

GEMS OF WISDOM

from Cheryl Benedict

REFRAME CHANGE IN YOUR MIND

Rather than saying, "Oh no, not more change," you can say to yourself, "Here is a chance to deepen and grow."

TRY TO WELCOME CHANGE

To welcome change, *be willing to meet it*. You don't have to like the change, and certainly don't have to agree with it.

WORK TRANSITIONS ARE SHORT-TERM

and situational. The worry will subside, you'll regain your ability to focus & come back happily on top of your game.

RELAX & RESPOND OPTIMISTICALLY

You can benefit greatly from surprises & synchronicities that lead you in new directions.

TRANSITION IS AN OPPORTUNITY

for something new and unexpected to occur in your life. It begins the moment you commit to making a shift.

TRUST THE FLOW OF CHANGE

Allow change, and trust the flow. You will refuel your life when you rediscover your sense of purpose.

CREATE A PEACEFUL SAFE SPACE

Make this physical place enjoyable with familiar, much beloved items such as plants, books, photos, and artwork.

RETREAT TO YOUR SAFE SPACE

The stability of an unchanged, familiar safe place can be comforting when parts of your life are in disarray.

FORGET ABOUT THE OUTSIDE WORLD

for a while during your transition. Let your mind's *protective fog* support & insulate you from outside concerns.

TAKE TIME FOR YOURSELF

to self-nurture and reflect. Give yourself permission to wilt and bulb in the blessed dark - far away from all scrutiny.

CHERISH YOUR ACHIEVEMENTS

Recognize and dwell on the good that you've done. Grant yourself appreciation and praise.

TRUST YOUR INNER VOICE

Your intuition often communicates to you through your gut feelings - and serves as your internal compass.

TREAT YOUR EMOTIONS AS TOOLS

of your deepest awareness so you can move forward as a whole person.

EXPAND YOUR WORLD VIEW

Be eager to see the whole picture! Look beyond the obvious and stay open to explore and welcome the unknown.

SAVOR MOMENTS OF SELF-DISCOVERY

Ask yourself important questions and listen to the answers as deep-seated values arise to speak honestly with you.

CREATE A HEALTHY BALANCE

of self- reflection *and* action.

DON'T WAIT TO BE HAPPY

You can reframe *any situation* in your life, and find a way to feel good about whatever's happening - right now.

CLAIM EACH DAY AS GOOD

with the affirmation: "I open my mind, my heart and my entire being to the good that is here for me today!"