

# 32 Days of UPleveling your Mind & UPLifting your Heart

*Extraordinary Life Lessons  
From Ordinary Situations*

*Volume 2*

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## Author Background



**Christine Hassler** left her successful job as a Hollywood agent at 25 to pursue a life she could be passionate about . . . but it did not come easily. After being inspired by her own unexpected challenges and experiences, she realized her journey was indeed her destination. In 2005, she wrote her first best-selling book [\*Twenty-Something, Twenty-Everything: A Quarter-life Woman's Guide to Balance and Direction\*](#) and began her life's work as an author speaker and coach. Christine's second book, [\*The Twenty-Something Manifesto\*](#) written for men and women stems from her experience coaching 20-something's. Her third book,

[\*Expectation Hangover: Overcoming Disappointment in Work, Love and Life\*](#) is the guidebook for how to treat disappointment on the emotional, mental, behavioral and spiritual levels.

Christine is committed to easing suffering on the planet by teaching transformational tools and supporting individuals in discovering the answers to the questions: "Who Am I, What do I want, and How do I make a difference?" She is a "goal and soul" coach known for catalyzing radical self-reflection while offering practical direction. Christine believes we all deserve and are capable of discovering our passion, pursuing our dreams, and making an impact on the world.

As a professional speaker, Christine leads seminars and workshops to audiences around the country at colleges, personal growth events, conferences, and corporations. Christine has appeared as an expert on The Today Show, CNN, ABC, CBS, FOX, E!, Style and PBS, as well as various local television and radio shows, speaking about life issues and "Expectation Hangovers®" – a phenomenon she identified and trademarked or generational diversity. She is also a frequent contributor to The Huffington Post and Cosmo.

As a Gen Y Expert, Christine is a spokesperson for American Express and the key resource for their women's and millennial advocacy programs. She is also a member of the Millennial Advisory board for Cosmopolitan Magazine. From her passion about education and student development, Christine created a life balance curriculum for the Leadership Institute and is a member of Northwestern University's Council of 100, The Young Entrepreneur Council.

Christine grew up in Dallas, graduated cum laude from Northwestern University and

received her Masters Degree in Spiritual Psychology from the University of Santa Monica. Christine is active in volunteerism and loves living a healthy lifestyle. She currently resides in Los Angeles and loves spending time with her family and friends in Austin, Texas.

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# Contents

Don't doubt the difference you're making.....	4
It's time to get over it! .....	7
How to stop worrying.....	9
What I would tell my 20-something self. ....	10
I finally did it but I'm keeping my boom box! .....	14
Attention! .....	16
What is your theme song? .....	18
How To Get Over A Break-Up!.....	19
What's wrong with you? .....	23
The fastest way to get better results .....	25
Stop Procrastinating! .....	27
Don't fall for your own BS .....	29
Are you settling or being too picky? .....	31
A technique I use with my clients.....	33
A Prayer Of Gratitude .....	34
What if it was all made up? .....	36
What I do when I feel self-conscious.....	38
Stop Torturing Yourself With Your Thoughts! .....	40
How to stop obsessing.....	42
How to Deal with Betrayal.....	43
Are you too nice?.....	45
I was totally over it!! .....	47
Why Frustration Is GOOD For You! .....	49
I left the party .....	51
How to be happy.....	53
What's a good choice?.....	55
Are You WAY Too Serious?.....	57
Story time! .....	59
The Secret Service, Stephen Covey and Me.....	60
This is no bueno!.....	62
Ever feel like you are backtracking?.....	64

## *Don't doubt the difference you're making*

One of the things I love most about my work is that I am consistently called forward to practice what I preach, which is challenging in the best kind of way.

I recently suffered from temporary amnesia and a bout of not-enoughness-thinking after a meeting with a manager who questioned the size of my platform based on twitter followers and Face book fans. "For as long as you've been doing this, you should have more. Why don't you?"

Ouch.

His intentions were good but I still watched myself go into a downward spiral of "I'm not doing enough" thinking. Thank God for a call with a circle of girlfriends who reminded me that it is not the number of tweets or likes but the depth of the work I do and the place inside I do it from that truly matters.

I am grateful for the reminder of how painful it is to forget who we are and what matters, especially when there are endless opportunities to slip into comparison commas.

Sometimes grown up life can feel like a High School popularity contest which gets confusing. But we only get confused when we compare. The reality is there is no competition at all. I get there are plenty of opportunities to buy into the misunderstanding that there is; spend just ten minutes on Facebook or Instagram measuring yourself up against others and you will end up in a comparison coma. But there is plenty of abundance to go around.

Be YOU instead of a knock-off version of someone else.

Please do not minimize the impact you are currently making. The impact you make cannot be measured or evaluated by a number. The impact you make is something you feel when you offer a piece of wisdom, comfort someone who is suffering, make someone laugh, vulnerably share your experience, or show up at what you judge as your "dead-end" job with a positive attitude. Do not downplay how your love and kindness matters. Do not fall into the trap of thinking that you need to be popular to matter. You matter just for being you. Your work matters because it comes from your heart. If you help one person, you've made a difference.

My invitation to you is to acknowledge and celebrate the ways that you are impacting others. Remember, small things make huge differences.

*May your day be filled with a knowing of who you are and  
always, always, ALWAYS remember: YOU ARE MORE THAN  
ENOUGH.*

Love,

*Christie*

## *It's time to get over it!*

My hunch is you are carrying around something that is very heavy and causes you unnecessary suffering. This thing blocks you from the experiences and connections you desire. It weighs you down, holds you back and robs you of joy.

What is this dreadful thing I am talking about?

It is your story.

You see we all create a story about ourselves and the way life works for us based on experiences we have had. And usually parts of this story are pretty negative. Common self-defeating and deflating story lines include: "I do not belong, I am not enough, life is hard, people are not trustworthy, everyone else is better, something is wrong with me, I am not deserving, I should be doing more, I need to make others happy, love is painful, etc."

Super uplifting story lines, huh?

No! But I bet you can relate to a few of them. Part of the old story I carried around for decades had to do with not belonging or being likable. This story stopped me from doing things in my life or made doing certain things miserable.

Recently I attended my friend Gabby's wedding and reflected upon how liberating it was not to carry around that old story that would have either prevented me from going to an event alone across the country; or, made the weekend unpleasant if I did go because of the tape from an old story playing in my head. Thank goodness that old story is out of syndication in my mind!

Today I want you to have the same freedom and enjoy your life even more by putting down the heavy load of outdated and limiting beliefs that, by the way, ARE NOT TRUE!! It's time to drop the happiness-killing negative story that goes off in your head and impacts your experience and your results.

Here's how:

Put yourself in situations that stretch you outside your comfort zone and practice creating

a new *desirable* story during an experience where the tapes from your old stories would have played. In order to truly drop our story, we must rewire our brain. We can only do that when we are in situations that trigger the old script and consciously write a new one. For example, if you have an old story about not being enough that makes you feel insecure and avoid social situations, then get yourself out there! If you have an old story about not feeling heard, start speaking up or take a class in public speaking. If you have an old story around rejection, ask someone for something. If and when you feel that old story creeping in, consciously catch it and choose how you want to feel, think and act instead.

Transformation is energetic. If your personal growth work involves only analyzing yourself, processing your past, and pontificating or planning your future, you will not shift on an energetic level. Stop playing it so safe if you want different results. Get yourself out there and drop that old heavy load of you-know-what you've been carrying around.

Love

*Christie*



## *How to stop worrying.*

There seems to be a lot to worry about in life given we cannot control everything. But worrying is a HUGE drain of your energy and completely useless. I'm offering you a way to stop worrying, or at the very least dramatically reduce it.

Honestly I used to be quite the worrywart. As a little girl, when my parents went out for date night they'd have to call home once every hour to assure me they were okay because I was so worried something would happen to them. I continued to experience lots of worry into my adulthood until I learned ways to manage it and accept the unknown in my life.

Worry gives us a false sense of control when we are uncertain about someone or something. When faced with the unknown, worrying is often the default habit we slip into as it gives us a way to seemingly deal with whatever our concern is.

The thing you most need to understand about worry is that it is using your imagination poorly. Anything you are worrying about you are making up. We cannot predict anything in the future so as long as your mind is going to jump ahead, make what you are making up good!!

You have so much creative mental energy. Use your imagination in a way that creates the feelings and experiences you desire rather than dread.

Instead of thinking your worrisome thoughts, create and think thoughts and affirmations, which support presence and peace. Rather than think "What if I do not get a job?"; write down and then redirect your thoughts to, "I am confidently going on job interviews that I am excited about and entertaining multiple offers!"

*Worry is fear not love. Your imagination is too creative and expansive to waste on worry. The people in your life are too precious to worry about, send them Loving energy and positive thoughts instead. Your time is too precious to waste on fear-based thoughts.*

Reform your worrywart!

*Christie*

## *What I would tell my 20-something self.*

I wrote this after facilitating a retreat where most of the participants were 20-somethings. I was inspired by their strong intentions to be successful in all aspects of their lives. I was also touched by the incredible amount of pressure, expectations, confusion, and anxiety that they were experiencing. Embarking on the decade where they feel like they have to "figure it all out" felt incredibly overwhelming to them.

I totally get it...because that is how I felt in my twenties. I believed that I was supposed to have a plan for my entire life and put an extraordinary amount of pressure on myself. I was able to create a lot of external results, but it cost me a lot of joy, peace, play, and presence during my twenties.

As I taught and guided them this weekend, I also reflected upon my own 20-something experience, which was a very challenging decade for me. As I look back with gratitude and compassion, there are many things I want to tell my 20-something self. Here are some of the things I would say to her (that still apply at ANY AGE):

*Please don't be so hard on yourself.*

Be gentle.

Speak to yourself in more loving and encouraging ways. Your inner dialogue is the most powerful voice you hear. Turn down the volume of the critic so the voice of your inner knowing gets louder.

Smile. A lot.

You are doing the best you can. Always looking for ways to be more, better or different is NOT the formula for success.

You think it is motivating you to create results, but it is completely exhausting. Look for what inspires you rather than what drives you. Allow your curiosity to lead you. You know that guy you are obsessed about getting to like you? In five years you won't even remember his name.

