

**STOP**

**expecting somebody or something else to come along and fix things for you.**

Too often we feel trapped or stuck in our circumstances. Too often we sit and wait, and pray for the 'magic wand'. Too often we don't see that we have choices and options. Too often we settle for what feels second best.

**WHY?**

We perceive limitations, closed doors and boundaries. We let fear of failure stop us. We let lack of courage keep us small. We silence our inner voice telling us there's more for us to do and be in life. We worry about judgment of others. We put importance on their voice.

**WHAT IF YOU THREW OFF THE SHACKLES OF THE LIFE YOU'VE BEEN LIVING?  
WHAT IF YOU GAVE YOURSELF PERMISSION TO FULLY EXPRESS YOU?**

**IT'S YOUR LIFE**

your mind, your body, your choices  
It's your world you live in.  
You have more power than you know.

**Breathe deeply and simply 'be' now. Face your fears. Take responsibility.**  
Change comes from making better choices. Learn from your past and let it go.  
**Your life matters. You are important. Value and love yourself unconditionally.**  
Squeeze the joy. Live with passion. Feel alive. Have no regrets.  
**Surround yourself with those who believe in you. Show gratitude in abundance.**  
Fill your life with what excites you. You deserve to fly high.  
**Expand your ways of thinking. Throw off old beliefs that don't serve you.**  
Life's not meant to be a treadmill. You are not on this earth to simply 'exist'.

**Give up your excuses.  
Stop waiting to be rescued.  
Limitations exist in your mind only.**

**All change begins with **YOU.****