



# 16 PRINCIPLES

FOR A BRILLIANT LIFE

A GUIDE and WORKBOOK TO HELP YOU  
Live Your Magnificence & Change Your World Now

BY TERRI O'BRIEN



## 16 PRINCIPLES FOR A BRILLIANT LIFE

As a transformational practitioner and inspirational spokesperson, I created this workbook to bring to light the many things I've learned over the past few years through personal struggles, personal and professional study and growth. As I speak to others about these principles, they resonate and strike a chord deep within us. I've gathered these dynamic principles together to empower and remind us of the many ways we can speak, do, have and be our brilliance.

I believe we all need an active process to begin living a liberating, magnificent, and brilliant life. By living our life to the fullest with respect, love and listening with our heart, we bring a message of balance, hope, kindness and goodness to our families, friends, communities and the world.

A drop in the ocean of life soon makes a wave. Our world needs a wave. It's screaming for us to reconnect to each other and connect with who we are and what we can be. Our world needs us to understand and liberate our personal power and to live chasing our dreams, not our fears.

Go be free and be magnificent. The world can't wait to see what you have offer.

With Love and Possibility,

*Terri*



## 16 PRINCIPLES FOR A BRILLIANT LIFE

I help others identify and understand what holds them back and then provide the means to instill new beliefs to help them do what they want with their life. Most people wait for something to happen and think of all the things that could go wrong. I challenge you to look for the opportunity and belief in all the things that can go right. This is your life, only you can build it the way you want. The time is now. Here are 16 principles to liberate your brilliant life.

### 1. SPEAK YOUR TRUTH

You are the only one that knows what you want to say and how you want to say something. Speak up if you have an opinion, for no one will know what you think unless you do. Speak up and speak out often. The more you do, the more familiar speaking up will become. We've each been given a voice to share our opinions, to show others we care, and to speak our mind when something is not right. Yes, it's difficult at first, but when we don't speak, the feelings we have simmer and eventually come out in a way that may not be beneficial or supportive and often hurt us physically and emotionally.

### 2. PUT YOURSELF FIRST

For women especially, this is a difficult concept to wrap our head around. So often, we do everything for our family, and then leave ourselves with the scraps. Imagine, if you put yourself and what you want first. When we prioritize ourselves first, we teach our boundaries for others to respect and are able to accomplish what we want. With this feel good energy about ourselves, our giving cup runneth over, and we give freely and willingly of our time and energy. By doing for everyone else first, our personal energy is drained and a feeling of never catching up becomes the norm.

### 3. GET MOVING

Don't wait for someone to invite you. Don't wait for someone to show you the way or the path for you to follow. Don't wait for someone to give you permission to begin leading the life you want. Your life is yours alone, and you must take the steps needed to get to where you want to be. Get out of your head. Be bold, be engaged, be active, and consistently moving forward towards your goals. Every step you take, no matter how small, is a step closer to where you want to be. When you keep taking steps, that dream must happen.

### 4. BELIEVE IN YOURSELF

Perhaps the single most important principle is the non-stop belief that you are capable of making your dreams come true. Every dream starts with a thought. If you can think it, it can be done. A belief mindset can overcome any obstacle or challenge that comes your way. Don't wait for anything else, you have all you need within you to start today. Personal belief, optimism, and positive thinking are the keys to unlocking doors. When you have these, you bring more of that to you and the cycle perpetuates.

### 5. GO WITH THE FLOW

Swimming upstream is exhausting. When you let go of things working out a specific way and are flexible, open and fluid, momentum is created and leaves you with endless opportunities and choice. When you're open and moving with energy, you're in the groove and are coming from a place of joy and lightness. This place enables you to see opportunity as there's no negativity blocking it. Stay open, look for things that may help or support you in your endeavors and go after those that resonate with you.

## 6. DEVELOP YOUR INNER GUIDE

Deep within each of us lies a safety net, a mechanism that tells us when we're headed in the right or wrong direction. Unfortunately, in present society, this mechanism called intuition is not often developed and its red flags go unheeded. By developing this powerful, ancient part of ourselves, we can trust our inner guidance to give us the solutions we need and steer us in the direction that is best for us.

