



27 Practical Ways to Work with Wisdom Today

Inspiration + Implementation = Success. Choose one action step and put it into practice. Then choose another and another as you continue to grow as an enlightened professional. Namaste!

Principle 1 - Tap into Divine Wisdom: Your Inner Guidance is Calling

- ◆ Learn how to meditate.
- ◆ Trust your intuition. (Use a “gut instinct journal” to track your success.)
- ◆ Pay attention to those “God Winks,” or coincidences and synchronicities.

Principle 2 - Define Your Life Purpose: Setting Intentions

- ◆ Write a life purpose statement based on your top motivators, key values and natural gifts.
- ◆ Every morning, set your intention for the day. (high energy, contemplative, etc.)

Principle 3 - Embrace Prosperity: You Deserve Unlimited Abundance

- ◆ Recognize that there is more than enough and seek out win/win opportunities.
- ◆ Explore abundance in all its forms, including perfect health and joyful relationships.
- ◆ Identify where you can reduce your expenses (like a better cell phone deal) and divert those ongoing savings to a cause you support.

Principle 4 - Clean Out the Clutter: The Universe Will Fill the Vacuum

- ◆ Clean up and organize your office, using a system that will help you maintain it.
- ◆ Sort through old client files and throw out the ones you don't want to work with again.
- ◆ Terminate your tolerations by listing your annoyances and eliminate them one at a time.

Principle 5 - Stay Present: That's Where the Gifts Are

- ◆ Reserve some time each day to resist multi-tasking and practice mindfulness.
- ◆ Incorporate Feng Shui elements in your workplace to increase harmony and prosperity.
- ◆ Catch the Gifts of a compliment or accomplishment before rushing on to the next task.

Principle 6 - Live Your Truth: Time for an Integrity Checkup

- ◆ Develop meaningful, measurable Core Values and Beliefs and a Mission Statement.
- ◆ Claim your Ideal Clients in a written, posted statement and share it with others.
- ◆ Follow the first agreement of *The Four Agreements* book: Be Impeccable with Your Word.

Principle 7 - Engage the Law of Attraction: Your Thoughts Create Your Reality

- ◆ Keep your vibrations (feelings and emotions) high by loving and nurturing yourself, to attract other high-vibration people and circumstances.
- ◆ “Fake it 'til you make it” by acting “as if,” like smiling or showing confidence.
- ◆ Ask for what you want and deserve and encourage others to do the same.

Principle 8 - See to Believe: The Power of Visualization

- ◆ Picture the outcomes of your completed goal, engage all your senses and energize it with positive emotions.
- ◆ Use a Treasure Map to make it real.

Principle 9 - Affirm Success: Creating Positive, Powerful Statements

- ◆ Keep your affirmations brief, in the present tense and positive.
- ◆ Turbo-charge your affirmations by beginning with: I am so happy and grateful now that...

Principle 10 - Give Thanks Often: Cultivating an Attitude of Gratitude

- ◆ Most evenings, write in a gratitude journal several reasons you are thankful about work, including at least one unique entry.
- ◆ Transform difficult relationships by focusing on what you appreciate about them.
- ◆ Look for the gifts from perceived setbacks or disappointments.