


Are you trapped inside an ignorance coma?



- Think of a recent painful event in your life.
- Have you experienced a similar scenario in the past?
- Do you recognize a pattern?
- Is this pattern adding to your joy or to your suffering?
- Do you want it to stop?
- Be still. go inward.
- What have you done to contribute to the conclusion of these events?
- Could you have acted or reacted differently?



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- Envision a different YOU. The you, you really want to be.
 - Imagine feeling good and peaceful. The way you want to feel.
 - Convert your attitude into gratitude.
 - Create an if/then plan (If this happens, I will react like this...).
 - Be mindful and self aware of the warning signs - and stop this event from repeating itself in future.
 - Wake up and smell the GROWTH coffee!