

Life's Philosophies

You made it!!! ★

Today I am providing a little guide to my life's philosophies. These are the things I believe are true and help me endure the hard times and enjoy the great times - the Terms & Conditions (T&Cs) of life if you like.

Let's finish our **21 days** with a bang by spelling out your T&C of life. Almost like an instruction book you'd give to a child. Have a read of mine (these are some, not ALL of my philosophies!) then let's finish with YOUR life's philosophies.

1. Pain is part of growing

Every great success requires some type of worthy struggle to get there. Good things take time. Stay patient and stay positive. Everything is going to come together; maybe not immediately, but eventually.

2. Everything is temporary.

Pain and pleasure are both passing. So if things are good right now, enjoy it. It won't last forever. If things are bad, don't worry because it won't last forever either. Just because life isn't easy at the moment, doesn't mean you can't laugh. Just because something is bothering you, doesn't mean you can't smile. Every moment gives you a new beginning and a new ending. You get a second chance, every second.

3. Worrying and Complaining changes nothing.

Those who complain the most, accomplish the least. It's always better to attempt to do something great and fail than to attempt to do nothing and succeed. It's not over if you've lost; it's over when you do nothing but complain about it. If you believe in something, stick with it. Don't let the past dictate your future. Let what you've learned improve how you live. Make a change and never look back.

4. Not everyone who smiles at you is your friend.

Not everyone is on the journey with us. Sometimes we need to lose people along the way when we grow and they don't. Sometimes we get hurt when we have trusted someone too much and they betray us. Remain true to YOU.

5. Trust your inner satellite guidance system.

Despite what anyone says, no matter how well intentioned they are, no one knows you better than you.

6. A Daily To Do List should include:-

- Think positively
- Eat good healthy food.
- Exercise your body and mind
- Worry less
- Work hard at something you love
- Laugh often
- Sleep well
- Embrace the moment
- Trust yourself
- Break the rules (not the law)

7. There is always something to be grateful for.

We say 'don't take anything for granted' yet we take so much for granted. If you are having a bad day, take a moment to consider how fortunate you are to have clean water, flushing toilets, food, a car, friends, a mobile/cell phone, films to watch, a house, garbage men/ rubbish men who collect your household waste, a toothbrush.. you get the idea? We take the small things for granted.

8. As much as possible, do no harm.

Be the kinder person. When you witness bad behaviour, view it as that person's pain expressing itself. Send them love.

9. Leave no trace.

When you go out in nature for a picnic or a walk or sport, leave only footprints, take only memories.

Now it's your turn. Write your own rule book, your own philosophy....what do you believe are the guiding principles of life?

Write a few statements and share in the Facebook group- if you have children or a partner it can be an opportunity to develop some joint philosophies!

I honour you and thank you for being part of this process. I value your feedback into how I can develop this course into something even more valuable to people. Please share your thoughts with me.

Finally,

If you have loved some or all of these exercises, print them out, keep them nearby, repeat them over and over again.

Building your happiness requires consistency, it's not a 'one and done' deal- it's a daily practice. You'll start to have a knock on effect to those around you too!

Share these exercises with friends, keep paying it forward, the world is crying out for more enlightened souls to share positive messages of how we can make the world a better place.

Make learning about high vibration living part of your daily routine. The world is waking up, be part of the change, reach your hand back to the next person who needs to learn some of these simple exercises. This way, we all rise together.

With much love,

Denise 