

RISE UP

IT'S
GOING TO
BE A FUN
RIDE!



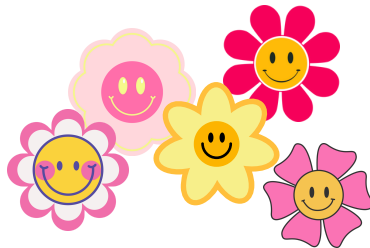
Hey there, I'm Connie, and I'm so glad you're here!

I wrote this book because the world is spinning faster than ever, and it can be a real challenge to keep your chin up. But I say, do it anyway! It's far more rewarding to take charge of your life and rise above the chaos than to surrender to hopelessness and despair.

No matter what's happening out there, when you're steady and straight on the inside, there's always hope. I've packed this book with golden nuggets to help you upgrade your mindset and rise above the noise.

My hope is that it inspires you to RISE and LIVE UP TO YOUR FULL POTENTIAL because that's where life starts to feel REALLY GOOD—even when the world seems to be going loopy around you.

And I truly want that for you—the feel-good life! It's out there, waiting for you to create it. So, let's dive in and get started!



The weather was cold and drizzly, and it was getting dark. On a road with no lights, the taillights ahead of me felt like a lifeline. I was grateful to have them to follow.

Then, out of nowhere, the trailer began to weave. I watched in horror as it slowly tipped over. I barely stopped in time to avoid hitting it. My heart was pounding.

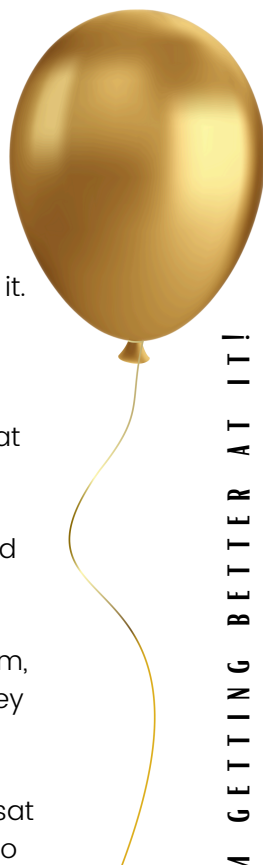
I got out of my car and walked to the truck's passenger side. Inside, a man and woman sat in the front, and three kids were in the back seat. They were talking and laughing and I realized they didn't know the trailer had tipped over behind them.

I wanted to knock on the window and tell them, but I heard a voice say, "Go back, Connie. They don't want you to bother them."

Stunned, I obeyed. I returned to my car, and sat there feeling rattled. I wondered, "What do I do now?"

Then, the voice spoke again: "Rise up. You don't need your car. It's holding you back. Rise up and go where you won't be limited or blocked."

Could I? Was it really that simple?




LET GO & RISE. I'M GETTING BETTER AT IT!



Movement is more than just physical—it's a symbol of the action we take to rise above life's challenges. Moving forward physically can also help you move forward emotionally and spiritually.

If you're not used to moving your body and the idea feels overwhelming, I get it—start small. Remember, movement can look different for everyone. It might be dancing in your living room, gardening, playing with your pets, or even cleaning your space with intention. Even standing and stretching for just one minute can make a difference. The key is to choose something that feels good and keeps you moving. There's no wrong way to move when your focus is on progress, not perfection.



Honor your body where it is today, and celebrate every effort, no matter how small.

Progress, not perfection, is the goal. This week set aside just 5 minutes each day to move in a way that feels good to you. By the end of the week, notice how your energy and mindset have shifted—I'm betting you'll feel markedly better and want to keep going!

Take a moment to thank your body for what it can do. Whether it's a simple stretch, a short walk, or dancing to your favorite song, every movement is a gift. Gratitude for your body shifts your mindset and deepens your connection to yourself.

By honoring your body through movement and gratitude, you step closer to living fully aligned with your highest potential.





YOU ARE THE DIRECTOR OF YOUR LIFE!

If you don't like how things are going, it's time to take a deep look at yourself and be honest about how you do things.

You're already off to a great start!

Stay in the self-empowerment game and you'll be inching up and up before you know it!

You are capable.

You are powerful.

And you have everything you need to rise up and thrive.



I'm not here to sugarcoat anything or give you quick-fix solutions. This book is simply designed to empower you to take full responsibility for your life and embrace the limitless potential that comes with making wise choices.

