tell yourself you are going to do something be accountable to your WORD.

Beliefs are a false sense of who you think you really are. No matter where you are in life or where you come from, you can always change your thoughts because new thoughts will bring in new opportunities and experiences for you. Once I learned this concept I was able to change all of these old thought patterns and beliefs that kept me stuck in getting to the next level. Everyone has a next level they want to hit! This work is hard work, but living in old beliefs and thought patterns that no longer serve you will NOT get you any further ahead.

Decide what you want and go after it, no matter what it takes.

I guess it boils down to whether you think you can or can't, YOUR RIGHT!

Quiet your mind and TRUST in the process.

We live in a World now where everything is moving so fast and things can be exponentially overwhelming. Here are some of the keys that I use to maintain a state of CALM.

Yesterday there were two instances in which I had planned to do something; it did not work out that way. As a human being, I got flustered and started feeling off track. The VOICES in my head started trying to get the best of me and then I remembered that I have 100% control over them.

Yesterday's scenarios inspired the teachings below.

(Again it's VERY difficult to see the light at the end of the tunnel when your old thoughts try to creep in on you).

- ① When you get upset about something, literally remove and EXCUSE yourself from the situation. Then take a few deep breaths and change the conversation YOU are having with yourself. This will allow you to refresh your mind so that you can reevaluate your scenario and approach it with a clear head. (IF you don't believe me, try it).
- ② Realize that there is a power or force greater than you that will actually guide you on your path to greatness. Meaning that whatever you have planned that does not happen how you planned it, it is because it's clearly NOT the right time. Again TRUST in the process.
- ③ BE PATIENT! This will allow you to ask yourself WHAT you are supposed to learn and WHY.
- ④ Understand that there are NO coincidences. I mean ZERO.

Because the two appointments that I had scheduled did not work out the way they were supposed to, I met an individual that I was clearly supposed to meet. This is even more confirmation that I am right where I am supposed to be and doing EXACTLY what I was put on this earth to do. In addition because of the other missed appointment, I was able to connect via phone with a very profound Spiritual Leader. Life changing day!

POINT is that when things DO NOT go EXACTLY as you have planned, understand that there is ALWAYS something else that you are supposed to be doing, seeing or learning.

**The point of LIFE is
the JOURNEY**



9 Life Lessons to always refer to



Understand that YOU have ZERO control over anything, so STOP trying to control everything!



You are right where you are supposed to be. TRUST in the process.



Thoughts are things. What you think about, you bring about.



Life is a PROCESS not an event.



There is no such thing as a coincidence. Pay attention to absolutely EVERYTHING and know that NOTHING is a coincidence.



Life can be cruel at times, so what? Stop whining, step it up and get back on your feet.



PAIN is the gateway to PEACE.



KARMA IS REAL.



Life is just an ILLUSION.

Practice for the day, **SELF-RESPECT!!**

How are you feeling today emotionally, physically and spiritually? It's important that YOU check in with yourself each day, first thing in the morning. No matter how you feel today I am here to remind you that YOU are not only responsible for HOW you feel, but that you ARE also in total control of YOURSELF.

NO ONE can make you happy but YOU. This is a very hard thing to hear and accept because it's easier to put blame on others for the way you feel. Once you truly get this life lesson, you will take back and OWN your POWER.

So now you say, "Michelle, this sounds so easy. What are some things that I can do to start to take control of MY life?"

Here are a few small steps to get started or continue on your transformational journey. When anyone around you makes you feel small, unloved, little or just flat out unappreciated, here are a few things you can do immediately to take back your POWER.



TAKE A VERY DEEP BREATH. This will allow you to change your physiology immediately. Now you will be able to think and **NOT** react.



Excuse yourself from the situation by saying, "give me a moment, I will be right back". This will allow you to actually **THINK** about how you want to respond so that you don't just **REACT**.



Put yourself back in the situation and you will find that you have more control over how you feel. This will now help you respond in a more calm and rational manner.



Let's talk about unconditional LOVE

Last night I received a text with the song from a friend and she was “LED” to send it to me, and I cried my eyes out during the entire song. I had such an incredible wave of emotions. Opening my HEART has been one of the biggest challenges of my life. I have dug deep WITHIN to the ugliest places that no one wants to go because I wanted to understand exactly how I got here and I knew that there had to be more to life. I have now made sense of my past, present and future while gaining an entirely new love for the future and myself.

What I have come to understand about others, and myself in general, is that at the end of the day EVERYONE just wants to FEEL love, self worth and acceptance from others. People want to belong and feel like they are a part of something.

I am BEYOND grateful for ALL of the amazing, kind, warm hearted and loving people that surround me and support me in my life. YOU always have choices in life. The real question is what are YOU going to choose NOW so that you can feel more comfortable in your own skin?

If you feel inspired to send someone a video, post, meme, song or anything else, don't think twice about it and just do it! You never know how you can touch someone's life at any given moment. It's all part of the plan.

Over the last few days, a few of my dear friends reached out to me for advice and said they were feeling a little bit down and wanted some inspiration. So I thought I would share this with everyone.

In order to pick yourself up and “self-inspire”, you will want to continue to do the things in life that make you happy, with the people that bring out the best in you.

If you feel like that is not an option for you, then your next best step is to hibernate and spend uncomfortable amounts of time alone. This is SO extremely painful, but productive and mandatory so that you can start to hear your own voice, not the voice of others. This is where you are able to HEAR yourself and this is where your answers to the questions that you have will be discovered.

People in general are seeking approval from others for a multitude of reasons, but the bottom line is that moving forward and embarking on the “self love journey” is NOT an easy path. You WILL first want to get in touch with the reasons why you don’t feel worthy or deserving. Once you figure that out then you will start to understand that all of the voices and stories in your head are NOT TRUE.