You know that job you are devastated about not getting? There is a way better opportunity coming around soon.

Don't wait for fear to go away before you go after something you want. Being scared is natural. You'll become more courageous each time you feel fear and do it anyway.

Stop comparing yourself to others, it is preventing you from seeing and discovering your own unique gifts and what you are here to express to the world. Know that the qualities you admire in others are the qualities you need to recognize and nurture inside yourself.

Your parents are people too with issues and triggers. They are getting used to having an adult child just as you are getting used to being an adult.

You are going to get over your heartbreak. I know it feels so painful right now. Cry all your tears, get it out, and then let it go. Take the lessons you learned and move forward. You will love and be loved again. And you will be so grateful for your heartache because it taught you so much about love.

Take leaps of faith – even when you don't know where you are going to land. You are going to develop so much courage and trust in yourself as you take risks. It's okay not to be 100% sure...51% sure is enough to take the leap.

Be of service. Have a generous heart. That is how you make a difference in the world.

Enjoy your body. Stop obsessing about it. Stop trying to make it into some perfect image of what you think it should be. You look fantastic, take lots of pictures and wear bikinis more often.

"No" is a complete sentence. You don't need to follow it with justifications and apologies.

The decisions you are making are not all forever decisions. I know you feel so much pressure to figure it all out right now and everything feels like a major decision. It's not. Choose what feels the best for RIGHT NOW and trust you will learn from each choice you make.

You will find your passion and purpose. Everything that you are going through now is a piece of the puzzle. Just because you don't know how the puzzle comes together yet doesn't mean it's not being assembled.

Sometimes figuring out what you want is a process of elimination. Let yourself experiment and try different things. It's okay to change your mind, and the only way you'll know if something is a fit is if you try it.

Cultivate your friendships. They will become the family you get to choose. Find friends who will grow with you and let go of the friendships that have reached their expiration date.

List the things you are grateful for every day.

Nurture your relationship with a Higher Power. Spend time in the silence and get to know The Divine. You are not separate.

What other people think of you is none of your business. People are always going to judge you. So what!?! It's impossible to please everyone or be liked by everyone. Be you, the real you, not the version you think you need to be for others.

You are enough. You are perfect just the way you are.

Ask for help and support. You do not have to figure everything out on your own, and you are not supposed to have everything figured out right now. It's okay not to know how, what, when, where and why.

Take compliments.

You are doing the best you can. And so is everyone else.

ENJOY the moment. Your mind is always in the future. Stop living in when/then's. Be here now and have FUN. This is a time in your life where you can be a bit selfish and focus on what makes you happy.

Forgive. Yourself and anyone else you are holding judgments against.

You are not alone. So many other people feel the same way you do. Be willing to be vulnerable.

Rejection is God's Protection. You can't always get what you want but you do always get what you need – just not in the form or on the timeline you may have expected.

Each step is moving you forward, even if you feel like you are moving backward.

Breathe. Slow down. Take your time. It all works out. Your dreams come true and there are magical surprises is store. Life is amazing now and it gets even better!!!

You are loved. I love you.

*Christie*



## *I finally did it but I'm keeping my boom box!*

I find our relationship to change fascinating. As much as we want different, new and better, fear of the unknown keeps us in our well-known comfort zone. I've taken many risks in my life: moving to LA without a job, leaving a successful career and marriage when I had no idea what was on the other side, starting my own business, traveling abroad alone and so on; but there are still little, and often amusing, ways I hover in familiar territory.

For example, I just updated my iPhone to the new operating system that's been out for months. Why did I wait so long? Because I was hesitant about changing what I had grown accustomed to. I knew the old system and was not sure I would like the new one as much or fully know how to use it. Plus once I updated I knew there was no going back. The choice felt so permanent.

But now that I've been using the new O.S. and see that it is so much better, I found myself wondering what the heck was I waiting for?

Allow this to be a metaphor for you today and ask yourself:

*How is fear of the unknown keeping you in comfort zones when you are WAY OVERDUE FOR AN UPGRADE?!?*

If anxiety about some unknown future situation is keeping you stuck in a present that is comfortable but not satisfying, fulfilling, or inspiring, I have a solution for you. The following technique will rewire your brain and dramatically reduce, and possibly eliminate, your anxiety:

1. Bring the change you want to make to mind. Allow yourself to think the thoughts and feel the feelings that naturally arise.
2. Now think about the most ideal way you'd like this change to play out. Really visualize it. See the most ideal of circumstances happening.
3. Amp up your visualization. Make the colors brighter, the sounds louder, the images bigger.
4. Once you have a really good visualization going, project yourself 15 minutes further into the future beyond the moment you just visualized.
5. Now that you are even further in the future, see yourself looking back on the change with confidence, relief, gratitude and pride.

6. Notice your anxiety is gone.

Use this visualization technique whenever fears of change creep in or when you are anxious about some event in the future.

Although change is a necessary part of life, not everything needs to be changed – especially you!! You are perfect just as you are. Yes, focus on growing and upgrading your life, but not from the perspective that there is anything wrong with you.

Some things are better left as they are because they are just classic, like my boom box that I proudly keep in my kitchen. It has a tape deck, a CD player and a good old-fashioned radio antenna (so I can always listen to NPR). I love it and will keep it until it stops working. We all have our little ways that we hang on to the creature comforts that make us happy. And my boom box makes me very happy.

Blessings,

*Christie*

## *Attention!*

Where you look is where you go. Whatever you put your attention expands and impacts what you experience and create in your life.

*Consider: Where are you looking? What are you paying attention to?*

When we allow ourselves to engage in worry, obsessing or regret; our attention quickly slips away from the type of thinking that supports our intentions. When we are distracted by social media, reality TV, advertising and the gazillion other stimuli that compete for our attention, we diffuse our focus from the things that are most important to reaching our goals.

*You may have the best intentions in the world but without focused attention, they are just good ideas rather than your reality.*

I encourage you to try on the practice of “Attention Training.”

Attention training is different from meditation because it is solely about building your focus muscle. It is not about connecting to a Higher Power or your intuition. You do not need a quiet place to practice. In fact, it is even better to do your attention training in noisy places for the added challenge!

The process is very simple. Set a timer for five minutes. Close your eyes and only pay attention to your breath. Feel it. Listen to it. Notice its rhythm and depth. Each time your mind wanders, bring it back to focusing on your breath. By consistently bringing your attention to your breath, you are training your attention to focus on what you are *choose*.

Why this matters is because the ability to focus your attention on what you choose is not only fundamental to your success, it is a key to your well-being. What we pay attention to can either deplete us or bring us more peace, productivity and prosperity. However since our monkey minds can be so easily distracted, they need training!

*Your mind is a terrible boss but a great employee. Attention training is a way to make your mind work for you in an optimal way.*



I have committed to practicing attention training three times a day for 5 minutes at least five days a week. I have already seen an increase in my ability to focus on what matters most thanks to learning this process from [Scott Coady](#), founder of the Institute for Embodied Wisdom.

Oh and don't stop meditating!! Consider attention training another tool to add to your optimizing your life toolbox.

Love,

*Christie*

## What is your theme song?

Music is something that can alter my mood and attitude by bringing a memory from the past immediately into the present moment, inspiring me, or uplifting my spirits. I absolutely love the transformative power of music – don't you? Just think about your favorite song right now, hear it playing in your head and notice what happens inside of you. It's good stuff.

I invite you to use music as therapy by selecting a song as your personal theme song. This is not necessarily your favorite song; your theme song is a bit different and can change just as your life does. Here are some questions to help you pick your theme song:

- If there was a movie about you, what song would be playing during the opening montage?
- What song speaks directly to what you are going through?
- What song represents what you are moving toward?
- What song brings forward a powerful feeling inside of you each time you hear it?
- What song immediately brings you into the present moment?
- What song would be nurturing or supportive right now

After you pick your song, listen to it EVERYDAY multiple times a day. If there are lyrics, sing along – LOUD! Wake up to your song, play it in your car, dance to it with reckless abandon, load it on your iPod and take it to the gym. Become your song, embody it and allow your personal theme song to flow through you, move you, heal you, encourage you, inspire you and remind you of who you truly are.

What is my theme song? Right now I have two (yes you can pick more than one too but if you do be sure to listen to both every day!): “Higher Love” by Steve Winwood and “You only get what you give” by the New Radicals.

Rock on,

*Christie*

## How To Get Over A Break-Up!

A Breakup. There is not much that feels worse than heartache from ending a romantic relationship. Although it feels awful right now, trust that you will be okay (and are okay even if you don't feel like it). Not all romantic relationships are supposed to last forever. Some come with what I call an "expiration date," meaning that they are supposed to end after they have served their purpose. We think the purpose of a romantic relationship is to last forever and get us to "happily ever after;" but the true purpose of relationship from a spiritual perspective is to serve as a mirror, give us the opportunity to see and heal our issues, learn major life lessons, grow our consciousness and open ourselves up to love even more. And sometimes a relationship has to end for us to learn the lessons that are most valuable.

I know that knowing that does not make the heartache disappear and you have my compassion if your heart is hurting. The good news is that you won't feel this way forever, and the even better news is that on the other side of a breakup is a *breakthrough*. But in order to get to the breakthrough full of all the yummy lessons this relationship served up, you have to get through the yucky part of the initial separation.

After navigating my own breakups and helping lots of other people through theirs, I have seen that there are ways to expedite your healing process and avoid unnecessary struggle. **A breakup is bad enough and you may be engaging in behavior that is making it worse.** There are five things you can do immediately to ease the pain of your breakup and get to your breakthrough a lot sooner.