Each chapter will guide you through powerful truths, actionable steps, and practical exercises to help you:



- Recognize the areas where you might be holding yourself back.
- Align with Universal laws and God's principles to create more flow and ease in your life.
- Build habits, thoughts, and actions that support your growth and happiness.
- Cultivate a mindset that lifts you up and inspires you to rise above limitations.

You'll find bite-sized insights and tools that you can apply to your life right away. Some sections may challenge you, others may feel like a breath of fresh air—but all are here to help you step into your power and shine.

This is your invitation to get honest with yourself, let go of the excuses, and start managing your life with intention and grace. Are you ready to move forward into a life that feels rewarding and fulfilling?

Just like I realized in my dream, sometimes we need to let go of what's holding us back and take a step toward creating the life we want.

Remember, your life is your masterpiece. When you take responsibility for it, you unlock the freedom to design your future on your terms. Take the brush, embrace your power, and paint boldly.



YOU

YOU are one of God's most brilliant and capable designs—your body's potential is unparalleled, and your spirit is also powerful beyond measure.

YOU an UTTERLY AMAZING creation and YOU have the power within YOU to achieve what you set your mind to, and your spirit knows it

Your spirit KNOWS full well who YOU are and what you're capable of. It remembers your heavenly beginnings and knows that you are a spirit child of God. That's why, when something feels good, you say it's heavenly, and when life is hard and ugly, you say it's hell. You instinctively know the truth about who you are and where you came from.

Your spirit knows that God in heaven is your Heavenly Father and it's no accident you were born at this time. And it knows you agreed to do something before you were born, but now that you're here and all nestled into a physical body, this earth seems like all there is. You probably can't remember heaven or all the things you knew before you were born. Most people don't.

The good news is, I'm here to remind you there's more going on than meets the eye, and everyone has a purpose that's unique to them.

Are you in touch with your unique piece? What do you believe it might be?

Journal your feelings about it.





The first step to claiming your amazingness and stepping up into your power is CHOOSING IN.

And then, my friend, you've got to know that when you're not on your pumped up game this world can really beat you up, so you're going to need to watch out for that.

IT'S A CHOICE!

Here's what you CAN DO, starting today:

Do an energy check on a regular basis to make sure you're pumped up and ready to get the most out of your life!

When you feel down-hearted, do what it takes to pump yourself back up. Shift your mood and encourage yourself FEEL a lighter upgraded emotion by taking a walk outside, and/or putting on essential oils, and/or turning on upbeat music and dancing.



Love and Respect Yourself

DISCOVER YOUR STRENGTHS

- Write down five things you naturally excel at—qualities, skills, or ways you bring joy to others.
- Reflect on how you can amplify these strengths in your daily life.

CREATE A PERSONAL MANTRA

- Develop a simple, empowering statement such as, “I am uniquely gifted to make a difference.” Repeat it daily to remind yourself of your worth.

CELEBRATE SMALL WINS

- At the end of each day, jot down three things you did well, no matter how small. This builds self-appreciation and gratitude.

SEEK OUT NEW EXPERIENCES

- Try something that challenges or excites you—whether it’s joining a class, volunteering, or exploring a creative hobby. New experiences often reveal hidden talents.

DO MIRROR WORK

- Spend 1-2 minutes each morning looking in the mirror and saying something kind to yourself. It might feel uncomfortable at first, but over time, it reinforces self-love.

CREATE A GRATITUDE LIST FOR YOURSELF

- List 10 things you love or appreciate about yourself. This could include qualities like kindness, resilience, or your ability to make people laugh.

SURROUND YOURSELF WITH INSPIRATION

- Spend time with people, books, or media that uplift and encourage you to be your authentic self. Reduce exposure to anything that makes you doubt your worth.

PAY IT FORWARD

- Do one small act of kindness daily. When you share love and positivity, it reflects back to you and reinforces your ability to uplift others.



Your uniqueness is your greatest strength. As you nurture your gifts, honor your growth, and stay true to your values, you'll not only transform your life but also inspire others to step into their light. Remember, the world needs the one-of-a-kind magic that only YOU can bring.

Now that you've embraced the power of YOU, it's time to channel that strength into creating meaningful impact and living with purpose. Your journey of self-discovery has laid the foundation for something greater. In the next chapter, we'll uncover how to take your unique light and turn it into action, shaping a life of joy and purpose. What's one action you can take today to step into your greatness?