Self-love is required for SELF-approval. This is YOUR LIFE! If you don’t approve of YOU then how can you expect others to?



My brief explanation of what it means to "REWRITE" the narrative

When you find yourself in a scenario that you feel like you have been in before, and that feeling does NOT resonate with YOU, then this would be called a "defining moment". YOU can make a different decision. YOU can "REWRITE" the narrative and BREAK your KARMIC CYCLES.

What has been extremely helpful for me on my journey is learning to say NO and to take MY TIME and be PATIENT, while making decisions about things. It's imperative to learn these lessons and make different choices OR YOU will live out the same life experiences over and over.

Do something that scares YOU or makes you uncomfortable; this will definitely call for a MAJOR transformation. Who is up for the challenge and what decision are you going to make?

Last I checked NO ONE pays my bills and NO ONE other than me is responsible for my multiple SUCCESSES as a WOMAN in both life and business. Own who YOU are and always be true to that, no matter if you're going to piss people off along the way which you WILL. This is YOUR LIFE! Live your best life the way that YOU want to live it.

I have FINALLY drawn a LINE IN THE SAND. If anyone has anything to say to me that makes me feel bad or disrespected then he or she is going to be ignored and it's that simple. I don't respond to that kind of "stuff/nonsense" anymore, and it does NOT phase me for more than a few minutes.

Your personal happiness and well being is WAY MORE IMPORTANT than how someone else is going to try to make you feel. WE are all responsible for OUR own feelings. You cannot take ANYTHING personally anymore and ALWAYS consider the source.

I have experienced so many different TYPES of personalities and put up with things in my life that I did not even realize I was putting up with at the time. When you know better that means you should DO better.

We know that YOU CANNOT change other people so than why have a conversation about something with someone that's not going to change anything. All you do is aggravate yourself more and nothing gets accomplished. Ask yourself if it's worth the energy.

It's time to take back ALL of your POWER and STOP allowing people to treat you a certain way. Remember you "teach people how to treat you" so what energies are you giving off to those not treating you the way you would like to be treated?

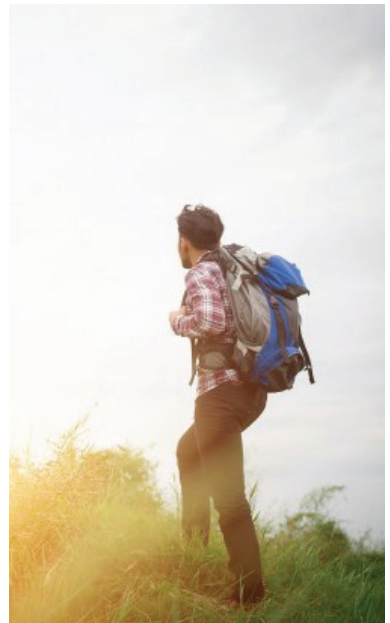


Your life is unfolding as we speak

I decided to share some of my random thoughts and visions with you that go on in my brain all day every day. I realized that the 4,000 notes and ideas in my notepad are not going to share themselves.

BE the change that you want to see in the World. This means that it all starts and ends with YOU. A simple act of kindness, or a smile at a stranger who seems sad can go a long way. Anything you do which is positive that is coming from a place of LOVE will help elevate our “society and consciousness”.

Don't be so hard on yourself. You CAN and WILL heal. This is a process and not an event. In order to heal, it is imperative that you take your tragedies, traumas, pain, sadness and sorrows, as experiences and teachings as you are on a journey. Remember it's not the end of the World it's just a speed bump or fork in the road. You MUST KNOW this to the depths of your soul. WHO YOU WERE IN THE PAST IS NOT WHO YOU ARE NOW. Your past does NOT have to dictate your future. However, it is up to YOU and YOU only to reinvent yourself because the TRUTH is that you can be whomever you WANT and or DECIDE to be.



Anyone can call himself or herself anything these days and the Internet has proven that. So who are you? What are you? Why are you here? How do you see yourself fitting in the world? Who do you want to be? Your answers are a manifestation of your current physical reality. Your thoughts are your surroundings. If your currently not getting what you want than it's simple, change your thoughts and you will change your outcomes.

The point is, you can be, do or have whatever you want and the power is within YOU. No one can take that from you unless YOU let them.

Life can be such a roller coaster ride. No matter what is happening in your life right now understand that everything happens for a reason and has its own time. Sometimes you won't know what the reason is in the moment when things aren't going your way or you're feeling an extreme sense of darkness and despair. Know that you are NOT alone. There is always a way. When you choose to live in the moment and learn how to quiet the voices in your head, you will find a true sense of freedom and purpose. Again only you know what's best for you.

No matter what, always speak your mind, even if that means you disappoint and or piss off others. It's YOUR life. The people that don't understand you, or don't get you, don't get to be blessed to have you in their lives. Sometimes we're not meant to be in relationships with friends, family or loved ones forever. Find the people that you vibe with in your HEART and SOUL and grow with them. Nurture those relationships, as that is where the love and light is that will help you RISE UP and become the BEST version of yourself.

If you don't feel loved and supported after a conversation with someone, then it's time to cut the cord and hit the CONTROL+ALT+DELTETE button. This took me 49 years to figure out so please take this seriously because you deserve to be happy and have the best life ever even if the World and some of the people in it does not seem so kind.



People will try and dim your light because deep down they are miserable and they project their biggest insecurities and fears on to others, so always consider the source before you take anything personally.

My mom always used to ask “is your glass half full or half empty”. This was an important saying to me because this showed me that I always have a choice on how I look at things.

Remember you always have a choice. Are you going to be a victim or victorious?

You DECIDE!



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Links

www.bottomlinefacts.com