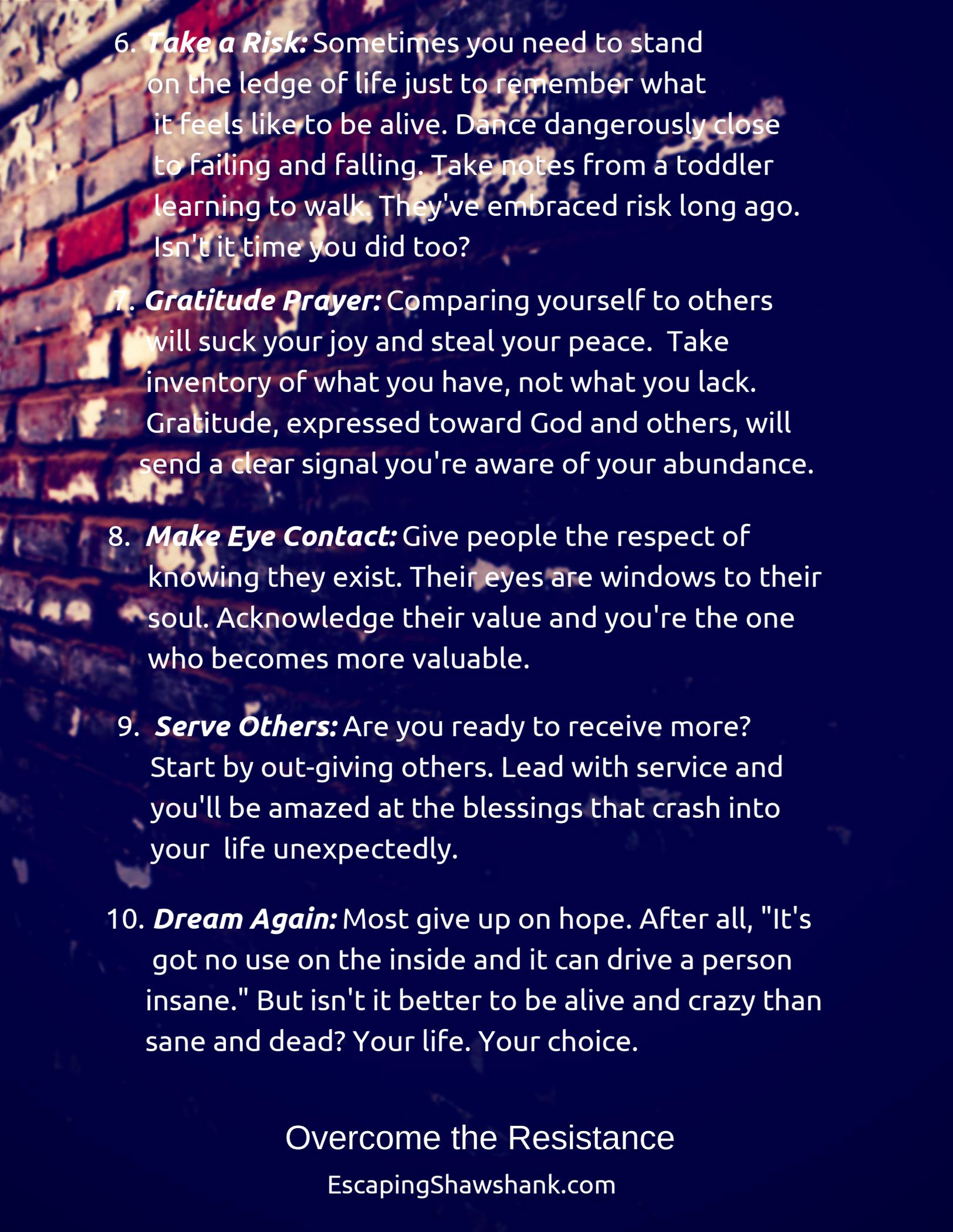


10 TIPS TO GET BUSY LIVING

1. **Stop Second Guessing Yourself:** Don't live with the results of other people's thinking. Own your life again instead of just acting like a spectator. Learn to trust your gut like you used to.
2. **Mix it Up:** Routines kill creativity. Take a different route. Order a new dish. Mix up your normal choice of music. Fall in love with childlike wonder again.
3. **Be Present:** Stop numbing your pain by intentional distraction. Remember what it's like to remember —who you're with, what you're eating, and what you're hearing. Wherever you are, be all there.
4. **Head Outdoors:** Air was meant to be breathed deep within your lungs. Be smart and leave the smart phone at home. Head into nature. What do you see? What do you hear? Reconnect with your creator and your core.
5. **Get Physical:** You're not dead yet, so stop acting like it. Your body was meant to move. You were born to be strong and fast and free. Take the first step toward fitness and forget who's watching

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6. **Take a Risk:** Sometimes you need to stand on the ledge of life just to remember what it feels like to be alive. Dance dangerously close to failing and falling. Take notes from a toddler learning to walk. They've embraced risk long ago. Isn't it time you did too?
 7. **Gratitude Prayer:** Comparing yourself to others will suck your joy and steal your peace. Take inventory of what you have, not what you lack. Gratitude, expressed toward God and others, will send a clear signal you're aware of your abundance.
 8. **Make Eye Contact:** Give people the respect of knowing they exist. Their eyes are windows to their soul. Acknowledge their value and you're the one who becomes more valuable.
 9. **Serve Others:** Are you ready to receive more? Start by out-giving others. Lead with service and you'll be amazed at the blessings that crash into your life unexpectedly.
 10. **Dream Again:** Most give up on hope. After all, "It's got no use on the inside and it can drive a person insane." But isn't it better to be alive and crazy than sane and dead? Your life. Your choice.

Overcome the Resistance

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