It could be as simple as setting a small goal, reaching out to someone who inspires you, or dedicating 10 minutes to nurture your unique strengths. Every step, no matter how small, moves you closer to the incredible life you're meant to live.

PRAYER



They say there's no magic bullet.

But actually, there is ONE.

Jesus is the ONE.

He is the LIGHT and the WAY.

Jesus can LIGHT YOUR WAY and make it much easier.


He invites you to let Him:

"Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." ~ Jesus, Matthew 11:28-29

Jesus offers "rest" for the asking!

Mainly, your part is to desire it and align yourself with it, so you can receive it. And that all starts with heartfelt prayer.



There have been times in my life when I've been so upset I couldn't see straight. When I was younger, I turned to other people to vent and seek consolation. But as I've matured and grown wiser, I've naturally turned to God. Now, when I have a problem or am dealing with something upsetting, God is my go-to.

Several years ago, I was wrongfully accused of something by a family member. Their accusations were cruel and cutting—I felt as though I'd been stabbed with a knife. I was deeply hurt and insulted that they thought so poorly of me.


I turned to God in prayer and told Him how I felt. I knew He KNOWS my character and intentions. He knows both me and the family member who accused me—He knows both of our hearts well and loves us both. I asked Him to take my pain and soothe my heart, and to soothe the other person's heart and comfort them too. I also asked Him to help them see the truth about me.

As I prayed, I became calm. Pain was replaced with peace. I forgot about the upsetting incident and went about my day. That's how prayer works for me.

How about you?

- What does prayer mean to you personally?
- How do you feel when you pray, and what can you do to deepen that experience?
- How do you feel about asking God for what you want? Do you feel worthy of His attention and help?

If these questions are triggering or challenging for you, I encourage you to journal about them. Trust me, it's worth it to get clear and connected to God!



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CARL JUNG

To "be a light" means to embody qualities like hope, love, peace, and positivity.

This is about radiating an inner brightness that influences and inspires those around you. This is about who you are, rather than what you do. It's living authentically in a way that naturally uplifts others.

Being a light is like being a beacon—a source of hope and inspiration, consistently radiating positivity and love to others, even without deliberate action.





Your job:

FOCUS ON LIGHT

Start each day with a thought or intention that uplifts and aligns you with the light.

ENGAGE IN LIGHT DEEDS

Do one thing daily that spreads positivity—whether it's an act of kindness, a word of encouragement, or a moment of gratitude.

LET GO OF CONTROL

Release the need to manage or fix others. Trust their journey and focus on your own light.

Shine Brightly: Be authentic and allow your light to radiate. Your example will naturally inspire and guide others.

SURROUND YOURSELF WITH LIGHT

Spend time with people, environments, and activities that uplift and energize you. This might include connecting with positive friends, immersing yourself in nature, or engaging in spiritual practices that nourish your soul.

PROTECT YOUR ENERGY

Practice setting healthy boundaries to preserve your light. Say no to negativity, drama, or anything that drains your energy. Focus on what keeps you centered and aligned with the light, and don't be afraid to step away from what pulls you down.

Nurture.



Nurture yourself with nature's gifts to elevate your energy and infuse your spirit with light. Essential oils are a simple yet powerful way to uplift your emotional, physical, and spiritual well-being as you focus on your divine connection.

FOR UPLIFTING ENERGY:

- Diffuse wild orange and peppermint to boost your mood and create a vibrant, positive atmosphere. These oils can help energize your spirit and brighten your day.

FOR EMOTIONAL BALANCE:

- Apply rose or ylang-ylang to your heart center and pulse points. These oils can foster emotional harmony, reduce tension, and help you feel centered and open to divine love.

FOR SPIRITUAL GROUNDING:

- Roll cedarwood and frankincense onto your wrists or neck to connect deeply with your purpose and anchor yourself in the present moment.

BRIGHTENING AROMATHERAPY ROLLER BLEND:

- 4 drops wild orange
- 3 drops peppermint
- 3 drops ylang-ylang
- Fill a 10ml roller bottle with a carrier oil. Apply to your wrists or temples when you need a mental or emotional reset.

DECLARATION WHILE USING OILS:

- "I choose to align with light and love, radiating peace and positivity in all that I do."



