



## **Theresa Brown Gold- 5 tips for Reinvention**

### **Not lying to self:**

Develop the habit of saying the absolute bottom-line truth to ourselves at all times

### **No complaining:**

Complaining is sometimes an unconscious way of saying "I'm afraid." Complaining is a response to something that triggers fear then numbs us.

### **Don't think you have to control everything.**

As achievers we can DO a lot. But there's a point where, if we don't give the ship we've build room to sail, we will impede its progress

### **Consciously connect with Source at least once a day.**

We may, in our old age, regret some things, but the time spend connecting with our Infinite nature won't be one of them, I'm sure.

### **See the magnificence and opportunity in failing.**

If, in our work, we hit a rough patches remember we can control only what we can control--our own thoughts and actions. Knowing that, we can seek inspiration for solutions in the most sacred parts of ourselves.