## 7. GRATITUDE

What does gratitude look like? It comes in many forms, from being grateful for the little things in life, like a bed, food to eat, the ability to walk, and a million other things. It's enjoying and being thankful for what you have and not continually seeing what you don't. It's thanking and showing others for the love and joy they bring you. When we open our hearts to gratitude, we let in the entire human experience and see how good our life is. This attitude brings an appreciation of all we have.

## 8. BE AND STAY COMMITTED

If you want something bad enough, you must go after it with heart and mind with an unstoppable, can-do attitude. That's the vision that motivates. Wishy washy thoughts and little action will not get you to where you want. Staying committed is key to pursuing and completing our dreams and goals. Holding your vision in mind, always apply the 3 P's - persistence, perspiration and perseverance. Commitment is a promise you make to yourself and following keeping the 3 p's in mind creates the perfect food to feed the seeds of reaching the potential you see for yourself.

## 9. HONOR YOUR UNIQUENESS

Our mind and bodies are built for tribal living and connection, yet we must recognize that each of us have been given special gifts, talents and skills. These gifts are what makes us unique and when developed fulfill our feeling of purpose, serenity and accomplishment. If you're attracted to a certain type of work, idea or craft, ignore the words of others, and follow your inner voice. We innately seek to find this connection as we are designed to be purpose-built. Heed that attraction, honor your uniqueness, and share it with the world. This uniqueness is your core and its there to make your life complete.

## 10. THE BUCK STOPS HERE

Being responsible is accepting responsibility for our responses, our actions and our behaviors. When we're responsible, we show the world that we are in control of ourself and accept that our actions have consequences. With responsibility comes capability and a deep learning of what works for us and what doesn't. When we're responsible and willingly held accountable, others trust us to live by our words and actions.

## 11. CELEBRATE ACCOMPLISHMENT

We all need recognition, appreciation and pat on the back for following through or doing what we said we would. Don't wait for others to give this to you. Reward yourself for taking actionable steps towards completing your dreams. Take a walk, write in your journal, visit with a friend, go to a show – create a reward for the great work you're doing and give yourself something to look forward to and celebrate.

## 12. CULTIVATE IMAGINATION

Feeling down? Let your imagination run free and wild! Have a brainstorming session with yourself. What would like look like to you if you follow your vision? Record or write it all down, don't filter, don't censor, don't think. Sometimes the best way to do this is to take a walk or meditate. During this relaxed state, our minds can daydream, and we can get excited about possibility and opportunity. If you can imagine it, you can do it. Humans are the only species on earth that have been given the incredible gift of imagination. It's how we solve problems, create new products and make the world a better place for us all to connect and live. Imagination brings everything to our mind's doorstep, but what's really incredible, is it's all in our mind waiting to be released. What's in your imagination??

## 13. NOTICE AND WONDER

When we were children, our curiosity was insatiable. We asked hundreds of questions, and wanted to find out more and more. Somewhere during adulthood, many of us became fixed in our ways and forgot about curiosity. Curiosity of our world brings wonder at the many facets of it all that lives in it, wildlife, people, cultures, language, history. When we're curious, we seek to understand, we seek to know, we begin to notice how much is around us, how diverse we are, yet how much we're the same. Curiosity breeds wonder and that wonder makes us feel in awe and marvel at what's available to us.

## 14. LOVE

The principal ingredient of life is love. Love is what makes the world go round, the more love we send out, the more we receive in return. Love comes in all shapes, from the love we give a child, passion for a cause, deep joy of nature, intimate love of a partner, the close friendships, sisterly and brotherly devotion, love for a country, and many more. Listening, sharing, and giving someone your time and energy are all forms of love. We are loving creatures, and when we put ourself aside and show another our love for them, we bring sunshine and joy to that person, and the joy we give another becomes a joy to ourself as well. A simple smile is a sign of love and can bring an immediate sense of love to someone. Go out and show your love to someone today!