**1. NO contact with your ex.** And by no contact, I mean zero, nada, zilch communication of any kind. No phone calls, text, email, tweeting, face booking, or any other form of communication. Don't buy into the misunderstanding you are going to "help" each other through it. You are broken up for a reason. It's time to take time to get to know yourself again. Even if the split is amicable, it's important you both go your own way and stop leaning on each other because that keeps you emotionally and energetically tied. You prolong your healing process and may be preventing learning the lessons you need to learn by continuing to have contact. Don't lie to yourself by trying to convince yourself you can immediately transition to being friends. If down the road you want to be friends, that may be possible but do not expect it now. Give yourself at least six months of no contact if the relationship was less than a year and at least a year of no contact if the relationship was longer than a year. Trust me, this is one of the most empowering action steps you can take. Resist the temptation to reach out to your ex when you are feeling

sad. He or she is not the person to help you and you are not the person to help your ex during this time – unless you want to hang out in codependency and delay your breakthrough! Let your ex GO. Release them and embrace YOU!! Lean on yourself, your friends and family, and the Uni-verse.

**2. Go on an Ex Detox.** Purge everything and anything that reminds you of your ex. Get rid of all the physical reminders like pictures, articles of clothing, playlists on your iPod, gifts that trigger ex-memories, and so on. If you don't want to actually throw physical items away, pack them up in a box and find a friend's place where you can store it. Stop going to restaurants you frequented together. If you worked out at the same place, switch gyms. Stop driving by your ex's place. Do this immediately – it's unhealthy to allow your ex's presence via memories to linger in your life when they are not physically present anymore. And UNFRIEND them on Facebook as well as their friends and family so you don't have to see status updates and torture yourself via Facebook stalking. Yes I know this seems drastic but you want to heal and move on, don't you? If you feel bad unfriending people, send them a message that says, "I am focusing on healing from my breakup with (ex's name). I am so glad I met you through our relationship and value our connection. In service to my healing, I am unfriending close friends and family members I knew through (ex's name). Please understand this is not personal at all. With love, (your name)." Detoxing your ex is crucial because in order to accept the present and move on to the future, you have to eliminate the reminders of the past. And the future is going to be even better, I promise!!!

**3. Schedule time to grieve and then get on with it.** A grieving process full of feelings like anger and sadness is par for the breakup course. It's important to cry all your tears – but not drown in them. I see a lot of people get stuck in their emotions and lose momentum in their lives during a breakup. Another common tendency is to become addicted to the suffering as a way to hang on to the relationship. So what I recommend is to set a 15-minute time period (you may do longer if you feel you need it) in the morning and at night to feel your feelings around the breakup. You can use this time to cry, scream, journal, punch a pillow, ask "why?," entertain the irrational thoughts that usually are part of a breakup process, and do whatever else you feel like doing to just get it out of your system. But when the time limit is up, you must STOP and MOVE FORWARD with your life. The only exception is if you have a session with a coach or counselor (which I highly recommend during a breakup because it is such a rich time for self-discovery and healing). During the day between your process periods, if you find yourself getting emotional, paralyzed by the past, or moving into

obsessive thinking about your ex, remind yourself of your scheduled time and save it for then. I came up with this process during my most brutal breakup and it REALLY helped. Sticking to my 15-minute morning and night grief times supported me in getting unstuck in my life. I even wore a rubber band around my wrist and would give myself a gentle snap when I was tempted to travel to grief or paralysis by analysis territory during my day. Over time I noticed that 15 minutes felt too long, so I gradually decreased it until I had truly transitioned from breakup to breakthrough. And you can too!! Your life is NOW and ahead of you.

**4. Leave la-la land.** During a breakup and recently after, the tendency is to fantasize and remember all the wonderful things about your ex. And there are wonderful about him or her, otherwise you would not have ever gotten into the relationship. But you have to remember the TRUTH: there were things that were not aligned and did not serve your Highest Good. Even if you were the one who was broken up with, there are things about your ex that did not work for you. Get him or her off any pedestal. YOU are the source of your Love, not your ex. The Universe is your ultimate source of unconditional love and happiness, not your ex. Make a list of all your ex's undesirable qualities and the reasons the relationship was not a fit and look at it when you go to la-la land. Write it from a neutral rather than vengeful point of view. In other words, stick to the facts rather than going to blame. The purpose of this list is not to vilify your ex or make him/her wrong, but rather to anchor you to reality. Sometimes the simple reason of "the person did not want to be with me and I deserve to be with someone who is ready, willing, and wanting me" is all the reasoning you need. Have friends in your life who will deliver a reality check to you when you need it by reminding you of what was not a fit. Have them on speed dial anytime you are headed toward la-la land. Trust Divine planning and release fantasies of what was or what coulda, woulda, shoulda been. If your relationship was meant to be, it would have been! And if it is meant to come back around it will, but you gotta let go first.

**5. Write a completion letter.** This is a powerful process that will help you uncover the lessons from your breakup and support you in releasing your attachments to your ex. Note: this is not a letter you ever send or share with your ex, it's just for you. Set aside some sacred time to write this letter. Light a candle before you begin and set an intention for healing, clarity, grace and whatever else you'd like to experience. Actually hand-write this letter rather than typing it because writing with your hand accesses more of your right brain where your emotions and intuition are sourced. Use these three paragraph starters for your completion letter:

Dear Ex,

I'm saying goodbye because...(or this is over because...or I'm letting you go because...)

I learned from you . . (or you taught me....)

Thank you for . .

Write as much as you can and don't edit yourself. Really let it flow and allow whatever comes forward to come. You can continue to add to this letter as you see fit. Your completion letter will become one of your key sources from which you can extract the lessons this relationship is teaching you. If you are craving "closure," this will get you there. You do NOT need communication with your ex to have closure. It is something you can 100% do on your own.

There you have it – five ways that will get you from breakup to breakthrough with a lot more ease and grace! Along the way remember:

You will get through this.

It won't hurt this badly forever.

You will heal and feel happy again.

You do not have to protect your heart by closing it down or hardening it.

Keep opening up to love – love is all around you!

Reach out for support; you don't have to do this on your own.

Utilize this time to love yourself even more.

Just because your ex is not in your life does not mean there is less love in your life. The relationship may be over, but the love you shared will never die because it always belongs to you. You are so worthy of the loving relationship you desire and this is just a step along the way.

*Be gentle with yourself during your breakup . . . your breakthrough is just around the corner.*

You are loved,

*Christie*

## *What's wrong with you?*

**“ABSOLUTELY NOTHING!!!”** is the answer to that question.

I unequivocally assure you that there is nothing wrong with you.

Even if you feel stuck. Even if you cannot figure out what you want to do with your life or hate your job. Even if you snapped at your spouse or child this morning. Even if you are ten pounds heavier than you want. Even if you are single and long for a partner. Even if you had a terrible childhood. Even if you have debt. Even if you have been labeled with a diagnosis.

There is not a single reason in the entire Universe that anything could possibly be wrong with you so please **STOP LOOKING FOR ONE!**

I received the call to remind you of this from Robert Holden who was the graduation commencement speaker for the University of Santa Monica (where I got my MA in Spiritual Psychology in 2008 and currently serve as faculty). His message to the audience was to change our minds about ourselves rather than continuing to attempt to change ourselves. Robert is a PhD, best selling Hay House author, and the Director of The Happiness Project and Success Intelligence. He's super famous in the personal development world AND truly walks the talk.

Robert shared that in his work as a psychologist he only felt slightly effective when he was seeking a diagnosis for people he was treating. His practice and purpose shifted when he stopped looking for “problems” and started seeing people, and helping them see themselves, for who they truly are: whole and unbroken.

He honored their stories and offered tools for relating to them because we all have life experiences we go through. However, he did not make their stories mean anything about them or taint the essence of who they were. Robert called us all forward to remember who we are so that we can remind others.

We do this by forgiving ourselves for any judgments that perpetuate the misunderstanding that we are flawed in some way. We must stop looking at ourselves as improvement projects – consistently looking for the next quick-fix or upgrade.

Experience of myth of inadequacy and the plague of not-enoughness. Your true self is waiting on your recognition and acceptance. Do not deny it any longer I invite you to ask yourself if the questions Robert asked us: *“What is it like to be you when you are not judging yourself? When you are not criticizing yourself? When you are not trying to make yourself into anything?”*

Please share your comments and insights on the blog. I want to here you proclaim that there is nothing wrong with you!!

And if you want a little more of Robert, which I HIGHLY recommend as a fan of his work and especially after meeting him in person, he is doing a five day program in San Diego, in October called Coaching Success. This program is all about the heart and soul of authentic success. He shares about his work, which includes being personal coach to the last two President of Dove and The Real Beauty Campaign. If I wasn't going to be on a book tour, I'd be attending –seriously, his work is life-changing.

Much love and remember. . .

*You are absolutely precious and beautiful - THERE IS NOTHING  
WRONG WITH YOU!!*

Blessings,

*Christie*



## *The fastest way to get better results*

When you go out to dinner, are you satisfied with a meal that had a great side dish and appetizer but a mediocre entrée? If you took a vacation to a five-star hotel, would you give it rave reviews if the rooms were beautiful but the service sucked? Would you feel fulfilled in a relationship with someone who was faithful some of the time?

Absolutely not!! We desire, even demand, 100% satisfaction, congruency and commitment from the things and people we invest in. But when it comes to our own life sometimes we often tolerate below average performance in certain areas of our life thinking we can make up for it by rocking it in other areas. For example, you may be a rock star at your job but your personal relationships are lacking. Or you may be a super healthy green-juice-drinking gym and yoga rat but your finances are a mess.

Why is this a problem? When there are one or more parts of your life that you do not optimize, it prevents you from being an all around peak performer. Think of it this way: if one piano key is out of tune, the song can still be played but it just does not sound as good. Congruency is key!

I have a great example of which was inspired by Jill who has worked with me for the past five years. Many of you have been lucky enough to meet her at one of my events or retreats and know that she is truly one-of-a-kind. Recently she got even more awesome after undergoing a transformation . . .

A lover of learning, Jill has always been dedicated to living an optimal and balanced life. But she had an “aha” moment at the beginning of the year that there was one area of her life where she was not truly living up to her potential: diet and exercise. Granted she was healthy and worked out (sometimes), but she did not prioritize it by investing time and energy into learning and creating new habits. She felt totally optimized in the areas of her career, finances, spiritual life, and relationships but when it came to her body, she was just settling for her comfort zone. Since this realization, she has been working with a trainer and nutritionist and has completely transformed her body. Not only has it been physically satisfying, she has noticed how it has unlevelled ALL aspects of her life – she’s on fire!

