



michellerichardson  
unleash your greatness!  
business. life.



## 3 Ways to Thrive - NOW

Are you feeling down or defeated? Have you suffered a setback that has shaken your foundation, created uncertainty and left you listless, without the will to move forward?

Perhaps you're stressed out, overwhelmed or overcommitted and the hectic pace has you approaching burn out, or worse.

If so, you're not alone.

With lives and livelihoods being threatened, lost, and changed in ways we could not have imagined, our world has been rocked to its core. So many people have experienced drastic changes in more than one area of their life.

I want to help.

**Here are 3 ways to start thriving fast, regain control and get things moving in a better direction:**

### Be Grateful



Being Grateful is all about recognizing and appreciating the good that already exists in your life; it's one of the quickest and easiest ways to feel better about your life. This applies to big and small things and requires daily, if not more frequent, attention. The Law of Concentration states that "what you focus on expands in your experience". The basis of the Law of Attraction is that you get whatever you give your time, attention and energy to, whether wanted or unwanted. If you focus on the good things in your life, you will experience more good things. Conversely, if you focus on what's not good in your life, you will get more of those things. Once you start to focus on what's right about your life, your experience of life will improve significantly. You will feel better and start getting more of what you want.

Include Play means to do things that bring you joy on a regular basis. These are the fun, obligation-free things that are often put on the back burner in favour of 'more important' things. Play is a key element of happiness and energy; it can be a solo experience or include others. It involves trying new things, experimenting and discovering a variety of things that bring you pleasure. Ideally you will incorporate Play into your daily routine. Things that bring you into flow, make you laugh, and take you and your mind away from the responsibilities of life all qualify as Play. Play is about doing something simply for the joy of it. It's about increasing the 'fun factor' in your life, engaging in things that you are passionate about, and taking life less seriously.

## Include Play



## Practice Selfness



Selfness is about putting yourself first. It means making sure that your needs are taken care of before you turn your attention to others. Think of the emergency instructions given on an airplane: "in the event of an emergency, place your oxygen mask on first and then assist the other person". There is a reason you are given these instructions; if you aren't breathing, you won't be in a position to help anyone else. It is not a 'selfish' act. This might contradict things you learned about generosity, kindness, thoughtfulness, etc. The key is to practice these and similar things on yourself first; in doing so, you will naturally have more to give to others. You will also come from a place of abundance rather than lack. This means that if you choose to give to others, it will be from a willing, open place rather than an obligatory, potentially resentful place. If you're not taking care of yourself, you'll be of little help to anyone else. Selfness, at its core, is about ensuring that you are the most important person in your life.

**Are you ready to thrive NOW? Book your FREE 30 minute "How to Have it All" Strategy Session here: ["How to Have it All" Strategy Session](#)** to chart your course and get these and other thriving strategies working in your life.