



JOB / RELATIONSHIP Release and SELF-REFIN(D)ING

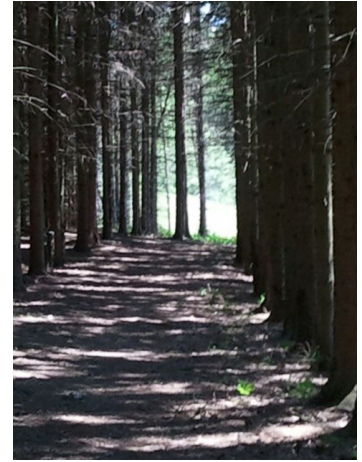
(Life Transitions and Re-Finding Happiness)

Crisis = Danger and Opportunity

Today is about OPPORTUNITY

Some Concepts:

- Healthy Self-care
- Perfect the Present; be present
- Unhook Yourself from the Future. Attraction works in the Present, not in the Future. (Thomas Leonard)
- Life is a Game. And we have all the pieces we need to play right now.
- PLAY! The opposite of play is not work; the opposite of PLAY is depression. – Stuart Brown, National Institute for Play <http://nifplay.org>
- Lighten up and attract more JOY and Abundance.
- Happiness is an Inside Job.



Elements of Self-Refining

4 things you can do

1. Take Stock, Fresh Start, Redirect

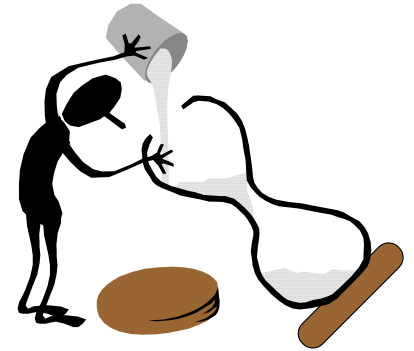
- What kind of work do you thrive on?
- What are you good at?
- What challenges your intelligence and creative abilities in a good way?
- What skills—technical and people—have you acquired and used?
- Can they also be used in another industry?
- Is there something you definitely don't want to do anymore? Environments, workplaces, and industries you don't want to work in?



- What do you love doing? Lose track of time doing? Something that comes easily, naturally to you?
- Take this information and 1) **redo your resume**, and 2) **take note of your Wish List desires**, everything you love, want, and or need now

2. That Some Day List

- What's on YOUR *Someday List*? Note some of it here:
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- You now have the gift of TIME to spend.



3. Be There for Someone Else. Volunteer

4. Have a positive, proactive support System

- Who makes you laugh?
- Who are the positive people around you?
- Who / what brings you down?
- What are you reading? Listening to? Looking at?
 - Do you like the impact / affect on your energy and attitude?

Design a positive support system for yourself. Start here.

☺ *The Universe does things FOR us; not TO us.*

Write a script ... play a little