

The Stylist You Envision

Holding On To What Moves You Forward:

When you let go of one thing, you're free to hold onto another. As you let go of the things that hold you back, you're now able to grab hold of the things that will propel you forward.

There are many things you can use to help move you forward. **Start with the things that inspire you most and work from there.**

In this educational piece we will cover some great things you can begin to hold that will help you continue to grow. What is meaningful in your life and how can you pursue it? How can you use spirituality to ground you and move you forward? How can you best embrace positive experiences and give yourself what you need in your daily routines?

Clarify Your Values:

Take a moment to think about the most important things to you. Think of your family, friends, work, and yourself. What words come up when you think about these things? What words come up when you think about what kind of person you want to be? **These things are what you value.**

You can narrow down your values to just a few core values that can help guide you in the right direction toward a fulfilling life. You can determine your values however you want to. What character traits would you most like to act on? Honesty? Humor? Integrity? Leadership? Family?

Think large, and then get smaller. Come up with a large list of values and then narrow it down. Think of about 4 - 5 values that you want to live up to on a daily basis.

Once you have those values selected, begin thinking about what it might look like if you put these values to action. For example, what would you do more of if you followed your value of humor? What would you do less of if you lived up to your value of family?

Imagine yourself acting out these values and keep them in mind as you go about your days.

Use these values when you're trying to make a decision about what the next right thing is. Use them to determine what sort of people you want to invite into your life. You can even use your values to give you confidence and meaning.

When you have a solid set of values, so many things will fall into place. Values make things straightforward and clear.



Goal Setting:

Set goals that are realistic for you and that are based on your values. You can use your values to help you determine where you want to end up. When you bring your dreams into the mix, goals start to appear.

Set long term goals first. Think of your wildest dreams and then work from there to come up with some short-term goals that will help you in your day-to-day life.

Goals will help guide you to your true potential. You'll be better able to see the big picture when you know what you're really working for. When you don't have a big idea in mind, it can be easy to lose perspective.

By keeping your long-term dreams in mind, you'll be able to take a step back and see your purpose any time that you're feeling lost. Goals are the breadcrumbs that lead to the dream.



Embrace Your Greatness:

Praise yourself each day and embrace the greatness that you truly are.

When you truly begin to realize that you're completely worthy of love, you will also realize that you're unstoppable.

- Feel your sense of greatness well up within you. During moments of mindfulness practice, feel your back straighten and your shoulders relax. Feel the inspiration flowing in your veins and enjoy the person you are.
- Start by treating yourself when you need to. What are your favorite things to do? Start making time each day or each week to do the things that you love most. You deserve to have fun, and you can give yourself that fun by taking charge and believing in your worthiness.
- Make kindness a regular part of your daily self-talk. You can do many things to remain in a place of compassion with yourself. For example, write yourself short and encouraging notes in the morning. You can use these to motivate you through the rest of the day. Who says you cannot tell yourself that you're proud of yourself?
- Give yourself praise each day. You're allowed to praise yourself for getting out of bed, putting on shoes, or getting a promotion. Be proud of yourself for everything. You've worked hard to get where you are. By giving yourself praise, you're acknowledging your strengths and giving validation to yourself.