## 15. BE PRESENT

In today's busy world, too many of us focus on the future, about where the money is coming from, about our jobs, about the how's in our life. What's need most for our healthy happiness is not looking at the future, but being and appreciating the moment we have. This present moment will never be again. It is a moment in the many moments and days of our lives, yet if we're not fully present with our mind, it goes unnoticed. If we don't notice the moment, we can't enjoy our life and appreciate the fantastic things and people that are presented to us. Being present is about setting aside worry and seeing what's right in front of you now. It's taking a deep breath and focusing on the now experience, the feelings, the emotions and the view that's right in front of you only for a fleeting moment.

## 16. BEWARE OF THOUGHTS

This most important principle covers every aspect of our life. Every action begins with a thought, and every thought causes a physical reaction in our body and an emotional feeling. Our thoughts form a blueprint that our mind and body act together to bring into reality. Our mind always matches what we tell it to do, so it's incredibly critical to tell ourself only good, positive thoughts. Whatever we present to our mind, our mind presents back to us. If it's positive, thought, then we filter back positive thought. If it's negative thought, then our mind is looking for the negative in order to make itself right. Our mind does not care whether something is good for us or not, true or not, healthy or unhealthy, it wants to make us happy and give us what we want, so it's critical to feed our minds with positive, optimistic beliefs. In the end, we make our beliefs by our thoughts, and then our beliefs make and define us.

CREATE YOUR STAMP ON THE WORLD. BE  
YOU AND BE MAGNIFICENT,

- Terri O'Brien



## PRINCIPLE #1 - SPEAK YOUR TRUTH

You are the only one that knows that you want to say and how you want to say something. Speak up if you have an opinion, for no one will know unless you do. Speak up and speak out often. The more you do, the more familiar speaking up will become.

We've each been given a voice to share our opinions, to show others we care, and to speak our mind when something is not right. Yes, it's difficult at first, but when we don't speak, the feelings we have simmer and eventually come out at in a way that may not be beneficial or supportive and often hurt us.



## REFLECTION QUESTIONS

- What are some times that you've spoken out on behalf of others? How often do you advocate for yourself?
- What times do you feel that you don't stand for yourself? Why these times? What times do you stand up for yourself? What's the difference between the two situations?
- What are some things you would gain if you let others know what you are thinking?

## ASSIGNMENT

Pick a situation that makes you uncomfortable confronting, Check in with how you're feeling, why, and is the situation as you're seeing it correct? What might you be interpreting incorrectly? What would you stand to gain by addressing the situation? What would you say to the other person to advocate for yourself without being confrontative? What is their viewpoint?

## PRINCIPLE #2 -PUT YOURSELF FIRST

For women especially, this is a difficult concept to wrap our head around. So often, we do everything for our family first, and then leave ourselves with the scraps. When we prioritize ourself first, we teach our boundaries for others to respect and are able to accomplish what we want, and feel empowered by our actions and energy.

With this feel good energy about ourselves, our giving cup runneth over, and we give freely and willingly of our time and energy. By doing for everyone else first, our personal energy is drained and a feeling of never catching up becomes the norm.



## REFLECTION QUESTIONS

- Who do you put ahead of you and why? What would it look like to put yourself first?
- What areas of your life would you like to be able to more energy and support yourself first?
- What are some support roles that you'd like to give up as they're draining on you?

## ASSIGNMENT

Think of one area of your life that you give more than you can and feel drained and overwhelmed and it doesn't benefit you any longer. Think about how you would feel if you no longer had that responsibility, and what would you do with the time you now have?

## PRINCIPLE #3 – GET MOVING

Don't wait for someone to invite you. Don't wait for someone to show you the way or the path for you to follow. Don't wait for someone to give you permission to begin leading the life you want. Your life is yours alone, and only you can take the steps needed to get to where you want to be.

Get out of your head. Be bold, be engaged, be active, and consistently moving forward towards your goals. Every step you take, no matter how small, is a step closer to where you want to be. When you keep taking steps, that dream must happen.

## REFLECTION QUESTIONS

- What would you like most of all to accomplish in the next year? What do you feel is holding you back?
- What areas of your life tend to hold back going for what you want? Why?
- What thoughts about taking action make you feel uncomfortable?

