



5. WORK ON CHANGING YOUR THOUGHTS

Of course this is infinitely easier said than done! But please remember that at any point in time YOU have the power to create your new reality by reframing or changing the way you interpret any given situation.

Always keep in mind that it is YOU who has control over your thoughts, and not the other way around.

Staying aware and consciously changing your thoughts may take some getting used to, but it is so worth it!

Also, remember that you are only here in this physical body for a brief moment in eternity, and no matter how challenging life may feel right now... "This too shall pass."

With time, when the big picture becomes clearer, everything will make much more sense than it does now!



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