

Choice

You get to make the choice for yourself in your life. The choice that you no longer want to be a victim. That you want to step into being empowered in your life. Deciding for yourself that you want to empower yourself to take steps forward and to make a difference in your life.

When you are in victim mode you feel powerless to make any real changes. You can feel like the world is coming down and you can feel constricted and stuck. So, we want you to feel empowered where you feel like you can make the changes. That you can do this. That you can step into your life and do these things and make these changes. So, it is changing your perception from I can't do this to it may be difficult to do, but maybe I can do this. To, I know that I can do this, and I am determined to make a difference in my life. Where you are stepping into your power. Where you are in control of what you feel on the inside.

You are stepping into a different energy, a different space of I can do this. Where it doesn't have to be so difficult. You don't have to have these beliefs that things have to be so bad. Bad things can still happen around you, but you are in control and are not so affected by them. You can be in control now. You can be empowered to create wonderful things in your life. You do not have to live in this place where life feels bad, and difficult. You can choose to create what you want and to live your life from a place of power. You can choose to create a place or go to a place that brings you some joy, peace, and relaxation.

It is choosing to think differently. You are taking back control of your life. Instead of life tossing you around, like a rag doll and that you are at the mercy of outside forces. You take control back and you are empowering yourself and in charge. Bad or difficult things may still happen, but you are in control of how you respond to them.

Trusting that your life can be better. Trusting that things can be better. Your life can improve for you, and you can feel good.

You are choosing for you right now; you have been through hell, adversity and turmoil, and you are now choosing for you. Choosing for you and what you want. So, it is empowering you to shift your point of view to that place.

Quote – “A ship in the harbor is safe but that is not what ships are built for.”

In the harbor, you can feel like it is a safe place. There you can rebuild and repair. Eventually, though, you want to get back out there. You want to leave your safe harbor and risk living again. Finding joy again, finding love again, finding these great things in your life again.

You are choosing to shift from the constrictive and closed feeling energy to a place where you feel open and expansive.

You want to use your grief to allow you to grow and expand and become the best version of yourself. Where you are being all that you can be. Where you are truly living and living your life to the fullest.