

Tips for Finding your Inner Strength

1. Love yourself. Surrender to your dreams, your individuality, your brilliance, and your personal journey.
2. Trust fate. Trust that a divine force is shaping your life. Trust that the teacher will appear when the student, you, is ready.
3. Act consciously. Shape your thoughts, values and inner-thoughts to change your outer reality.
4. Be positive. See and treat yourself and others as naturally creative, resourceful and whole.
5. Dream. You are entitled to live your dreams. Ask the universe for what you want. State your intentions clearly. Trust that you will receive what you want.
6. Plan your life. Life is a journey. You control where your journey takes you. You will experience periods of adjustment, transition, transformation and continuation. Be patient with the processes of your journey.
7. Grow. Increase your knowledge. Articulate your vision and become more creative and focused. Use tools such as journaling, an artist's date, meditation/mindfulness, pilgrimages, visioning, collages, good reading material and experience-expanding workshops.
8. Embrace fear. When you encounter fear and negative thoughts accept their existence. Don't let fear and negative lead you to make life-changing decisions. Do not let fear and negative thoughts undermine your journey.
9. Celebrate your victories. Set achievable goals. Rejoice when you succeed. Tell others about your victories.
10. Choose wisely. Know that you have choice. Exercise your choices clearly.
11. Contribute to your community. Find your life's work and pursue it ardently in your community.
12. Manage fear. Focus on positive thoughts, love, nature, your inner-strength, your dreams and your values.
13. Cultivate detachment. You cannot control outcomes. You can control your reactions to outcomes. You'll be happier if you accept the outcomes that appear.
14. Live in the present. The only moment that you can grasp fully is the present. Live there. The past is clouded by recall. The future is unknown.
15. Persist. Never stop trusting, loving, and believing. Remember. You will succeed if you think you can.
16. Play big. Find out who you are, what you need, what you can give. Live by what you discover. This is the highest form of self-love: being you.
17. Practice extreme self-care. Look after your diet, exercise, and relaxation. Recharge yourself and you will become more focused.
18. Seek simplicity. Simple explanations. Straightforward plans. Uncomplicated relationships. Simplicity and ease make for a better life. Less is more.
19. Seek support. Ask for help. Participate in community. Fully engage in loving relationships.
20. Show affection. Give and receive plenty of hugs, acknowledge others, support others.
21. Shut down negativity. Do not believe your inner voices when they say you cannot have what you want.
22. Surrender to life. Live one full day at a time. Be joyful. Be open to new learning. Be thankful for every morning—every opportunity to live another interesting day.
23. Teach what you need to learn. This is an effective way to absorb new ideas. Once into your system, ideas will shape your behaviour. You will make your choices in line with the new ideas that you have integrated.
24. Trust your inner-strength. Believe that you have it. Find it. Use it. Trust that solutions will arise from the power of your inner-strength.
25. What items would you like to add to the list based on your experience?

From *Camino-Power, finding your inner strength*, Brooke Broadbent

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