



5 Ways to Start Fresh

#1 Acceptance

Before we make any fresh starts it is important to work on accepting where you are at present. Life is like a mirror reflecting back to us how we truly feel and what energy we are exuding. This can be a hard thing to take, especially when life is very difficult. Acceptance can help you to look at why you are where you are, learn from how you got to this point and look to the future and how you can change it. Acceptance does not mean settling and saying that it is OK for you to have a difficult life, it is to be used as a reflective tool to help you move forward.

#2 Take Time Out

To get really clear on what is not working in life, what you would like in life and how you can make that happen, time out is essential. You can do that by having a change of scenery (change where you might exercise, go to new places), switch off from social media (take a week off facebook or other social media outlets and unplug from a busy world), plan a weekly 'time out' hour for just pure relaxation, sleep more and do something that makes you feel passionate.

#3 Start from Within

Most people avoid doing the internal work and feel that changing things outside of themselves will make them feel better. They would be right but only in the short term.... If you want to make changes you are fantastic already. To achieve long lasting change it is important to feel good from within and as much as we like to avoid it, this will take emotional healing. It is the best place to start.

#4 Be Realistic

When having a fresh start it would be helpful to be realistic on how much you can achieve. Taking baby steps towards bigger goals are a great way of achieving long lasting change. I know it can feel never ending at times but you will you have more longevity and success :)

#5 Do More of What Makes You Joyful

Think of the things that make you feel joy and lift your mood. How fantastic is it when you feel

uplifted? You can literally change your day. Imagine feeling joyful every day and how that joy will lift you continuously and lead to a happier life.