*This is what happens when we are willing to do what it takes to transform the areas of our life that would only get a 1 or 2 star review. A domino effect occurs because the part of our*

*consciousness that knows were we are settling or playing small can relax. Suddenly we free up so much energy that we begin to generate and attract more satisfying and consistent results in all aspects of our life.*

My encouragement to you is take a brutally honest assessment of your life – career, finances, romantic relationships, family, friendship, spirituality, sexuality, nutrition, exercise, creative expression, personal growth, etc – and identify the areas that you are not paying a lot of attention to, feel unfulfilling, intimidate you, or are messy. Then immediately commit to investing time and energy into up leveling them.

No more settling for less than awesome in any aspect of your life. No more attempting to compensate for where you are lazy by overdoing it in another area. No more allowing ignorance or fear to stop you from changing. You cannot expect optimal results unless you are congruent in all aspects of our life.

I would not be able to do the work I do unless I lived the well-rounded and balanced life I am I committed to. Not only would incongruence be a barrier, I would feel like a fraud and be out of integrity with myself.

Get back into integrity with yourself. You deserve and are FULLY capable of generating a well-rounded and balanced life.

Blessings,

*Christie*

# Stop Procrastinating!

Procrastination. Even though we know it is the thief of productivity we all do it. And we temporarily enjoy it because we usually fill it with something frivolous that feels rather indulgent. Yet at the same time we feel guilty because we know something is hanging over our head.

Procrastination is also the thief of passion. Do you find yourself accountable to other people yet you delay doing the things that would support your personal and professional dreams? It's time to be courageous and move through any fear and resistance. You deserve your dreams AND they are not going to just appear without taking steps toward them.

Stop letting procrastination rob you of your productivity and passion!! Here is a seven-step process to help you GET IT DONE:

1. **Identify the COST and PAYOFF** of procrastination. Costs are easy to identify and may include things like increased stress by having less time to get things done, feeling guilty, indulging in unhealthy distraction patterns like eating, gossiping, or mindless face booking (yes, I've made that a verb). Next, you may think there is no payoff to procrastination but there is! You get to temporarily experience a sense of rebellion and freedom from doing the thing you don't feel like doing. It's the payoff that makes procrastination so intoxicating.
2. **Answer, "What would be different if I got this task done?"** List out all the positive benefits from completing what you're putting off. Imagine it done. How would you feel? What would you have space for? How could you utilize all the new energy you freed up from completing an incomplete cycle of action.
3. **Schedule a time and commit.** Leverage the energy you are feeling from step 2 to pull you into committing to getting it done. It is WAY easier to commit to something when you are in enthusiastic energy! Pick a time or ongoing window of time to JUST DO IT. And hold yourself accountable to showing up for yourself just like you'd show up for a doctors appointment or a hot date.
4. **Establish disciplines because discipline creates habits.** You don't procrastinate brushing your teeth because it's become a habit. Usually we put things off because we haven't formed a habit. For instance, I used to procrastinate writing but now that I've blogged at least once a week for 7 years, it's a habit. Commit to showing up on a regular basis and doing the things you are delaying.
5. **Eliminate all distractions.** Forget about minimizing them! TURN OFF your internet, email, social media, phone, TV, work in a new space (like a library)

where food and tempting distractions are minimal. You will be amazed at how productive and focused you can be when you eliminate distractions.

6. **Shift your state.** Your state is your physiological, mental and emotional pulse. If your energy is low, your thoughts are along the lines of “I don’t wanna” and you feel anxious, frustrated, or apathetic, guess how productive you are going to be? Not very! Shift your state to one of high energy, positive self-talk, and enthusiasm by imagining yourself 15 minutes AFTER the successful completion of your tasks. See it, feel it. Experience the relief, accomplishment and excitement you will feel. Get into that energy and then begin your task.
7. **Celebrate!** This is an important step because you want your true payoff to come from the completion of the task and not from procrastination. Acknowledge yourself. Reward yourself with the things you may have been using to procrastinate!

Okay now it’s time to stop surfing the internet and get productive and passion. Use these seven steps anytime you find yourself procrastinating. Remember, delaying doing things that you don’t like doing OR would love to do but put last robs you of productivity and passion.

Love

*Christie*

## *Don't fall for your own BS*

I recently learned a life-changing lesson about myself from a horse. Yes, a horse. His name is Rooster and he is one of the best teachers I have ever had.

Here's what happened. I was blessed to spend a weekend at Miraval resort in Arizona and registered for an "Equine therapy" class. I was looking forward to the class given that I have always loved horses but did not expect anything hugely transformational. After all, I grew up in Texas and was around horses a lot so how surprising could this be?

Well Rooster surprised me.

In equine therapy classes, you do not ride the horses. Instead you groom them because that requires way more cooperation on their part. The trainers explained to us how and where on the horse's leg we'd need to touch him to get him to lift his hoof so we could clean it. I listened attentively and felt confident in my ability to get the horse to lift his hoof. However, when it was my turn, Rooster did not budge. He stood there like a statue and did not respond to my physical request. Eventually he started falling asleep despite all my effort.

I backed away and said to the trainer, "Well I guess I am not getting him to do it."

"Really? Hmmm...don't you care about completing the exercise?" the trainer said.

"Oh, I'm just happy being out here, I'm not attached to outcomes." I responded with a bit of spiritual snootiness pretending I was some evolved being not at all invested in results.

*"Really?" she said again, "Are there other things in life you pretend not to care about that you really do?"*

BUSTED!!! I

Can you relate?

Do you buy into a misunderstanding that it is more "spiritual" not to care about outcomes?

Do you pretend not to care about things that you really do care about?

Do you show up in certain areas of your life and give off a vibe of being indifferent or apathetic?

Do you fake “being cool” with something when you are absolutely not?

Are there areas in your life that are “falling asleep” because you are scared to be really honest about how bad you want something?

My encouragement to you is to allow yourself to care. Play full out. Show up in all aspects of your life fully invested. Stop pretending that you are all evolved and not invested in physical world reality things. You are still in a human body, aren't you?

Once I got this “aha,” I owned my truth, committed to my desire, and walked up to Rooster with determination and a very clear intention. Before I even had a chance to get the grip on his leg, he woke up, stood up straight and lifted his hoof right into my hand.

Things happen when we are invested in the outcome. But here is the caveat: do NOT allow the outcome to determine your worth or value. Go for what you want but if you do not get it or it does not turn out the way you desired, do not make it mean anything about you.

Do your best and then allow the Uni-verse to do the rest. You may not always get what you want but at least you know that you showed up 100%.

With love,

*Christie*

## *Are you settling or being too picky?*

We don't always get what we want in life (I know this probably does not come as a shock to you). So, when something like a job or relationship is not exactly what we desire, how do we know if what we want is even reasonable? Are we expecting too much?

How do we know if we are being picky or if we are settling?

Here's the bottom line:

*If you are trying to talk yourself OUT of something, you are being too picky.*

*If you are trying to talk yourself INTO something, you are settling.*

I noticed this distinction after supporting two friends and a client in ending things that were just not aligned with their core values and desires. The overall theme I observed was that they all were contorting into pretzels attempting to talk themselves into something or someone that was not aligned with their non-negotiables or desires.

And at the end of their long speech about how they could possibly compromise, even sacrifice, things that were really important to them, each asked: "Am I being too picky?"

**"NO!" I exclaimed. "YOU ARE SETTLING!"**

Generally, we attempt to talk ourselves OUT of things that we being too picky about, NOT into them. You can recognize petty pickiness when you are searching for reasons, excuses and justifications rather than opening your heart and mind to seeing beyond judgments or superficial concerns.

You are settling when you ignore what matters most to you. The truth matters, so stop lying to yourself because you have forgotten how abundant the Universe is. Your values matter. Your desires matter. They are your inner compasses.

So, if you are settling, stop it! Get out of the job, relationship or situation that you keep trying to talk yourself into. Take a stand for what you *truly* desire and deserve.

And if you are being too picky, stop that too! Let go of petty reasons for not fully engaging or giving something a chance. Stop blaming external factors and take responsibility.

*Remember: Life is way too short to ever settle!*

Love,

*Christie*



## *A technique I use with my clients*

Most of us are a bit flawed in how we pursue our goals. We think that setting intentions and taking steps toward them is enough, but it's not. If you do not want to be left Expectation Hangover, I highly suggest you do this process.

**The basic principle to understand is that in order to create anything new, we must remove the obstacles that are in the way.** Making a list of what we want is the easy part. Undoing blocks and then doing the work to co-create it is actually what brings it into physical form.

So what is in your way?

Obstacles and blocks include: fear, limiting beliefs, perceived lack of resources, time, attachment to other's opinions, unforgiving issues from the past, toxic situations or relationships, and so on.

Once you identify your blocks, make an action plan for how you are going to address them head on. Life is a process of creation AND destruction. Before co-creating newness, the outdated must be destroyed.

**Often the biggest obstacle is YOU.** You can be critical and downright mean to yourself. You often compare yourself or doubt yourself. You allow yourself to indulge in habits that you know are not moving you in the direction of your dreams. You lack faith and don't trust the Universe. You are waiting not to be scared to take a step forward. You spend more time looking at what's wrong with you versus what's downright awesome about you.

Does any of this sound like you? *Even if you are this way sometimes, it is damaging.* So as soon as you catch yourself in the act of self-sabotage, inwardly say, "I forgive myself for forgetting who I really am!" and get out of your own freaking way!

This prayer helps me: "God, please help me get out of my own way and live in the Truth of who I am!"

Love,

*Christie*

## *A Prayer Of Gratitude*

I love the week of Thanksgiving here in the States because gratitude is on everyone's mind. Why not make it Thanksgiving 365 days a year! When we are aware of what we do have, we are a lot less inclined to obsess about all the things we don't. Cultivating a consciousness of gratitude is a spiritual practice – it's a MUST for anyone who is committed to living a life of love.

