

Sometimes you find your own way back up again, and sometimes you need people to throw you a rope and pull you up.

Don't stay down. Get yourself motivated,

by reading a motivational book, or listening to an encouraging message on YouTube. Meditate, refocus, look at positive words/texts you always carry on/with you. Or calling a positive friend/person, visit a psychologist, a life coach, just Any way that fit's you, is fine. Never feel ashamed of needing help, we all need help sometimes. And even if you were the only one needing help (which your not). It would still be ok. Getting help takes courage and strength. So respect to you. Bravo

Exercise it really boosts your confidence. It makes you stronger, more energized and you get new braincells. Which is great for the reprogramming process.

Eat healthy as often as possible, (avocado, Greek yogurt, crudités, cucumber, salmon, chicken breasts, tuna, broccoli, spinach, boiled eggs, limit using salt, sugar and fat, use dark green olive oil or other healthy oils to cook with. Eat cauliflower very good for the memory, unsalted nuts. Just try to eat healthy and drink lots of green tea, water also ginger water and lemon. It really makes you feel good! It empowers you and helps to speed up the reprogramming process.

*You are Very Precious
and Worthy*

O oo here it comes,,, Choose not to stay down and defeated. It's a choice.

It sounds hard I know, **don't let your feelings get in the way.** Believe me and many others,,,, it's really a choice.

I'll say this many times in this book. Talk to yourself. And let other positive people talk to you. **Redirect your thinking by talking, reading, watching, listening to positive encouraging motivating words of truth.** It's such a powerful tool.

It also helps to place positive words, reminders all over. In your car, your telephone, bathroom, kitchen you name it, where ever you are.

When you constantly see, speak out loud and hear those positive new words, it's like you're typing them in your brain. There's no way around it, you will be reprogrammed.

Try it

There actually is light at the end of the tunnel. Keep on driving through it. Don't stop. That is how you will see it. When you stop it stays dark. You stay in the same place, everything stays the same.

So again, keep on driving and you will get to the end of the tunnel. How? keep your focus on where you want to be, not on where you are.

You can't go to the left or right or turn back in a tunnel. The only way you can go is forward in your tunnel. No distractions. Let go of the things that weigh you down.

If your car is too heavy with negative, painful, stressful baggage, thoughts about yourself you have to throw it out and continue your journey. Your tires etc. can't take the weight. The heavy weight causes a lot of problems.

If it's too heavy you need others to help you lift the weight out your car and continue your journey.

Ask for help. You are worth it. Don't stay down, defeated discouraged, fatigued. You name it, fill in your situation.

Life has so much in store for us.

Just imagine all the unwrapped gifts you can still open.

Don't stay discouraged. Please don't give up on life, on yourself. You are soooo worth living.

*You Matter. You are
worth more than Gold*

In our body we have so many perfectly made functions. To name a few,, bones, blood cells, heart, eyes, ears etc, etc. The body needs all the parts it has. For it to be able to function the way it should.

Don't ever think pfff I'm just an ear, or ooohh I'm a toe

No, no, no!,,, Oooo how we **need** ears and toes etc etc.. So stop putting ourselves down, stop letting others put us down. Stop letting others determine our destiny.

Every time someone tells you something negative about yourself, start speaking to yourself. Delete and reprogram. Delete reprogram. Make and let your own truth stand out.

The world is so beautiful, because we aren't all actresses, billionaires, successful football players, lawyers, scientists etc.

Our profession,,, no matter what it is, is just fine.

Learn to enjoy,,, being YOU.