



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.