



1. **ACCEPT AND HONOR WHO YOU ARE.**

Don't let other people determine what you need or set the standards for your life. Resist the urge to do something because "everyone else is doing it" or because it's expected of you. Instead, "run your own race", and focus on what feels right for you. Allow yourself the freedom to decide what is possible for you.

2. **TRUST YOUR OWN GUIDANCE.**

While it is often helpful to consider the counsel of others, the only true guidance is that which comes from within. Nobody else can stand in your shoes and see things from your unique perspective. Only you can truly know what is best for you. Spend time in quiet contemplation and learn to hear your inner teacher. Pray to be "shown" and trust that all you need to know will be revealed to you at the exact time you need it. After you have asked for guidance, be on the lookout for clues, messages, and coincidences to lead you in the right direction.

3. **PAY CLOSE ATTENTION TO YOUR EMOTIONS WHEN MAKING DECISIONS.**

Your higher self is like a navigation system that communicates to you through emotions and gut reactions. If you feel a sense of peace after making a choice, this means you are in harmony with your highest intentions. If you experience prolonged stress after making a decision, then you are not in harmony. Some people experience physical pain in their solar plexus (energy center located just above the navel) when they are "off track". Others get headaches or other anxiety related symptoms. The more you can tune into the guidance that comes to you from your broader perspective, the more comfortable and confident you will become in making decisions.