My personal gratitude practice consists of an evening gratitude ritual that I have done for years. Every night before I go to bed, I write a list of things that happened that day that I am particularly grateful for. Things like a rock star parking spot, magical moments of serendipity, a fabulous meal, a laugh with a friend, or noticing an old pattern or trigger come up that offers me an opportunity to work my process. My gratitude journal is also a wonderful way to keep a diary of my life. I love looking back through it to reflect on past moments and celebrate lessons and blessings.

Now I'm sure you've heard the suggestion of keeping a gratitude list before; however, are you actually doing it? I assure you, it makes a huge difference, especially if you add it to your bedtime ritual because you send yourself off to sleep in the consciousness of gratitude. Dozing off with appreciation in your heart will positively impact your quality of sleep and the state you wake up in. So get yourself a journal and cuddle up with gratitude.

And for an extra dose of gratitude, I offer this affirmative prayer from my grateful heart to yours...

I'm grateful for everything in my life that has led me to this moment as it has all been part of my unique destiny.

I am grateful for all the people who I have met for a moment or known deeply for they have all been my mirror and my teachers.

I am grateful for all the times I have thought I have failed for I know now they taught me resilience.

I am grateful for all the heartache I've experienced because it means I am willing to open my heart.

I'm grateful for when I've had more because it taught me how to give and I'm grateful for when I've had less because it taught me how to receive.

I'm grateful for the miracles I experience in my life as they have reminded me of the magic of the Universe.

I am grateful for my body exactly the way it is because it is the absolutely perfect package for my soul.

I am grateful for all the various forms of abundance that I recognize in my life.

I am grateful for every tear I've shed because I've learned compassion.

I am grateful for every hurt I've experienced because I've learned forgiveness.

I am grateful for every time I've suffered because I've learned acceptance.

I am grateful for the times I have felt alone because in those moments I found my way back to my connection to the Universe.

I am grateful for my gifts and my courage and willingness to express them.

I'm grateful to be able to live with an open heart.

I'm grateful to be able to choose my response to anything.

I'm grateful for my freedom.

I'm grateful to love, be loved and BE LOVE.

Happy Thanksgiving. I am grateful for YOU.

*Christie*

## *What if it was all made up?*

Halloween is a day where being scared is fun and actually intended. Ghosts and goblins may spook us but only temporarily because logically we know it's just pretend! Fake fear can be fun, but the real fear we experience, the kind that haunts us throughout the year, is definitely not so fun.

But what if most of the fear that you do experience was not real? What if the things that scare you are just pretend?

We actually feel the true emotion of fear when something unexpectedly scares us and triggers our fight-or-flight response. Back in the caveman days, we needed the feeling of fear so that if a herd of tigers started coming at us, it would trigger fear and alert us to RUN.

In modern times we rarely find ourselves in these types of fight-or-flight situations, so most of the fear we experience is something we create with our minds. We manufacture fear by asking ourselves the question, "What if?" and then following it with something negative or a worst-case scenario.

We scare ourselves with questions like: What if it doesn't work out like I want, what if I fail, what if I lose, what if I get hurt, what if I can't handle it, what if I get rejected? Do any of these "what if" questions sound familiar to you? If they do, you are spooking yourself unnecessarily. You have absolutely no proof that any of your what if statements are accurate because you are just making it all up!

Natural fear protects us and teaches us courage, but manufactured fear is worthless. So if you are going to manufacture "what if" statements at least make them good! Consider: What if it works out even better than I want, what if I rock it, what if I learn an amazing lesson, what if I fall in love, what if I discover an amazing amount of strength, or what if a miracle occurs?

Doesn't that feel and sound so much better!?!?!?

Save the pretend fear for Halloween.

Stop creating unreal fear that is really stopping you from either taking action or experiencing peace, inspiration and faith.

Love,

*Christie*

## *What I do when I feel self-conscious?*

Ever have those moments in life where you feel awkward? Or times when you are with a group of new people or an event full of strangers and you feel totally self-conscious? I think most of us, other than you uber-extroverts, occasionally have these kind of moments. In fact, I just had one this past weekend so I wanted to share my tips for moving beyond it . . .

I attended an event called Summit Series in Utah with about 150 other innovators, entrepreneurs and really cool people. There were not many people I knew there, but I love hanging with a like-minded crowd and making new friends. I had a blast and loved spending four days lap-top free, yet there was one moment when an old feeling of self-consciousness crept up on me.

One day when everyone was hanging out at a lake house, most of the new friends I had made scattered off to do other activities and I found myself alone. This used to be a HUGE trigger for me and I would find ways to avoid the situation completely by making myself invisible (go to the bathroom), or by making myself seem otherwise engaged (get out my phone to distract myself even if I didn't have any emails or texts to read).

Because I really do not want to be invisible or distracted and I naturally skew more toward being an introvert, I have had to learn ways to overcome self-consciousness in order to fully engage in group situations. Here is my strategy that I offer to you:

1. **Acknowledge and accept the tender feeling of insecurity.** Make it okay to feel it instead of shaming yourself. Understanding that the feeling is just a result of an old or inaccurate story and gently work with your internal storyteller to create a new one.
2. **Realize that everyone is not as concerned about you as you are.** In our most self-conscious moments, we feel like everyone is looking at us and judging us. This is NOT true. The truth is we are the only ones obsessed with what we are doing. Everyone else is usually concerned about themselves and really are not even noticing you! When you remind yourself of this, it relieves a lot of pressure.
3. **Take a step out of your comfort zone - you are feeling self-conscious anyway so what do you have lose?!?** Go up to a group of people and introduce yourself or position yourself in the room where you are not hiding. I went to the very center of the deck where everyone was hanging out and sat in an empty chair.

4. **Have an open body position and center yourself.** We tend to close off when feeling alone or insecure which detracts people from approaching us. Uncross your arms and legs, stand or sit in a receptive position. Breathe into your center (which is about three inches below your navel) to ground your energy and get it out of your head – and smile!
5. **Shift your focus to others.** The most effective strategy to not listen to your own negative self-talk is to observe others. Enjoy some people watching and if you want to take it up a notch, be a Light worker. By that I mean send loving energy like a white beam of light from your heart to people. Breathe and just radiate a loving presence to the environment around you.

I assure you if you practice these five steps that not only will you feel less self-conscious and more relaxed, you will naturally draw others toward you. In my case, after about five minutes of sitting alone in that chair on the deck focusing on gratitude, centering myself, and sending Light to the beautiful land and all the people, I had two people come and sit on either side of me (and the one on my left happened to be a cute guy – bonus!).

We all get self-consciousness and find ourselves in situations where we wish we had a lifeline to grab onto – those of you who refuse to go to any social situation or networking event alone know what I mean. But sometimes the BEST thing we can do for our growth is to put ourselves in situations that are a bit uncomfortable and approach them differently.

*People want to meet you and get to know you. You belong! Stop taking yourself out and missing out just because you are a little self-conscious. Others are much kinder and welcoming than we project them to be. Open your mind and your heart.*

Blessings,

*Christie*

## *Stop Torturing Yourself With Your Thoughts!*

I want to offer you some immediate relief from yourself! What I mean by this is that most of us, yes even you, torture ourselves with our thoughts!

In my own life and in coaching others, I have observed that one of the biggest sources of suffering comes from what we choose to believe about our reality. You see there is what happens in life (which we cannot 100% control) and then there is what we choose to believe about it (which we can 100% control).

We give meaning to everything in our lives and often choose meanings that make us miserable!

We suffer because we hold for dear life to the belief that if our life were different in some way it would be so much better!

I'll give you a couple examples ...

One of my clients has been in a huge funk because he did not receive a promotion and believes that he is not where he "should" be in his career. He has made that mean he is not successful enough, has been wasting his time, and is a failure. He then used these beliefs to beat himself up which only made him feel worse and zapped all his motivation. He collected evidence that supported his beliefs by comparing himself to all his friends who he judged as so much more successful than he was.

Another client was in tears over the reality that she is 30 and single. She believes that she "should" be with someone and if she were, she would be so much happier. She has made her relationship status mean something is wrong with her, men do not like her, and she is going to be alone forever. Thoughts like, "Even people who are train wrecks in relationship have them" and "Why is it so much easier for everyone else?" and "I've been working on myself but I guess I'm not doing enough" took up significant real estate in her mind.

Both of these clients were miserable. Yet both of them truly had nothing really to be miserable about. Their lives are blessed and they are both amazing people. But their beliefs about their reality were preventing them from seeing the truth of who they really are. They were suffering because they believed that something else would be better than what is.



We all at times fall into trap of making assumptions. Assuming anything is never in service to your peace and clarity! We do not know that what we believe would be better is actually true. What is actually true is that believing and loving MC of our reality.

I love busting beliefs because it sets us free from unnecessary torture and moves us back into sync with “what is”. One of the most powerful tools I use to weed whack thoughts is The Work by Byron Katie.

Begin by bringing the belief or thought that has to do with what you’d like to be different in your life and then ask yourself these four questions.

Is it really true? (yes or no, if no, move to 3)

Can you absolutely 100% know that it is true?

How does believing that thought influence you? How do you react? What happens (hint: most answers will be self-defeating and negative)

Who would you be without that thought? (hint: most answers will be self-supportive and positive)

The final step is to reframe your original (tortures) belief into something that feels a lot better. Reframe it into at least three specific thoughts that are more true in this situation. Isn't it liberating to know that you have the power to INSTANTLY eliminate your suffering by turning around your thoughts!!!

Would you rather be right or happy?

I encourage you to let go of your positions about life should be and steps into the potential of what life is. Remember the Universe is your partner. Stop fighting against your reality because you will only lose 100% of the time.

Love,

*Christie*

# How to stop obsessing

Obsessing over something is the worst. When someone or something has pitched a tent and set up camp in your mind, it can be your own personal version of torture.

What we can we do to stop the seemingly endless cycle of obsessive thinking?

What does NOT work is continuing to talk about whatever you are obsessing about. You probably know insanity is defined as doing the same thing over and over expecting a different result. You are making yourself insane by continuing to give valuable airtime to the subject of your obsession (and possibly driving the people you keep talking to about it crazy too!)