THE HARD PART:

- Think outside the box and DREAM UP the life you want to live in your mind.
- Dream as big as you want! Do not limit yourself!
- Believe in the impossible!
- Think about your dreams all the time, so much so, that you start believing they're real.
- Get excited about them and STAY EXCITED!!
- Think and talk about your dreams in the present tense, as if they are REAL and already happening.



DOUBT SETS IN!!



Getting into dreaming mode is easy once you give yourself permission to dream big. It's fun and exciting!

BUT STAYING THERE... That's the real challenge. You have to TRAIN YOURSELF, and it takes consistent, repeated effort. The good news? You absolutely can do it!

In fact, you have to brainwash and reprogram your brain to stay in that dream space. And guess what? You can totally do it—it's within your power!

One of the biggest dream squashers is "realistically": "Realistically, it's not possible." "In the real world, your dream is a joke." "Realistically, you can't do this or that."

Blah, blah, blah. These are limiting beliefs that don't deserve your energy or attention.



IT'S NOT ENOUGH TO LIVE, YOU MUST BE


**VIBRANTLY
ALIVE**



BECAUSE

**YOU
ARE ALWAYS
ATTRACTING!**





The power of pretending:

Pretending is about training your brain to believe in what's possible. When you shift your mindset, you create space for creativity and new ideas to grow.

Think of pretending as planting seeds. The more you nurture them with belief and action, the more they take root and grow. Growth takes time—trust the process and keep showing up. Even when it feels like nothing is happening, know that beneath the surface, progress is taking shape.





Move:

Movement can awaken creativity, release doubt, and help you align with your dreams. Try these simple, intentional movements to energize your body and inspire your imagination.

DREAM ACTIVATION FLOW


- **Ground Yourself:** Stand tall and feel your feet firmly rooted to the earth. Close your eyes and take three deep breaths, imagining stability and strength flowing into you.
- **Reach for Dreams:** Stretch your arms high above your head as if reaching for your biggest dream. Then bring your hands to your heart, feeling gratitude for the possibilities ahead.
- **Open to Possibility:** Roll your shoulders back, lift your chest, and gently look upward, inviting confidence and clarity.
- **Dream Spiral:** Circle your arms outward, creating wide spirals as if expanding your energy and opening to new ideas.
- **Shake It Free:** Lightly shake out your hands, arms, and legs to release tension and refresh your energy.

- What limiting belief or tension can you release right now? How can you move with more freedom and creativity today? Keep it light and joyful—movement helps dreams come alive!

DECLARATION:

- "I move with purpose and imagination, embracing creativity and limitless possibilities."





Wounds and scars from the past are a part of life. We all have them, and that's okay. What truly matters is how we deal with them—facing our painful scabs and scars and letting them go responsibly.



LETTING GO WILL SET YOU FREE!

Holding onto the past only weighs you down and keeps you stuck in what I call a "sewer swirl"—like hanging over the toilet stirring stinky old poo. Rehashing painful old stuff over and over again poisons your mind and putrefies your perspective.

If you've been holding onto something stinky, it's time to let it go.

Releasing painful emotions isn't something you can do in one smooth swoop. Most of the time, it comes up in layers —it's a process.

I've got an easy and effective way to help you work through it when those feelings surface, so you can finally release them. This "I Feel - Forgiveness Process" is my go-to whenever I'm feeling upset, and I'm excited to share it with you.

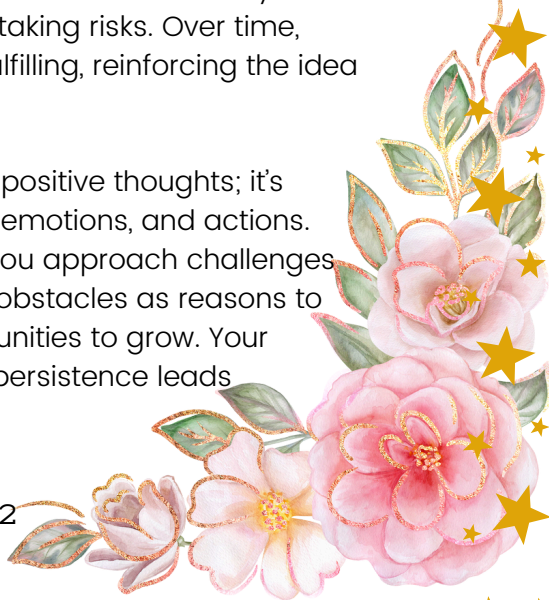
Belief is the foundation, but action is the bridge between where you are and where you want to be. Start with small steps that reinforce your belief. Each success, no matter how small, adds to your confidence and creates a ripple effect in your life.

