



I applaud you,

Because you are already on a path of awareness. If you are reading this guide, it is because you have a sense that your life is at a crossroads, on the precipice of change. Standing at a crossroad, whether it is of your choosing or not, means that there is something that is uncertain about your future. Depending upon who you are (and the day you are having!) you may feel scared, angry, excited, guilty, or confused about your current position on the map in the journey of life.

As you already know, we do not choose everything that we encounter along the journey. Some things just happen. We do, however, always have control over HOW we navigate this journey - WHO we choose to be and how we choose to encounter our fellow travelers.

This brief guide offers wisdom for those who want to enjoy and find happiness in their journey, regardless of who or what they encounter along the way. Keep it with you, by your bedside, in your car—wherever it will bring you to a place a calm when you need it most. As a coach, this is my goal - to make the world a better place by supporting my fellow travelers in seeking their happiness and success in this journey of life.

Warm regards,
Adina

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12 tips to begin your path forward ..TODAY

1. **The only constant is change.** As human beings, each of us has a different innate tolerance for change. Some of us embrace it and some of us resist it. Nonetheless, it is inevitable. Rather than asking yourself, "How can I keep things from changing?", try asking yourself, "What do I need to meet this change well?" When you can name and ask for what you need, you will feel less resistant and experience less stress.
2. **Each moment describes who you are and gives you the opportunity to decide if that's who you want to be.** There is *always* a choice...We always have a choice about how we show up to this journey of life. We can meet anger with revenge or with love. We can meet disappointment with frustration or with resilience. We can meet change with resistance or a sense of opportunity. It is always our choice. How do your choices serve you?
3. **There are no mistakes.** In every moment, we make choices and take action based upon what we believe is best. Sometimes we do this consciously and often we do it unconsciously. It is what the brain is wired to do. When we like the outcome of our choices, we are satisfied. Otherwise, we call it a mistake. Was it really a mistake? Or was it a choice that led to an outcome that is guiding us toward an important lesson? The notion of "mistake," creates guilt and shame. The notion of a "lesson," fosters the sense that we are lifelong learners. How can you view unanticipated outcomes in a way that serves you?
4. **Each of us is greater and wiser than we appear to be.** It is common for many of us to seek advice, affirmation and guidance from others. Friends, family and professionals can be a great source of information. In the end, you are the only expert on your life and what is right for you. We are each much wiser than we believe ourselves to be. Think about a time when you have successfully accessed your inner wisdom in the past. If you have done it before, you can do it again. As yourself, "How do I best access my inner wisdom?"
5. **All experiences are an opportunity for growth.** Every moment in our lives offers us the opportunity to grow. What determines how much we grow is our willingness and our understanding that the greater the struggle, the greater the opportunity for growth. How willing are you to meet all situations as an opportunity for growth?
6. **Each person we meet is our teacher and our student.** Every person that we meet in the world teaches us something. Sometimes the lessons are fun and enjoyable. Those that rub up against us most intensely have very important lessons to teach us. Try stopping and looking at the people in your life that are most challenging for you and ask, "If this person is here to teach me something, what is it important for me to learn about myself?"

7. **We are each a product of our belief system.** It is natural for us to believe that the way in which we see the world is how it really is. In fact, we each see the world through the lens of our belief system and past experiences. When you see something differently from how someone else sees it, think about what lens they are wearing. How does this help to make sense of the current situation?

"The first step towards getting somewhere is to decide that you are not going to stay where you are."

8. **We are each here for a special purpose.** When things are not going our way, it is easy to feel that "the world is against us." Try another perspective...We each have a unique gift to share in the world and a place where we will have the greatest impact. When things are not working out, consider that this is the universe's way of guiding you toward the place where you can realize your full purpose and best share your gifts. How does this perspective change things?
9. **Now is all there ever is.** When we are traveling through a rough patch in our lives, it is natural for us to feel guilt or shame about the past or anxiety about the future. In fact, the only time we can truly control is the present moment. Detaching from the past and future and focusing on this moment right now will stop the flow of depleting energy and enable you to make the most of the current moment.
10. **Energy attracts like energy.** The energy we put into the universe is the energy that returns to us. If you are feeling sad or angry all the time and you feel that the world seems to be a sad or angry place around you, try shifting your energy. Find 10 things you are grateful for and share them with others. Seek three miracles in every day and share them with others. Then notice what returns to you.
11. **You must wear your own oxygen masks first, before you can help others.** In challenging times, it is essential that we care for ourselves first so we can care well for others. If we default to always caring for others first, we become depleted and less able to make good choices and be our best selves. It is not selfish to care for oneself. In fact, it is one of the most loving things we can do for others.
12. **Your seatbelt is designed to keep you secure, even when the ride gets bumpy.** On this journey of life, there are smoothly paved streets and rough terrain that has not yet been cleared. The ride will get bumpy at times. Tighten your seatbelt and trust that you will not fall out when you hit the bumps. The bumpy path will only last for a time and then you will find a smooth road again.