I have two out-of-the-box strategies that will help eliminate obsessive thinking so you can start talking about the things that light you up rather than bring you down!

**Strategy one:** Grab a few sheets of blank paper and set the intention to do what I like to call *release writing*. Bring whatever you are obsessing about to mind and just keep writing about it until you feel empty. This is not about writing legibly or reflecting, think of it like mind dumping. You know you're done because your hand will hurt and you will be so sick of the story that there is nothing left to write. When you are done, rip it up or burn it as a symbol of letting it go.

**Strategy two:** Wear a rubber band around your wrist and whenever your mind goes to the subject of your obsessive thinking, give it a little snap. We do not like pain and when our unconscious mind starts to associate a certain thought with a little snap, it will be more likely to avoid it. *Note: this is not about hurting yourself because truly a rubber band is not that painful.* It is about getting your attention and supporting you in redirecting your thoughts. And often obsessive thinking gets so consuming that unconventional measures are required!

**Just so you know, whoever or whatever it is you are obsessing about is not deserving of your precious mental energy.**

Use these techniques and redirect your mind to what you can create, how you can serve and the things that inspire gratitude. You can overcome obsessive thinking!!

Love,

*Christie*

# How to Deal with Betrayal

Betrayal. Yuck. It's one of the human experiences that can be so painful and hard to understand. It hurts when you feel lied to or when someone you thought you could trust shows you something different. When we feel betrayed or like our trust is broken, it's natural to want to hang on to the anger, resentment, blame and "how could she" or "I can't believe he" thoughts. But this keeps us in victim consciousness and only perpetuates our suffering.

There is a way out of the suffering. There is a way to bring lightness to this seemingly heavy experience.

After receiving some unexpected information, I found myself in the depths of feeling betrayed. I did get through it and so can you!

I offer you this step-by-step process to move through betrayal.

**Step One.** Just feel it. Yes, you gotta just feel your feelings around it. Betrayal or violated trust can be incredibly jolting. In a sense it can feel traumatic because it catches us totally off guard and threatens the (false) sense of security we project on others. Feel your sadness or anger. Cry, scream, journal, or hit a pillow. Talk to friends who will just listen and hold a loving space rather than engaging in badmouthing or throwing a pity party for you or reach out to a coach or counselor. Do not call or be feeling your feelings with the person who you felt betrayed you.

**Step Two.** Take action and deal with physical world reality issues if applicable. Often in a case of betrayal there are things you need to clean up. If you've been cheated on, get tested. If you require legal advice, consult a lawyer. Do what you need to do to care for your basic self needs. This is important because when trust issues are up, the little one inside of you needs to see you taking care of yourself. Being proactive creates peace of mind.

**Step Three.** Look for the lessons. Challenges are how we learn. Sure they don't feel so hot but they always turn up the heat in terms of our growth. Be radically courageous through your willingness to see your role in the situation. On the flip side sometimes there isn't a big lesson reflected back about us. We can be part of other people's lessons and on some level agreed to serve them in terms of our participation. Our learning in it is simply how we are with ourselves through the process. And there is always an opportunity to practice being more compassionate with yourself!

**Step Four:** Move to understanding. The person was truly doing the best they could. I know you may disagree and argue against that truth, but trust me when I say they were doing the best they could with their own inner resources. Everyone is on a different journey, learning different lessons. You don't have to like or agree with someone's actions or choices to forgive them. Forgiveness of yourself is also muy importante!! When betrayed, we feel duped, stupid, or like a fool, so forgive yourself and know you were doing the best you could, too!

**Step Five:** Give them to the Uni-verse. When feeling betrayed, our righteous, "I'll show them" voices come up. We fantasize over worst case scenarios that could happen to them that will be redemptive! Resist this temptation because it only creates negative energy inside of you. Their lessons are between them and the Uni-verse and are none of your business.

**Step Six:** Bless them. Understand their actions that led to betrayal come from a pain place. Your perceived betrayer is suffering, too. Seeing them from an elevated and compassionate perspective moves you out fear and into love. Bless them and set them free. When the obsessive train leaves the station in your head, imagine the person, bless them and then redirect your thoughts toward your own blessings.

Finally and perhaps the most importantly, **do not close down your heart!** Keep that sweet heart of yours open.

Choose forgiveness over protection. Please do not form or perpetuate a limiting belief that you cannot trust people. Use this experience of betrayal as a reminder to come back to the ultimate source of trust: The Universe.

Loyally,

*Christie*

## *Are you too nice?*

That may seem like a strange question because most of us would think that being nice is a wonderful way to be. But sometimes we are too nice. Don't get me wrong, I am all for being loving, kind and generous. Yet I've noticed that although niceness is very p.c., it isn't always authentic.

We are often too nice when we want someone's approval or acceptance. Or we long for someone to like us and think we are a "good person." Or when we are in the presence of someone who intimidates us or is in authority position. Or when we just want to avoid confrontation. I've seen myself do this in romantic relationships, friendships and even business negotiations. The result? Externally I upheld the image of being a nice person yet internally I felt unfulfilled and like I settled for less than I deserved.

We think that being nice will get the acceptance, approval, validation, or peace we crave, so we repress our honest feelings and expression. Playing nice may seem like a good idea at the time, but if it isn't real, it creates resentment.

Can you relate to playing nice when you actually feel dismissed, upset, not seen or misunderstood in some way? A lot of us do this because it's scary to be vulnerable. We put our concern about the other person's reaction or perception of us first. We put on a happy face and pretend nothing is wrong hoping that our niceness will provide the experience in a relationship we are seeking.

But what ends up happening is all the suppressed feelings stack up and build resentment inside of us. Not only do we start to feel resentful toward someone else because we feel like a doormat, we start to feel resentful toward ourselves by not speaking our truth.

So how do we stop killing ourselves with [inauthentic] kindness?

The answer is not to be jerky or bitchy. It is simply to be honest and vulnerable. Sharing our true feelings and experience is the nicest thing we can do for ourselves, and ultimately for others as well. And we can be honest in a nice way by communicating using ownership language and not blaming anyone else. For instance, *"When you xyz, the experience I have inside is xyz"* or *"When this happens, I feel..."*

Loving kindness is not about being a passive pushover. Loving kindness is about being authentic. Our authentic nature is Love. And Love accepts everything – all our thoughts and feelings are loved by Love. Love yourself enough to honor your experience by telling the truth. This is what will keep you from building up resentment towards others and yourself.

*Resentment creates a block to the awareness of your true loving nature. Without resentment in your way, you are able to forgive others who you judge as not that nice. You will be able to love others in spite of their behavior. You will be inspired to act with loving kindness, which is the nicest thing to do.*

With love,

*Christie*

## *I was totally over it!!*

Last week my personal tank was on empty. I had been over-giving, over-doing and was just over it! As a service-oriented entrepreneur, sometimes I do not even realize I'm "over-ing."

I know many of you do and give A LOT. I acknowledge you for this. And we are all human. There are times when we need a little hiatus from all the doing and giving, but do not take one because: we are scared if we do something will fall through the cracks or someone will be disappointed, are capable of pushing through it, are hesitant to ask for help, think we have to keep giving in order to receive, or some combination of the above.

So we keep pushing not even realizing that our tank is empty. I share more about my personal experience with this in this week's vlog

My **strong** encouragement to you today is to drop the superhuman stuff. Here are some dead giveaways that you are over it and a time-out is in order.

- You are irritable and/or on the verge of tears. Everyone is pushing your buttons. You are hell-on-wheels in traffic. Patience is not a virtue. Even easy things seem hard – dropping your keys makes you cry.
- Your self-talk is not that of a bestie. The inner critic is loud. You keep pushing and pushing and pushing yourself.
- You are resorting to zone-out and numbing devices. Way too much television watching, internet surfing, and social media stalking is happening. A drink (and a second and a third) feels deserved.
- Your craving for caffeine and sugar is insatiable. Chocolate has become a food group. You are developing an afternoon latte habit even if you do not usually drink coffee. Or maybe it's skittles and diet coke. Whatever your upper of choice is, you not only crave it, you feel like you need it.
- You are not sleeping or only want to sleep. Exhaustion has set in but once your head hits the pillow, your monkey mind keeps you awake. Or the thought of getting out of bed is overwhelming.
- You have slacked off on your self-care rituals. Your meditation practice is a memory. Green food is way too much work. And the gym...what gym?
- You are having trouble remembering daily tasks or are forgetting things all together.

If any of these ring true for you it is time to refuel ASAP. **Just because you can survive on empty tank does not mean you should!** You would never expect your car to run without gas, would you?

In today's world where over-doing is often worn as a badge of honor, it may be easy to get depleted, but it is even easier to refuel as soon as we give ourselves 100% permission to ask for and receive support.

**Today I give you 100% permission to STOP, PULL OVER and REFUEL your tank.** Here are some suggestions:

- Cancel appointments and postpone things on your to do list. I *promise* they can wait. Your well-being is more important than any obligation or "should."
- Call friends who make you laugh and will listen to you vent.
- Get outside!! Take a walk without your phone, listen to the birds, look at trees, and actually stop to smell the roses.
- Eat delicious and nutritious food that is easy for your body to digest.
- Go on a digital detox. Spend at least one day screen free.
- Get a massage or bodywork of some kind. Touch is important and deeply healing. Even if you have to pay for it, you are worth it.
- Play!!! Do something totally goalless that is just for fun and brings out the kid in you (never underestimate the power of finger-painting).
- Pray. Ask for support, grace, and mercy.
- Move your body. My favorite way is dancing. Oh, and boxing because sometimes we all just need to hit something.

*Do not wait until you are so depleted that you get sick, sabotage a relationship or miss an opportunity. Make self-care a priority so that you can fully show up in the world.*

Love,

*Christie*



## Why Frustration Is GOOD For You!

Often great lessons come from unexpected teachers...

Recently I heard a woman share about how she was with her friend's seven-month-old baby boy and witnessed him experiencing frustration over his natural limitations. He was trying to communicate his needs but did not yet have the verbal skills to do so. He was attempting to feed himself but did not yet have the motor skills to do so. The reality of his current conditions did match his desires, which was incredibly frustrating for him.