## ASSIGNMENT

Pick a small project or something that you'd really like to happen - a vacation, taking a class, forming a group to do something. Think about some first steps you might take, what does that feel like, what emotions or feelings come up for you? What feelings are holding you back?



## PRINCIPLE #4 – BELIEVE IN YOURSELF

Perhaps the single most important principle is the non-stop belief that you are capable of making your dreams come true. Every dream starts with a thought. If you can think it, it can be done. A belief mindset can overcome any obstacle or challenge that comes your way.

Don't wait for anything else, you have all you need within you to start today. Personal belief, optimism, and positive thinking are the keys to unlocking every door. When you have these, you bring more of that to you and the cycle perpetuates.



## REFLECTION QUESTIONS

- What would you be doing if you believed completely in yourself?
- What career would you be absorbed if you knew you would be able to do it?
- What dream do you have that you feel is so unavailable or unrealistic or frivolous to consider?

## ASSIGNMENT

For this week, let your mind take in the answers to the questions. Feel your vision coming to fruition and just feel how wonderful the sensation is. Disregard any thoughts for now as to making it happen, just be in the moment of feeling greatness and empowered.

## PRINCIPLE #5 – GO WITH THE FLOW

Swimming upstream is exhausting. When you let go of things working out a specific way and are flexible, open and fluid, momentum is created and leaves you with endless opportunities and choice.

When you're open and moving with energy, you're in the groove and are coming from a place of joy and lightness. This place enables you to see opportunity as there's no negativity blocking it. Stay open, look for things that may help or support you in your endeavors and go after those that resonate with you.



## REFLECTION QUESTIONS

- What things do you do that sabotage your efforts because you need to be in control?
- What activities do you feel a negative energy around doing? What do you tell yourself while you're doing these activities? Why do you continue doing them?
- What activities bring you the most joy and you're able to let go? What emotions and feelings do you feel when doing?

## ASSIGNMENT

During this week, pick a situation where you feel you need to be fully in control. Think about some of the reasons why you feel you must be in control. Set aside thoughts of doing anything, but see if you'd be willing to lose a bit of control and what would that look like?

## PRINCIPLE #6 – DEVELOP YOUR INNER GUIDE

Deep within each of us lies a safety net, a mechanism that tells us when we're headed in the right or wrong direction. Unfortunately, in present society, this mechanism called intuition is not often developed and its red flags go unheeded.

By developing this powerful, ancient part of ourselves, we can trust our inner guidance to give us the solutions we need and steer us in the direction that is best for us.



## REFLECTION QUESTIONS

- When was the last time that you intuitively knew something would or would not work out? Describe how you felt and where in your body you felt the feeling.
- If you developed your intuition and trusted your inner guide, what would you be able to do better?
- How would you feel if you could trust your inner guidance system to steer you in the right direction? What powerful things would your life hold?

## ASSIGNMENT

Intuition is about listening and following your heart. Try this – Think of something that has been bothering you and that you're not able to figure out a solution. Know and believe that deep within you lies the answer, ask for guidance, and then just let it go. When we focus too much on the issue, the answer can't be caught. By asking and forgetting, our subconscious goes to work and hands us a solution when we least expect it.

## PRINCIPLE #7 – GRATITUDE

What does gratitude look like? It comes in many forms, from being grateful for the little things in life, like a bed, food to eat, the ability to walk, and a million other things. It's enjoying and being thankful for what you have and not continually seeing what you don't. It's thanking and showing others for the love and joy they bring you.

When we open our hearts to gratitude, we let in the entire human experience and see how good our life is. This attitude brings an appreciation of all we have.



## REFLECTION QUESTIONS

- How often do you think your loved ones for being in your life or for supporting you or just being there and having your back?
- What are some things you can do to show your gratitude to your significant other, or your children, or your parents?
- What are some practices that you could bring into your life to help you feel more gracious and appreciate of what you have? Some ideas might be a walk in the woods, meditation, a gratitude journal, telling someone something each day of why they're a joy for you.

## ASSIGNMENT

Consider creating a gratitude journal. Nothing major, just a beautiful journal to keep by your bedside. Each night, take a moment and think about and then write down three things you are truly grateful for at the end of each day. This simple exercise can yield profound results and focuses your mind on what joy you have rather than what you don't have.

