

The Day Your Life Changes



The day my life changed was amazing for me. My life, my body, my experiences all of a sudden were like brand new. I could hear the birds chirping when I couldn't before. I could see rainbows, where I wouldn't notice before. I had a new love for myself and others. I started to draw wonderful people to me and my money was no longer a problem. As a matter of fact, nothing was a problem anymore. Here are 3 steps to bring you to the day your life changes.

1

Decide...
Change...
Do!

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Stop wondering through life thinking that things are going to change for you. They won't unless you make them. God is big wonderful and awesome but He will not go against your will. If you do not want a different life, He will not force it on you.



2

Moment to Moment

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“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

-The Serenity Prayer

Let me make it simple for you. You can not change the past. You can absolutely change your future. It all starts right now with this moment.



3

It Might...
What Might???

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Don't be scared of what you THINK might happen. Worrying is death to your future. If you never try, it will never happen. You can stagnate your future by being scared of it.

You are capable of MUCH more than you think. If you don't think so, do you at least feel that God is capable? Well, if you don't believe in yourself, believe in God. Believe that He will help you to achieve.



3

continued



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Remember when you were learning to ride a bicycle. It was new for you and you were scared that you were going to fall over. I knew I didn't want to scrape my knee. So my dad put training wheels on my bike. They kept me from falling over until I got the hang of balancing on the bike. Eventually, I learned how to balance and I didn't need the training wheels anymore.

If you don't believe that you can achieve your goals, let God be your training wheels. He will keep you going until you can go on your own.

Join me for a Sprite

*I'm here in downtown St. Louis, enjoying life. If you are looking forward to the day your life changes and need a little help, let me know. I'd love to have you join me for a Sprite (that's my favorite drink **wink, wink**). You can have your favorite drink. No pressure, no strings attached. Yep, that means free. I'm here to help.*

*If you are ready to Create A New You 'for real',
text NewYou to 31996.*

Sharonda