This is an incredible metaphor for the frustration we feel when our reality does not match our dreams. Our vision of what we want is clear; however, life does not look like we want it to. We have powerful intentions and heartfelt desires, yet things have not yet manifested in physical form. But just like we aren't born walking and talking because there is a natural progression to our physical development, everything we want doesn't happen at once because there is a natural progression to our personal growth.

Our minds love to wander into the future and dream up amazing things. We can see ourselves in love, living our passion, making lots of money, and so on. But just because you can dream it doesn't mean you are necessarily capable of having it right this instant. That doesn't make you a failure. And it doesn't mean you are doing anything wrong. Often there are simple natural limitations in life. There are lessons that need to be learned. Experiences you need to have. People you need to meet. Things you need to do. Skills you need to acquire. Time that needs to pass.

I understand it is frustrating to . . .

Feel so much love in your heart and want to share it with a partner.

Feel so much passion about something and want to make a living just doing that thing.

Feel so capable and want to be on a purposeful career path.

But your frustration is really just an indicator of what is coming!!! You would not feel the longing inside of you if it wasn't coming. Wanting comes with waiting. It is just part of the equation.

There's a lot you don't know. There are some additional skills you are going to learn or experiences you are going to have to truly prepare you for the career of your

dreams. The person you are going to be in a romantic relationship with has some things he or she needs to do and learn before they are ready to be with you! When you were seven months old, you had the instinctual desire to communicate but you had to wait for your brain to catch up so you could learn language. But eventually you did, didn't you?

There is a magical mystery to the Universe's timing. Trust it. Trust your process and accept the natural limitations. But don't add unnatural and unnecessary limitations like buying into any old stories of not being good enough or unworthy or not deserving. And drop the limiting belief that things would be so much better if you had all your dreams right now because it's limiting your enjoyment of the right now.

So make the best out of your current conditions. Ask yourself, "How can I enjoy where I am now **EVEN MORE?**" The "even more" part is essential to add because it implies that you are already enjoying it!!

Reality will eventually catch up to your dreams. Just like you eventually learned how to walk and talk, you will continue to learn the life lessons that move you one step closer to your dreams. It is impossible for you not to actualize your potential as long as you are committed to your growth. Do not give up just because you are frustrated!! Patience is part of faith.

With love,

*Christie*

## *I left the party*

What we say “no” to in life is just as important as what we say yes to . . .

I was reminded of this at a party that turned out to be much different than I expected – the vibe and one person in particular who was not being very kind to me from my perspective. After about an hour of attempting to adapt myself to the situation, I realized that it was not self-honoring for me to be there.

So I left. I said “no” to hanging out in a situation that just did not feel good. It felt GREAT to walk away without any judgment of myself or anyone else. No one was wrong or bad, it just was not aligned with me. And I proceeded to have a beautiful evening with people I love and totally vibe with.

Saying “no” and opting out of situations, relationships, and environments sends a powerful message to the Universe of what you do want to attract into your life. **The process of elimination is an integral part to the process of co-creation!** Which is why my encouragement to you today is to start saying “no” and opting out.

Consider what you are allowing in your life that is not aligned with who you truly are and what you really want:

- Where are you settling for good enough when you desire better?
- Where are you adapting, or even contorting yourself into a pretzel, to fit in where you truly don't belong?
- What are you saying “yes” to that is sabotaging your intentions surrounding health, wealth, and love?
- How are you behaving that is distracting you from being on purpose – or potentially putting you at risk?

**When something is not a “Hell Yes!” it is a “Hell NO!”** “Maybe,” “possibly,” and “perhaps” are not empowering energies to engage in and will not get you where you want to go. If you feel unclear or uncertain, get quiet, go inside and listen to your intuition. Your inner knowing is not wishy-washy. Think of that time where you really knew something was a “no” and you did it anyway....how did that work out for you?

It is okay to say “no” – and “no” is a complete sentence. You do not need to follow it with an explanation, apology, or combo of both. Stop being a people-pleaser. Instead get more aligned with your values and intentions so you can be the best version of yourself and serve others rather than please or appease them.

Say “no” to big things like ending relationships that are not aligned with your values and what you have to offer to make room for your soul friends and mates. Say “no” to little things like texting while driving that could save your life or the life of some else. There is so much to say “no” to which is really saying “yes” to so much more!!

*Remember: Your life is created just as much by what you say “no” to and take action away from as it is by what you say you say “yes” to and take action toward. I want to hear what you are saying, “Hell NO!” to - head on over to the blog and share your comments.*

Love,

*Christie*

## How to be happy

I'm writing this on a plane back from Australia after spending the past month working and traveling on the other side of the world. One of the highlights of my time away was spending five days in Bali. I love Bali, so much so that I've gone four times. It's hard not to love Bali – the beautiful land, delicious food, (I gotta tell you the raw cacao desserts in Ubud are orgasmic!), warm weather, luxurious spas, and decadent pool villas!

But the reason I am called back to Bali over and over again is because of the island's tremendous spiritual energy. There is a heightened vibration that is quite easy to tap into that is generated by the land and the Balinese people. They are contagiously happy for no apparent reason that many of us could detect.

### *How are they so happy?*

Sure they live on a magical island but from my pov and from talking to many Balinese people, they are happy because.

1. **They put God first.** Their spiritual practice, which for most is the Hindu religion, is of utmost priority – before their relationships, job, body, or anything else. They pray multiple times a day and make beautiful offerings to the Gods out of bamboo and flowers. Everywhere you look in Bali there are meaningful symbols that remind them of the spiritual world. Because of this spiritual focus, they are less distracted by ego-based desires. Therefore, they are more focused on treating their land with care and gentleness and each other with kindness and respect.
2. **They accept ALL of life.** One of my favorites symbols that you see all around Bali is the black and white checkered pattern that represents “good” and “evil.” Or what many of us may call “light” and “dark.” They do not hold unrealistic expectations of life/God of giving them only what they want. The Balinese are aware as humans we live in the “gray” area, meaning we have both light and dark inside. They understand that their primary purpose is to be aware of both and set the intention to be a good, caring and giving person.
3. **They know that happiness is an inside job.** And they LIVE this – it is not just a concept they get intellectually. They are not victims of their circumstances at all, which to me makes them incredible spiritual teachers. Many of them have so little but their joy is so big. They are so wealthy when it comes to love. They take full responsibility for their own happiness.

I know you know that your happiness does not come from anything outside of you, yet I suspect there is still a part of you that thinks that if only you had that job, relationship, money, body, or whatever that you would be happier. It's okay to admit it. We live in a culture that reinforces a fixation on external things.

The most effective way I have found to unravel my devotion to attaining any external goal that I think will make me happy is by taking lessons from the Balinese people and devoting myself to my spiritual practice, moving into acceptance and sourcing my own happiness.

My offering to you this week inspired by the beautiful land and people of Bali is:

- **Examine what you are truly devoted to.** Whatever you give the most time and energy to becomes your God. Is your God another person, job, or thing? If so, time to change your religion.
- **Look at where you are not fully accepting the black and white in your life.** How are you getting stuck resisting what you don't like (the darkness)? And how are you not fully appreciating or seeing what is so wonderful about you and your life (the light)?
- **Remember you are the source of your own happiness.** There is nothing preventing you from feeling the same kind of contagious joy that lights up the island of Bali.

Blessings,

*Chispi*

## What's a good choice?

As much as you may want it, you don't have 100% control over your life. In fact, control is an illusion. But what you do have is CHOICE and that's awesome.

Our inner and outer choices influence our reality more than anything else. That's why the choices you make are incredibly important! So what's a "good" choice? Let's go for more than good, let's go for the BEST kind of choice you can possibly make...

### A SELF-HONORING CHOICE!

I've had to make some self-honoring choices lately in both my professional and personal life. It was challenging because I was concerned about the reactions of others, but the potential costs of betraying myself gave me the courage.

I want to share with you **five keys** to making self-honoring choices so that you can stay on track in terms of what is most important to you.

**Key One.** A self-honoring choice is one that is in alignment with your values like love, respect, trust, authentic self expression, etc. Self-honoring choices support your values; non self-honoring choices violate them. Making choices based on how you will be perceived by others, how someone else will respond, or what you think you should do may violate your values. This is no bueno!!! Check in and choose according to what's most important to you.

**Key Two.** A self-honoring choice is NOT SELFISH. You can be for yourself without being against anyone else. Plus, selfish people aren't concerned about whether their choices are selfish because they are too self-absorbed or self-centered to consider it! So just the fact that you are questioning being selfish is an indicator that you aren't.

**Key Three.** A self-honoring choice does not include being responsible for other people's feelings. You are not responsible for someone else's reaction to a choice you make. I know this may sound crazy to you but this is the TRUTH. You are only responsible for communicating in an authentic, loving, honest way without going into blame, finger pointing, ultimatums, or expectations. How people respond is their responsibility, not yours!

**Key Four.** A self-honoring choice is often choosing not to make a choice! When someone asked something of us, we feel an immediate need to respond. It's honoring to say, "I don't know" or "I need time to think about that" or "Let me get back to you." Just because a choice is put in front of you doesn't mean you have to make a decision instantly. Give yourself time. Honor yourself by giving yourself time to check in and see what feels most congruent for you.

**Key Five.** A self-honoring choice is often, "No." That's a complete sentence. It's not necessary to follow "no" with a huge justification and apology. You are not obligated to explain yourself. It's enough to just say no if that's your truth.

My encouragement to you is to make self-honoring choices in ALL aspects of your life . . . especially in those areas where it feels risky.

I understand it may be scary, but what's even scarier is that making choices that violate your values because it builds resentment against yourself and others. Again, no bueno. It also perpetuates distrust and disconnection from your Higher Self. If you want to start trusting yourself more and co-creating the reality you desire, you've got to UPLEVEL to consistently making self-honoring choices.

Here's to choosing YOU.

With love,

*Christie*



## *Are You WAY Too Serious?*

We all take life and ourselves a little too seriously. We get upset about things that really don't matter. We also get super serious about our spiritual practice. But sometimes the most spiritual thing to do is too LAUGH.

