



## 27 Practical Ways to Work with Wisdom Today

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

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

- ◆ Learn how to meditate to reduce stress and be more focused, creative and productive.
- ◆ Trust your intuition. (Use a “gut instinct journal” to track your success.)
- ◆ Pay attention to those 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.
- ◆ Consider the emotional clutter (regrets, resentments, unnecessary obligations, toxic people) and technical clutter (too many unread e-newsletters) and release what doesn't serve you.
- ◆ 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 or Opportunities in a written statement and share it with others.

### **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.
- ◆ Write them, post them and share them with others.
- ◆ 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 disappointments and give thanks for what is to come.