

KEY TAKEAWAYS

BEYOND BEREAVEMENT

GET ME STARTED!





1. Regrets - Letting them go

KEY TAKEAWAY

To let go of regret you must be willing to surrender at least some pain.



2. Failure: Friend or Foe?

KEY TAKEAWAY

You always have a choice to put your negative feelings behind you and accept something different as your path.



3. Self-forgiveness - You need it to change your life

KEY TAKEAWAY

Being able to forgive yourself means you are ready for something more.



4. Hope - Are you ready for change?

KEY TAKEAWAY

You must be able to see your potential to have hope.



5. Acceptance - Leaving your stuff behind

KEY TAKEAWAY

Giving in to what you are really feeling is its own form of acceptance. It will free you to eventually change your mind.



6. Willingness - Do you have what it takes to change?

KEY TAKEAWAY

All change starts from a new mindset and what you are envisioning for your life today.



7. Trust - You can do it

KEY TAKEAWAY

You are worthy and deserving
of all the goodness you want.
So go get it!



*8. Becoming Joyful - A win in
anyone's book!*

KEY TAKEAWAY

It is the choice you make to experience your life differently that will allow you to experience it differently.



9. *Ambition - More means more*

KEY TAKEAWAY

It's okay to let your ambition slide for whatever reason. As long as you don't get stuck there.



*10. Limitations - What's
stopping you now?*

KEY TAKEAWAY

Limitations can help you become who you are meant to be.



11. Change - Designing your life

KEY TAKEAWAY

Understanding your intention behind every change you want to make in your life will help you consistently create lasting and authentic change.



12. Gratitude - Equals joy equals more gratitude

KEY TAKEAWAY

Anything you can try to understand differently about your past and current experiences will help you eventually feel gratitude for them.



13. Finding relief - Stepping through to the other side

KEY TAKEAWAY

All change stems from the predominant mindset from which we are currently functioning that influences what we are thinking, doing and how we are behaving.
