

## Gems of Wisdom

I've been blessed to have some very wise, insightful mentors in my life. Admittedly, I didn't always listen or appreciate their words of wisdom. Today, I not only appreciate these gems, I willingly share them with you.

### **It is what it is.**

It was what it was. Accept what has already happened. You can't change the past. You can only learn from it.

### **The past is for learning.**

Guilt is only an inner alert that warns me that there is something to learn. Once I start to figure out what to learn, the guilt has served its purpose.

### **Use my imagination for good.**

Rather than spending time imagining disastrous pictures of the future and worrying, I can focus on what is in my control about that future and take full responsibility for taking the steps that are in my control.

### **I can't change other people.**

I can only change myself and I can learn to better influence others.

### **I cannot control what is out of my control.**

If I let it send me out of control, then I am allowing myself to be controlled.

### **I am not responsible for other people.**

I am responsible for my actions in regard to other people.

### **I need to have compassion and empathy for myself.**

Self-criticism only stops me, slows me down or stresses me. Instead I need to have compassion and empathy for myself while learning from every mistake.

**There are no failures, only failure to learn.**

There is no point in dwelling on what I did wrong and feeling bad. Instead, I need to learn from the experience and move on.

**I am complete, whole and acceptable.**

I don't need the approval of others to feel good about myself.

**There is no perfect.**

Just because I thought I needed to be perfect as a child doesn't mean I still need to do that. Better to move forward while learning from my mistakes.

**I can go forward and take a risk.**

If I don't do as well as I want, then I will simply learn from the experience so that I can do better next time.

**The most destructive habit is worry.**

It's a time vampire and serves no useful purpose. Worrying is steeped in fear.

**The greatest loss is not sharing yourself with the world.**

You are unique, one of a kind and the world needs the gift of you.

**The greatest boost we can get and give is encouragement.**

Fire the critics and hire cheerleaders.

**The greatest problem to overcome is fear.**

Courage is when you admit your fear and take action anyway.

**The most powerful words are "I can".**

Henry Ford said, whether you believe you can or believe you can't, you're right.

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For over two decades I've helped my clients stop the daily struggle with the never-ending "shoulds" by shifting their focus on what works for them so that they stay in action doing what they love – sharing their magic in way

that consistently attracts new clients, generates income and the provides the independent lifestyle they crave.

If you you'd like to explore how you can stop struggling with your business, I invite you to schedule a *complimentary Strategy Call* with me.

Why?

Because you matter. Your life matters. Your business matters and I want you to start living the life you dreamed of living when you started your business!

Schedule your session now – before time runs out. Act now so you don't miss this amazing opportunity – a \$350 value. *It's yours free* when you take action now and schedule your time.



*Susan*

*Your Business, Your Life, Your Way!*

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