- What belief is holding you back right now? How could shifting that belief empower you to take action and move closer to your dreams?
- Remember, your reality begins with what you choose to believe!

Belief creates reality because what you believe shapes your thoughts, and your thoughts guide your actions. Think about a time when you believed in yourself and accomplished something you once thought was out of reach. That belief gave you the courage to act, and each step built momentum toward success.

The reverse is also true. When you doubt yourself, it's like putting up walls in your mind. Those walls block you from seeing opportunities or taking risks. Over time, those doubts become self-fulfilling, reinforcing the idea that you're not capable.

Belief isn't just about thinking positive thoughts; it's about aligning your mindset, emotions, and actions. When you believe in a goal, you approach challenges differently. Instead of seeing obstacles as reasons to quit, you see them as opportunities to grow. Your belief fuels persistence, and persistence leads to progress.





it's so simple!

1. IMAGINE IT



2. BELIEVE
& FEEL IT



3. SHARE IT
WITH GOD
& ASK HIM TO
HELP YOU!

Belief is the foundation
of all transformation,
but action is the bridge
that makes it real.

Plant seeds of hope and
determination, nurture
them with faith, and
watch as they bloom into
the life you dream of.





SELF CARE

Journal

- Take 5 minutes to reflect in a quiet space. Close your eyes and picture yourself living a life shaped by empowering beliefs. Imagine how your actions and reality align with those beliefs, creating the life you truly desire. Let the confidence, joy, and gratitude of this alignment fill your heart. For an enhanced experience, incorporate essential oils:
- Confidence Oils: Diffuse bergamot or peppermint to inspire belief in your abilities.
- Clarity Oils: Apply frankincense or rosemary to your temples or wrists to promote clear thinking and focus.
- What is one empowering belief you hold that has positively shaped your life?
- What is one belief you're ready to let go of, and what empowering belief can you replace it with?
- How would your daily life change if you fully embraced beliefs that align with your vision of success and joy?
- What's one small action you can take today to reinforce a belief that supports the reality you want to create?

DECLARATION:

"I choose to plant seeds of belief that empower and uplift me. My thoughts shape my reality, and I nurture them with action, trust, and care."

MINI ACTION STEP:

"Write down one limiting belief you're ready to let go of and the empowering belief you'll replace it with. Throughout the day, take one small action that reflects this new belief—like a gardener watering a seed of possibility."



Shine.



Transformation begins when you align your beliefs with action. Activate your confidence and take the first steps toward creating a life that reflects the power of your belief.

EMPOWERED STEPS:

- Take a walk outside, and with each step, repeat an empowering belief about yourself. Feel how each step grounds your confidence and aligns you with your dreams.

BELIEF RESET:

- Write down one limiting belief you're ready to let go of. Replace it with a new, empowering truth, and repeat it aloud throughout the day.

OPEN YOUR HEART:

- Stand tall with your arms wide open. Visualize yourself embracing opportunities and stepping into a life shaped by confidence and purpose.

GRATITUDE IN MOTION:

Dance to your favorite uplifting song, letting gratitude flow through your body for the beliefs that have shaped your growth.

SEE IT CLEARLY:

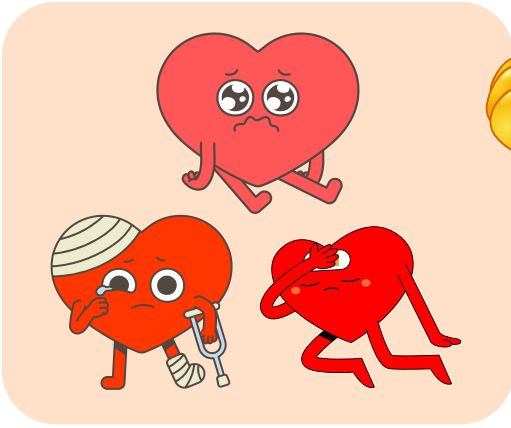
Close your eyes and picture your life transformed by empowering beliefs. Feel the joy, freedom, and strength of living this reality.

