

Simplifying Success

"True genius is making the complex simple" Albert Einstein

Your Worth

How to increase trust in your self & others.

1. **Acknowledge yourself for the unique & perfect being you are.** Do not undermine your worth by comparing your self with others. It is the differences that make us so special.
2. **Set your own goals.** Do not set goals by what other people deem important. Know what is best for you.
3. **Create your own meaning.** Don't take for granted the things that are closest to your heart. Know them, be grateful for them & cling to them for without them life is meaningless.
4. **Live in the present.** Do not let life pass you by through living in the past or the future. Live one day at a time & live all the days of your life.
5. **Keep on trying.** Don't give up when you have something to give. Nothing is really over until the moment you stop trying.
6. **Be courageous.** Don't be afraid to encounter risks. It is by taking risks that we learn to be brave.
7. **Be prepared to love openly.** Don't shut out love saying it is too hard to find. The quickest way to receive love is to give love.
8. **Believe in your dreams.** Do not dismiss your dreams. To be without dreams is to be without hope. To be without hope is to be without purpose.
9. **Slow down.** Don't run through life so fast that you forget not only where you have been but also where you are going. Life is not a race but a journey to be savoured each step of the way.
10. **Build relationships that nurture & support you.** Some relationships do not allow you to be yourself. Develop high quality relationships with people who care for you, challenge you to be your best & enable your true gifts & talents to shine.

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