

What I Know For Sure

1. Words matter. Choose them wisely.
2. Say "I love you" much more often.
3. Business success is less about listening to others and more about tapping in to your own knowing.
4. Reality is an interpretation you make with your belief system.
5. You absolutely should not try to be happy all the time (it's exhausting and dumb).
6. Money shows up when you stop trying to get it and start being the person who knows how to allow it.
7. The people in your life don't need you to fix them. In fact they aren't even fixable.
8. Live in the AND space.
9. Question everything you think is a fact.
10. Trust in a higher power that is benevolent, powerful and conspiring on your behalf.
11. Laugh a lot.
12. Use love to heal, forgive, appreciate and become more. Love is the answer.
13. Nothing about who you are or what's possible for your life is fixed.
14. Sometimes you just need to walk away.
15. If you eat the pizza, fries or cake, at least enjoy them.

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16. Spend time being quiet and hearing your heart every day.
17. Find a charity you deeply care about and give a lot.
18. Don't over filter your words or your pictures. You'll dim your light.
19. Do at least one thing a year that scares the hell out of you.
20. Dream much much bigger.
21. Energy never lies.
22. Perfectionism is lying.
23. Stop needing other people to make you happy. That's your job.
24. Accept your body. Nothing responds well to hatred.
25. Don't be so sure you are right.
26. Never say, "I don't know."
27. Alignment trumps hustle and strategy 100% of the time.
28. Laugh at yourself often.
29. Send handwritten cards. It makes a difference.
30. Take every criticism you receive and assume there is some truth in it to uncover.

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31. Expect success.
32. Never leave a relationship without doing the work on making yourself happy first.
33. You'll regret the important things you didn't say more than the dumb ones you did.
34. Don't waste time on things you won't care about on your deathbed.
35. You can't help anyone until you help yourself.
36. Telling the truth will set you free.
37. Nobody wastes your time without your permission.
38. Stop waiting for something before you show up 100% for yourself.
39. Stuff is supposed to fail. Become resilient.
40. Everything is an opportunity to love yourself more or less. You choose.
41. Nothing ever goes away until it teaches you something.
42. Life is not a race. Stop rushing and competing.
43. The extent to which you indulge incessant thoughts about what people should do, you will be miserable.
44. You will be failing right up to the minute you get it right. Failure is the process of succeeding.
45. The person you are looking for is YOU!

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46. Kind people may not always win, but they always live happier lives.
47. You are a bundle of contradictions, and that's why you are amazing.
48. People leave.
49. You must learn how to program your subconscious or lasting change is impossible.
50. If you see yourself as a victim, you'll always find villains.
51. You must learn how to manage your personal vibration (that's energy work) to change your life.
52. Trying to avoid feeling painful emotions is what ruins people's lives.
53. There is beauty everywhere, seek it constantly.
54. Let go of the crap you are so damn right about. It's in your way.
55. Ask more questions of yourself... and answer them honestly.
56. Believe in yourself as if what's possible for you depends upon it. Oh btw, it does.
57. A new thought you've never thought before is the birth of new possibility. Dream much bigger!

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FOR WOMEN IN BUSINESS

with Mindset Expert & Master Coach Liz Nicklas

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