MINI CHALLENGE:

For the next 7 days, identify one belief that empowers you, and take a small daily action that reflects it. Track your progress and celebrate how your reality shifts as you align with your belief.

"Belief is the foundation of transformation. Let today be the day you step fully into the life you were meant to live."





IS YOUR
PASSION
POOPED?



TIME TO
TURN ON
THE
SIZZLE!!



Healthy passion is light and contagious—it's an antidote to apathy and depression, and the world needs more of it! But be aware: there are plenty of negative and pessimistic people who will try to squash your passion if you let them. Protect your passion by revealing less of your dreams to them.

Don't listen to naysayers and non-passionate people who laugh at you! Do not let toxic, negative people drag you down.

Your passion deserves a safe, nurturing space to thrive. Protect it by choosing carefully where you share it and with whom. Surround yourself with positive, uplifting people who inspire you and fuel your dreams. Let their encouragement strengthen your fire and keep your passion burning bright.



I went home and, instead of trying to get another job that made me feel inferior and created income for someone else, I decided to put my energy into creating a job that highlighted my strengths and benefited me. Here's what I did:



I got clear about what I wanted: a FUN job that would pay me well to be creative, colorful, and help a lot of people. I journaled about how that might look and wrote down everything I thought I'd need to do to make my dream job a reality.

Honestly, I wasn't qualified for the job I dreamt up, and I didn't even know what it would entail. There was a BIG GAPING HOLE between me and what I envisioned for myself. But I started moving toward it anyway. I made a lot of mistakes, learned, grew, and EVOLVED—and an amazing job started to come together!



Now, almost twenty years later, I have a super fun job that totally works for me, and my BIG AUDACIOUS DREAM is coming true! I love my life and the self-created job I've built, and I couldn't be happier with how it's all unfolding.

And the best part? There's still more great stuff ahead.



I continue to EVOLVE, grow, and thrive! YAY, YAY, YAY!

When you take charge of your future, the possibilities are endless. What's one step you can take today to create your dream life?"

Transformation happens
when intention meets action.

Movement energizes your
body and clears your mind,
essential oils align your
emotions and spark
creativity, and journaling
grounds your dreams into
tangible plans.

Together, these tools create
a powerful foundation for
stepping into the life you've
imagined.





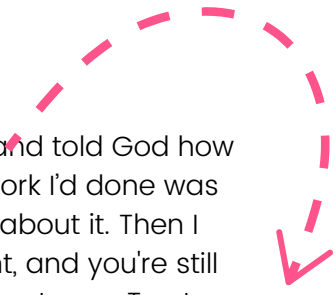
If you're not moving forward, by default, you're slowly sliding backward—and that's no way to live.

A truly rewarding and fulfilling life requires effort—effort to create, maintain, and grow. Stretching forward and upward isn't always easy, but it's the price of a life well-lived.

Stretching is an active, intentional action that keeps you inching forward. It helps you stay flexible, strong, and resilient throughout your entire life, taking you over many finish lines.

So, S T R E T C H yourself to your limits. Live boldly and fully, so that one day, you'll look back with pride instead of regret, knowing you didn't hold back.


The world is waiting for your stretch. Don't let fear or resistance hold you back—take that first step today and discover just how far you can grow!




As I lay in my hospital bed, I prayed and told God how disappointed I was. I felt like all the work I'd done was gone, and I couldn't help feeling sad about it. Then I heard God say, 'I know what you want, and you're still going to get it, but I'm in the driver's seat now. Trust me —you're going to like the new direction much better.'

Setbacks are a natural part of life, but they're also some of the best teachers. When challenges come, you have a choice: let them define you or let them refine you.

Evolve through setbacks:

- Acknowledge what happened: Be honest with yourself about what went wrong without judgment or blame.
 - Look for the lesson: Ask yourself: What can I learn from this? Every mistake has a hidden opportunity for growth.
 - Adjust and move forward: Use what you've learned to refine your approach and keep going.
 - Remember, failure isn't the opposite of success—it's part of the process. Every stumble brings you one step closer to your goals.
- 



When I was finally well enough to work again, I felt like a whole new person. Before I went to the hospital, I had long hair, and my face and body were filled out. After I got sick, I lost twenty-five pounds, and most of my hair fell out. My face was gaunt, and when my hair grew back, it was short and curly.

Be brave and start making a list on paper. Journal your feelings about it. Whatever you decide you want to do, it should float your boat!