## PRINCIPLE #8 – BE AND STAY COMMITTED

If you want something bad enough, you must go after it with heart and mind with an unstoppable, can-do attitude. That's the vision that motivates. Wishy washy thoughts and little action will not get you to where you want. Staying committed is key to pursuing and completing our dreams and goals.

Holding your vision in mind, always apply the 3 P's - persistence, perspiration and perseverance. Commitment is a promise you make to yourself. Keeping the 3 p's in mind creates the perfect food to feed the seeds of reaching the potential you see for yourself.



## REFLECTION QUESTIONS

- In what areas of your life do you feel not so committed with little action taken to complete? What areas are you very committed and keep at it until it's done? Note some feelings on both.
- When was the last time you committed yourself and finished a project? What was that feeling like?
- When was the last time you gave up, lost interest or approached a project with a lackluster attitude? What happened and what could you do differently next time?

## ASSIGNMENT

Take a moment to think of something that you're not giving your all on. Write down some reasons why you're not and also if you do want it to happen, write down some first steps to take so that you can gain momentum to move things forward.

## PRINCIPLE #9 – HONOR YOUR UNIQUENESS

Our mind and bodies are built for tribal living and connection, yet we must recognize that each of us have been given special gifts, talents and skills. These gifts are what makes us unique and when developed fulfill our need for purpose, serenity and accomplishment. If you're attracted to a certain type of work, idea or craft, ignore the words of others, and follow your inner voice.

We innately seek to find this connection as we are designed to be purpose-built. Heed that attraction, honor your uniqueness, and share it with the world. This uniqueness is your core and its there to make your life complete.



## REFLECTION QUESTIONS

- When have you felt that you were different in a not so good way? What was that like and why did it bother you?
- In what ways does your uniqueness help you in your everyday life? How does these differences support you and what can you see that others can't?
- What might be some roles you could take to accentuate or take advantage of your unique talents or skills?

## ASSIGNMENT

When we were young, often the worst thing was to not be a part of the crowd, and to be different. Now that you're an adult, you can be both a part of your tribe and honor your uniqueness. Take some time this week and think about what talents, skills and characteristics make you unique. What combination of things do you have that no one else does? What do you enjoy most and can get easily lost in while doing?

## PRINCIPLE #10 – THE BUCK STOPS HERE

Being responsible is accepting responsibility for our responses, our actions and our behaviors. When we're responsible, we show the world that we are in control of ourself and accept that our actions have consequences.

With responsibility comes capability and a deep learning of what works for us and what doesn't. When we're responsible and willingly held accountable, others trust us to live by our words and actions.



## REFLECTION QUESTIONS

- What areas of life do you find that you may blame others for circumstances that have happened to you? Facing up to our mistakes helps us grow, blaming others only make it worse. How could you handle things differently next time?
- What areas of your life do you find your blame yourself or feel guilty or ashamed because of what happened? Blaming yourself is sabotaging the best of you. Take a moment and dig deep, is it really true that you were to blame? And if so, how can you repair the damage and take responsibility for the mistake?

## ASSIGNMENT

Being responsibility is a trait that is most admirable. Accepting responsibility for mistakes, errors signifies ownership and diffuses a situation. Think how being responsible will change the outcome. Think about a past experience that you didn't like how you handle, and found you hadn't accepted responsibility. What did you do, and what can you do moving forward to better a tough situation?

## PRINCIPLE #11 – CELEBRATE ACCOMPLISHMENT

We all need recognition, appreciation and pat on the back for following through or doing what we said we would. Don't wait for others to give this to you. Reward yourself for taking actionable steps towards completing your dreams.

Take a walk, write in your journal, visit with a friend, go to a show, have an experience – create a reward for the great work you're doing and give yourself something to look forward to and celebrate.



## REFLECTION QUESTIONS

- What have you recently accomplished that you celebrated? If you didn't celebrate, why not? Perhaps it is out of habit or you didn't celebrate growing up or you don't like the attention. It's important to discover why.
- What role does celebration play for you in your life? What are some of your best moments that you wish you celebrated but didn't? What are some of your celebrated accomplishments?
- How does celebrating accomplishments and special events fit in with being present and living in the moment?

