

The 25 STEPS TO

*Diving Living*



*shimmer*

WITHIN

- 1: Release and let go of unmet expectations.
- 2: Let go of any attachments, accept the outcome.
- 3: Replace expectation with appreciation.
- 4: Release and let go of any negative self talk.
- 5: Repeat daily positive affirmations.
- 6: Write daily in a gratitude journal.
- 7: Spent time each day in nature, pray, meditate.
- 8: Stay true to yourself and your life purpose.
- 9: Believe that everything its possible (I got this).
- 10: Believe in your dreams.
- 11: Stay optimistic and positive.
- 12: Live in gratitude.
- 13: Visualize daily the life you want to create.
- 14: Listen to your inner voice and act in what you hear.
- 15: Be generous and charitable.
- 16: Do things you want to do that bring you joy and peace.
- 17: Prioritize the essential things.

- 18: Find the golden nugget of wisdom in every situation.
- 19: Respond, not react to internal and external feedback and situations.
- 20: Be willing to get out of your comfort zone.
- 21: Move forward with assurance and certainty.
- 22: Focus on what you have accomplished vs. what you haven't done.
- 23: Follow your instinct.
- 24: Trust the process.
- 25: Enjoy the journey.