In your mind and on paper, create a life that lights you up every day. It might take some time for things to change in the physical world, but with time, it happens. I've proven it.

Whatever you decide you want to do, you'll excel and have more fun doing it if you're able to put your whole heart into it!

So, figure out what you want most and commit to doing it. Then, **STRETCH, GROW, and EVOLVE** your way to success.

It's okay if you mess up along the way. You can stumble, fall on your face, and still hit your goals—I've proven that too!



**AFTER YOU
FALL... GET UP
AND GET GOING
AGAIN!**



Take a moment to reflect on the people who have stepped up for you during your journey. Gratitude for those who have helped us not only strengthens our connection to them but also reminds us of the power of support and love.

Who are the "A's" in your life, and how can you express your appreciation for their impact? A simple thank-you or acknowledgment can deepen your bond and inspire others to do the same.

Helping others doesn't just lift them—it fills your own heart with joy and purpose. Each time you extend a hand, you create a moment of connection and shared humanity. Science even shows that acts of kindness release feel-good chemicals like serotonin and dopamine, leaving you happier and more fulfilled. The beauty of helping is that it transforms both the giver and the receiver, creating a life that feels rich and meaningful.



Bathing an upsetting experience in love rather than wallowing in bitterness was transformative. I learned that even the most damaged hearts can be restored with forgiveness and self-love.

Love has the power to transform pain into growth, rebuild broken connections, and create a foundation for joy and peace. By choosing love, we step into the light of healing and limitless possibilities.


Love truly is the balm that heals wounds, mends relationships, and brings peace—even when a relationship ends.

- Where in your life could love help heal a wounded relationship?
- How can you show yourself more love so that it naturally overflows to others?
- Take one small step today to express love—whether it's offering an apology, extending forgiveness, or simply being present for someone who needs you.

Love is a powerful force, capable of healing even the deepest wounds. Love has the ability to transform pain into growth and resentment into peace. Choosing love over bitterness gives you the freedom to move forward with grace.

Forgiveness doesn't erase the past, but it changes the way you carry it. When I chose to forgive my husband and focus on gratitude for our time together, it brought me a sense of peace and reminded me that love, even when it doesn't turn out the way we hope, leaves us better, stronger, and more prepared to face what's ahead.





Even the simplest feelings of gratitude and acts of kindness will plant seeds create a positive change within you and affect the world around you.

Imagine how a smile or a helping hand could brighten someone's day and inspire them to pass it forward, creating a chain reaction of positivity and connection. Gratitude and generosity are like pebbles dropped into a still pond—small at first, but they create waves that reach the farthest edges.

Every time you choose to appreciate what you have or give from your heart, you're shifting the energy around you. Gratitude opens your eyes to the beauty of the present moment, while generosity creates bridges between people, fostering connection and understanding. Together, they have the power to transform not just your life but the lives of everyone around you.



Talk about confidence and surety!

To be so confident and sure of yourself that it LIGHTS YOU UP when you speak is a worthy goal—and it's one we should all aim for!

Remember, life is a stage, and you are the star of your own show. You have the power to create your life the way you want it!

You get to decide what role you're going to play and HOW you're going to show up in it.

You can glump... Or you can SHINE!

Every single day, you get to write the script and practice your part. And if you don't like the way your play is going, rewrite the script and make it better!

Life truly is what you make it, and regardless of what's going on around you, you can make yours enJOYable!

YOUR TIME is now.

THIS is your life.

You've got what it takes to make it GOOD, and I really hope you do it.



When you believe in yourself and take inspired action, you unlock the potential to achieve incredible things—even in the face of challenges.

IT'S NOT ABOUT HAVING PERFECT CIRCUMSTANCES; IT'S ABOUT SHOWING UP, DOING YOUR BEST, AND MAKING THE MOST OF WHAT YOU HAVE.

Rhea Bullos, an 11-year-old track star from the Philippines, is a perfect example of this kind of determination. She couldn't afford running shoes but refused to let that stop her. Instead, she tightly wrapped bandages around her feet for protection and competed in three races—winning three gold medals.



Rhea's story reminds us of the power of perseverance.

Now, ask yourself:

How many opportunities have you let pass by simply because you felt unequipped or inadequate?



If this stirs something inside you, let it be the spark to take action today.

When you know better, you can do better—and it's never too late to start.