## ASSIGNMENT

Create a jar of celebration rewards. Write on small pieces of paper, fold each up and place inside a jar or box. When you've done something worthy of a reward, and can it can small or big, take a dip into the jar or box and pull out the reward. It doesn't have to be expensive, it's the idea of spending time relishing the accomplishment, It takes our brain that we get rewarded when we accomplish something. What will your rewards be?

## PRINCIPLE #12 – CULTIVATE IMAGINATION

Let your imagination run free! Have a brainstorming session with yourself. What would like look like to you if you follow your vision? Record or write it all down, don't filter, don't censor, don't think. Sometimes the best way to do this is to take a walk or meditate. During this relaxed state, our minds can daydream, and we can get excited about possibilities and opportunities.

If you can imagine it, you can do it. Humans are the only species on earth that have been given the incredible gift of imagination. It's how we solve problems, create new products and make the world a better place for us all to connect and live. Imagination brings everything to our mind's doorstep, but what's really incredible, is it's all in our mind waiting to be released. What's in your imagination??



## REFLECTION QUESTIONS

- What sort of things did you enjoy as a child when you were inhibited and imagination was all you had? Describe the best experience and what made you feel so fantastic about it.
- Why do you think we don't use our imagination as much as we could? What is standing in your way from pulling out your imagined world and putting it into your living world?
- What experience or dream is in your mind that you feel is so far-fetched that it hasn't been voiced yet?

## ASSIGNMENT

Take some time along and imagine that you were living the life you envision in your imagination. What is it like? What are you feeling, experiencing? What is a typical day like for you? Just sit with this feeling for a while and feel what is deep inside of you just waiting to get out. Would you consider bringing out a piece of it?

## PRINCIPLE #13 – NOTICE AND WONDER

When we were children, our curiosity was insatiable. We asked hundreds of questions, and wanted to find out more and more. Somewhere during adulthood, many of us became fixed in our ways and forgot about curiosity.

Curiosity of our world brings wonder at the many facets of it all that lives in it, wildlife, people, cultures, language, history.

When we're curious, we seek to understand, we seek to know, we begin to notice how much is around us, how diverse we are, yet how much we're the same. Curiosity breeds wonder and that wonder makes us feel in awe and marvel at what's available to us.



## REFLECTION QUESTIONS

- What are some things you did during childhood that peaked your curiosity? How do you think you could apply that same curiosity to your life today?
- What does being curious mean to you? On a scale 1-10, where would you put yourself as being open to discover of new things, open to learning new ideas and to understand others perspectives and views?
- If you were more open to discovery of how others live and the world works, how could you increase that openness?

## ASSIGNMENT

Being curious is the gateway to discovery and the unlimited diversity of everything on this planet. Setting aside the need to feel that your way is the only way is a strong step in the direction of openness and discovery. During the week, think about some ideas that you currently hold that may be limiting your thought and see how you could become more curious and explore different opinions or avenues on the subject.

## PRINCIPLE #14 – LOVE

The principal ingredient of life is love. Love is what makes the world go round, the more love we send out, the more we receive in return. Love comes in all shapes, from the love we give a child, passion for a cause, deep joy of nature, intimate love of a partner, the close friendships, sisterly and brotherly devotion, love for a country, and many more. Listening, sharing, and giving someone your time and energy are all forms of love.

We are loving creatures, and when we put ourselves aside and show another our love for them, we bring sunshine and joy to that person. A simple smile is a sign of love and can bring an immediate sense of love to someone. Go out and show your love to someone today!



## REFLECTION QUESTIONS

- The most important person to love is yourself. How do you feel about the statement, “I love me just as I am.” What feelings come up?
- What are ways that we withhold our love from another and what effect does that create on the other person?
- What is one way you show your love to each of the special people in your life?