I had some incredible reminders of the value of NOT taking things so seriously last week. Monday started with major tech glitches that threw off my schedule. Then a pipe burst in my bathroom that flooded half the downstairs of my place. Then I slipped on the kitchen floor on my way to shut off the water and hurt my back. Then I started laughing hysterically as I laid splat and soaking wet on my kitchen floor realizing both the humor and lack of control. I'm incredibly grateful to have come a LONG way in knowing that she\*t happens but we always get to choose how we respond.

Later in the week I was at a yoga class and the teacher spilled a grande soy latte all over her new iPad. Instead of freaking out and getting upset, she calmly wiped it up, had a fantastic LAUGH over it and went back to teaching/serving us. That is some authentic Namaste.

Having a sense of humor is spiritual. Laughter directly connects us to the present moment and to the JOY that is inherent in each of us. The next time the Universe presents you with an opportunity to be stressed out or upset about something, find the humor in it.

Stuff happens that isn't that big of a deal, but you are making it a huge deal. Stop worrying about the ticket you got. Let go of the thing someone said to you that is bugging you. Quit beating yourself up over something you did or didn't. Find the humor in all of it. Laugh it off. Don't stew in it.

You know a lot; are you implementing it? When stuff happens, your response to it is the BEST test on to what degree you are truly implementing new awareness. We all have comfort zones of going into a reaction of being a certain way like: sad, depressed, victimy, going into addict behavior, etc. What is the NEW and more UPLIFTING way you'd like to react?

You don't need to be so serious all the time. You don't need to hunt for the lesson in every single experience. Of course there are absolutely moments when being serious is appropriate but seriously, don't we have enough of those?

Put down all the books that are telling you how to be more, better or different and **LIGHTEN UP**. Angels can fly because they take themselves lightly. Take yourself and your life with more lightheartedness and you will uplift both your consciousness and your mood.

With love,

*Christie*

## Story time!

I will admit I like getting stuff done. I love the gratitude, excitement and often relief I feel when I attain a goal. Don't you?

Of course you do! We all love results and finishing things!

However in our doing-doing-doing world sometimes we become so addicted to catching the fish that we do not enjoy the process of fishing. This metaphor will soon make more sense . . .

My client was running on the beach and noticed a bunch of old men fishing but none of them seemed particularly invested in catching any fish. They had little fishing equipment; just a bunch of old men standing in the sand wearing shorts and t-shirts looking out at their fishing line. Finally he asked one of them what they were fishing for and the man's reply solved the riddle: "Aww son we never actually catch anything, that isn't the reason I'm here – it is just a nice way to start the day, it gets me out of the house and I enjoy the sunrise."

These are some very soulful fisherman because they understand that although their ego may want to catch a fish, their soul enjoys the process and savors the moment of the sunrise.

*I encourage you to look at how much time you actually spend enjoying the process and the moments in your life. Your ego gives you a pat on the back when you reach an outcome but do not leave out the soulful celebration of the journey that got you there.*

Love,

*Christie*

## *The Secret Service, Stephen Covey and Me*

I recently had the opportunity to speak to members of Congress. Gulp. A room full of politicians! It was the first time I had a secret service detail present during one of my speeches which I must admit was pretty cool.

I was there to speak about how to authentically reach younger voters, which I was honored to do because I believe that being an informed voter (and actually voting) is a privilege and responsibility. My talk was part of a session called “Reaching Every Corner of America” which also included presentations on reaching minorities and women.

The session before mine went long and I noticed a lot of elected officials trickling out. I hoped they were just going to the bathroom but noticed many did not come back for our session. I am sure they had important things to do; however, isn’t “reaching every corner of America” an important topic?

The elected officials and their staff and spouses who were in the audience were extremely attentive and open. Many of them agreed with my encouragement to prioritize authenticity and heart in their messaging and day-to-day interactions. I am grateful to those who I did share with and will always make the most out of any opportunity to catalyze consciousness.

Still I found myself questioning why those who left did. Rather than name-calling or making a bunch of unjustified judgments, I considered the load of their responsibilities on a daily, if not hourly, basis. The insight I got is that most of them probably operate in what Stephen Covey calls the “urgent and important” quadrant. They face a constant influx of information they must respond to quickly. Getting back to an aide on a bill or a reporter on a CNN story may have taken priority over staying for another speech given the high degree of urgency.

My session is something that fell more into the “non-urgent and important” quadrant. Sure reaching every corner of America is very important but there was not a sense of urgency about it.

So before you roll your eyes and start name-calling politicians, I challenge you to consider what you skip out on in life to respond to the seemingly urgent. Where do you sacrifice things that have longer-term payoffs for your well being, personal relationships, and spiritual development?

How often do you check your email before you even go to the bathroom? Or flip on the TV instead of going to exercise? Or respond to someone else's request or demand on your time before you have meditated and connected to yourself?

Often the most important things in our life do not come with a sense of urgency so we neglect them. Responding to emails and checking things off your to-do list are part of your responsibilities, I get it. But allowing the urgent to always take priority is not the best investment of your time or energy. Your health, relationships, and spiritual practice should not get the short end of the stick!

After I finished speaking to Congress, I took my own advice. On the two-hour car ride to the airport I was planning on checking emails and catching up on a few writing deadlines, but I decided to spend the two hours on the important but not so urgent. I called each of my parents and grandparents and a friend who I had lost touch with. I enrolled in a leadership program I have been considering for two years but haven't committed to because I've been so "busy."

By the time I got to the airport, my email inbox was still full but my spirit was even fuller. Attending to relationships and personal development that are high on my value list but do not come with a sense of urgency was more important than anything else I could have done.

It is easy for any of us to blame some external person or group for not responding to things we find most important. But it is completely ineffective in terms of creating change. The only way to truly create change is to follow Gandhi's brilliant advice to: "Be the change you want to see in the world."

*We cannot demand change if we ourselves do not change. We cannot expect others to pay attention to the important but not urgent if we ourselves do not. And it is unfair to blame politicians if we ourselves are not willing to run for office or get involved in making the changes we demand.*

Love,

*Christie*

## *This is no bueno!*

You may be doing something that is really bad for you so my message today is my importance! (I lead a retreat every year in Costa Rica so I'm practicing mi Español!!) My warning has to do with how you treat yourself. It is probably not news to you that most of us are extremely hard on ourselves. You are aware being critical of yourself is not an act of love – so why do you still do it?

**Here's what you may be doing that is no bueno: you are using self-criticism as a way to motivate yourself.** So much so that you are not even aware of how reliant on being hard on yourself you have become.

Consider how you muster up the *mojo* to do things. Do you motivate yourself by looking at the ways you think you should be more, better, or different until the pain of what you judge about yourself pushes you forward? Are you often paralyzed by perfection because you are waiting to be “good enough” before you take a step toward your desires and dreams?

I love this quote from Michael Beckwith: “*Pain pushes until vision pulls.*” I encourage you to **STOP allowing the pain of self-judgment to push you.** Instead, **hold a positive vision of the Truth of who you are and allow it to pull you forward.** Seek to move from a place of *inspiration* rather than motivation.

Being hard on yourself is a behavior pattern that has gotten you results in life – but at what cost? You can that TRUST kindness and loving compassion are actually more effective than harshness. But I get that it can be hard to break this bad habit, so in the vlog I show you a part of me that I have not shared with you before to teach you a quick-fix tool for combating self-criticism.

Think of it this way: ***If you treated your friends like you treat yourself, would you have any?*** Would you *ever* say to a friend, “You aren’t doing enough,” or “You really failed at that,” or “If you lost five pounds, I’d love you more.” Of course not!!! So why tolerate behavior toward yourself you would not engage in with someone you care about?!

I have a commitment to myself that I do not sit down to write unless I am feeling inspired. If there is any harshness, judgment or “should” motivating me, I wait until I am in a place of LOVE so that inspiration flows.

Create from inspiration. Celebrate the amazingness that is YOU and use the truth of who you are to pull you. Give the mean girl or guy motivator a new job description: A bestie who speaks to you with love, who reminds you that you are ENOUGH, and has only your best interests at heart.

Love,

*Christie*

## *Ever feel like you are backtracking?*

One of my pet peeves about the personal growth industry is that there is a lot of expectation placed on consistently making positive changes. The promise is that over time as we do our work, we gradually and continuously “get better” (whatever “better” means). What often isn’t addressed is that our learning and growth isn’t linear. It’s not a straight shot from an “aha” moment to being totally transformed.

Please don’t torture yourself by buying into the misunderstanding that your growth needs to be straight up. That’s a lot of pressure – and also not possible. Growth is more fluid. And over time the lows (or perceived backtracking) we experience become shorter in duration and the length of time in between them becomes longer. I drew this picture for you to illustrate what I am talking about.

The human experience is about contrast and sometimes the best way we learn is when we take a few steps that feel backwards. Often when we have a big “aha” so much to the extent that we feel transformed, the Universe will bring us a situation that feels very similar to past experiences. Often people get frustrated and think, “This again? I thought I learned this already!” That may be accurate; you may have learned the lesson and now the Universe is bringing you an amazing opportunity to practice the learning so that you can fully integrate it. I give some examples of this in today’s video.

If you feel like you are backtracking in your own behavior, choices, or feelings rest assured you are not flunking life. Only about 95% of our processing power is conscious so there is a lot of subconscious programming that you are working through. Your so-called issues and programmed responses got implemented decades ago so it may take some time before you totally shift something. So if you find yourself slipping into old habits, reactions, behaviors or choices that you thought were behind you, cut yourself some slack.

Growth is a process not an event. You can’t upgrade yourself like you do your iPhone.

When you perceive yourself taking steps backwards, that does not mean change is not occurring. You may take ten steps forward and then eight steps back. But the next time you will take eleven steps forward and only seven steps back. You are making progress!! Whatever you do, just keep going. And forgive yourself! This is super duper important. Nothing will hold you back more than judging yourself and allowing your



inner critic to have its way with you. Immediately say to yourself, "I forgive myself for judging myself for back-tracking. I'm doing the best I can." Then re-commit to your vision and intentions and keep going.

Keep going.

Keep going.

Love

*Christie*