



# From Chrysalis to Butterfly!

## 7 Practices to Encourage and Motivate Through Life Challenges

*“We delight in the beauty of the butterfly but rarely admit the changes it has to go through to achieve that beauty” – Maya Angelou*

1. Give thanks for what you do have. Throughout your day especially when feeling down, stop and think of 3 things you are grateful for.
2. Let go of what you don't have control over. Pause when you find yourself worrying or lacking peace. Repeat slowly as you are breathing, “I give everything and everyone to you God”. Try naming your specific issue (children, health issue, an email or conversation). Repeat as needed. (John Eldredge, Get Your Life Back and Pause App)
3. Invite beauty into your life. Around your home, at the beach, plant a garden, buy new pillows or fresh cut flowers. Create and surround yourself with beauty.
4. Become your best friend. Talk to yourself like you would a friend. Notice how critical you can be to yourself. Make a change today.... start being kind to YOU.
5. Take a walk (even if it's short), a bike ride, or sit outside. Notice the sounds you hear, the smells you smell, the feel of the sun on your face, the taste of the air, and what you see all around you.
6. Create a Wish List. On a piece of paper, create 2 columns vertically. On the left side list all the dreams and wishes you can think of for your life. On the right side create one action step that you can take for each wish listed. Display your Wish List in a place where you can see it daily.
7. Reach out. Talk to God about your struggles. Ask for help from a friend or a Life Coach. Allow safe people to walk along side of you giving you the support, encouragement, and help you need to find possibilities for your challenging times.

**Pick one or two and practice daily! Your Beautiful Life Matters!**



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