## ASSIGNMENT

Without the capacity to love deeply, we would soon wither and die as a species. The desire to love and be loved is deeply embedded in our psyche and is the most important need among all of us. We need love for ourselves foremost to return that love to others. For one day, when you pass anyone on the street, in the store while shopping or at work, look them in the eye and smile. It's a magnetic gesture and a person's face lights up to smile back. How do you feel at the end of the day?

## PRINCIPLE #15 – BE PRESENT

In today's busy world, too many of us focus on the future, about where the money is coming from, about our jobs, about the how's in our life. What's needed most for our healthy happiness is not looking at the future, but being and appreciating the moment we have. This present moment will never be again. It is a moment in the many moments and days of our lives, yet if we're not fully present with our mind, it goes unnoticed.

If we don't notice the moment, we can't enjoy our life and appreciate the fantastic things and people that are presented to us. Being present is about setting aside worry and seeing what's right in front of you now. It's taking a deep breath and focusing on the now experience, the feelings, the emotions and the view that's right in front of you only for a fleeting moment.



## REFLECTION QUESTIONS

- What portion of your day and thoughts are focused on the past or the future? How many times does the same thought cycle in your mind?
- What would be some benefits to being and staying present during each experience rather than texting, looking at social media or simply being somewhere else in your mind?
- What does being present mean to you? What do you think could happen if you no longer worried or carried regret?

## ASSIGNMENT

A huge portion of our day is spent thinking about the past and what could have been and the future and what could be. Take some time each day and be aware of what you thinking about, what is driving you, and what you're making as priorities. Note how many times worry or regret is what is being thought about. Neither can change the outcome, yet often consume much of our daily thought.

## PRINCIPLE #16 – BEWARE OF THOUGHTS

This most important principle covers every aspect of our life. Every action begins with a thought, and every thought causes a physical reaction in our body and an emotional feeling. Our thoughts form a blueprint that our mind and body act together to bring into reality. Our mind always matches what we tell it to do, so it's incredibly critical to tell ourself only good, positive thoughts.

Whatever we present to our mind, our mind presents back to us. If it's positive thought, then we filter back positive thought. If it's negative thought, then our mind is looking for the negative in order to make itself right. Our mind does not care whether something is good for us or not, true or not, healthy or unhealthy, it wants to make us happy and give us what we want, so it's critical to feed our minds with positive, optimistic beliefs. In the end, we make our beliefs with our thoughts, and our beliefs make and define us.



## REFLECTION QUESTIONS

- What thoughts are you thinking about when you wake up? Are they excitement or apprehension? What thoughts follow you during the day, negative or positive?
- When you think a thought, do you respond in a kneejerk manner or immediately? What if you paid attention to your thoughts and took a moment to think before responding? How might that change the outcome of the conversation?

## ASSIGNMENT

The following exercise is an example of how our mind works. Pick a color, and during your commute, count the number of cars of that color. Your mind will soon be entirely focused on finding cars that color. Our mind wants to make us happy and searches for information to validate what we are thinking and want. If we're thinking positive, our mind show to us happy and pleasant information, if we're thinking negative, our mind us us unhappy and painful information.



Terri has studied the concepts of personal growth for over 16 years and comes from a place of personal struggle and immense growth. Over the past couple of years, she's been certified as an Aromatherapist and Educator, a licensed practitioner of the Feel the Fear and Do It Anyway® coaching program, and is a certified hypnotherapist in RTT® (Rapid Transformation Therapy) that combines the best of CBT (cognitive behavior therapy), hypnotherapy, NPL and psychotherapy.

Offering clients a variety of conscious and subconscious options means that personal transformation is available to all. She loves to connect with others and hear their stories and life journeys knowing that deep within each of us lies the keys to be everything we want – we sometimes just need a nudge and a clear path to get there.

Visit [www.MasterJoyandSuccess.com](http://www.MasterJoyandSuccess.com) to find a change path that resonates with you – whether it be a journaling course, listening to meditative declarations, taking a course to confront and lean into your fears, or perhaps an RTT® session to rapidly and permanently bring about change. These programs are being developed, and you'll be notified each time a new one is ready! Read more about hypnotherapy and "Lean Into Your Fears" course at [www.MasterJoyandSuccess.com](http://www.MasterJoyandSuccess.com).

