

## **Module 4: How to Live the Best Life Possible**

**Throughout the previous modules we have covered:**

- ❑ Starting over in life, no matter what the circumstances are.
- ❑ How to forgive yourself and move forward in life
- ❑ Seeing your own importance & self worth.
- ❑ Different ways people may try to Predefine who you truly are.
- ❑ How to discover who you truly are and love that person.
- ❑ Learn how to live wholeheartedly for you.
- ❑ I have introduced you to the 3 C's in life & given you ways to practice all 3.

**In this module we will cover the steps you can take to Start Living the BEST Life Possible, each and everyday!**

## **☐ Learn to “Let Go”**

If you constantly find yourself overwhelmed and stressed out, or you feel as if you **cannot** handle another thing, then it's time to let go! Don't let situations that aren't even that big of a deal, to break you down. Don't allow situations that really don't even concern you, eat you alive!

Let them **GO!**

## **☐ Try to find ways to practice the 3 C's at least once everyday!**

By engaging in practices of: **Courage, Compassion and Connection** you will allow yourself to grow and learn. Your *nurturing* your heart and helping others at the same time. Positivity can cure so many things!

## ❑ **Allow yourself to Transform & Embrace it!**

Transformation in people is *normal and needed*. In fact, if your not transforming then your not growing and bettering yourself.

Transformation allows us to become closer and better prepared to fulfill our *true* purpose in life!

## ❑ **Trust Yourself and be Trustworthy**

Always trust your instincts, know yourself inside & out and listen when you feel things aren't quite right. Likewise, always be **honest** with yourself and others. Honesty is always the best policy! You'd be surprised at how being trustworthy can really save your life!

## ❑ **Love EVERYONE, starting with YOU**

You **HAVE** to accept and learn to love yourself! If you don't love you, how is anyone supposed to love you? Start by showing love to others through practicing the 3 C's and try to see yourself as the woman those people your helping see her. Love everyone, even yourself!

## ❑ **Forget Perfection- Its a Pipedream**

If you live your life striving for perfection, not only will you fail every time, but you'll **waste** your life on something that doesn't exist! Enjoy your imperfect perfectness of a life!

## □ **Never Lose Faith in God, Always Trust in Him to 100%**

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deut 31:6

**I want to leave you with a piece of hope for your future....**

**Discover who YOU truly are, the beautiful and unique woman that God hand crafted and placed on this earth. Once you have made that discovery, turn and radiate that joy and happiness you feel onto others! Finally, continue to practice the 3 C's daily. If you continue to do all of that, then let me show you what your future can hold...**

***“Her children rise up and call her blessed; her husband also, and he praises her” - Proverbs 31:28***