

## Encouragement 17

Dear Friends,

Happy Fall! I hope you are getting outside to enjoy the fresh air and changing colors!

As always, take what delights you and leave the rest.

1. **Shift Your Perspective.** It's time to revision what we are up to. We have no idea how long this new way of living is going to last or if we will ever go back to "normal". I invite us to figure out how we are going to get excited about our lives again. Maybe you have already done this, but I'm getting the sense that many of us are feeling more hopeless, defeated, and depressed. I get it. These are tough times. But I also have to say enough is enough and we can take our power back. It's time to accept what we can't change and choose to live the way we want to live within the context of what we can control. I'm choosing to live differently. I feel happier and inspired. I'm asking myself everyday what I can do to feel better. My focus is on what is going well and how I can manifest more joy.

Focusing on the things that are healthy, joy-filled, and positive is the way to go. I choose to look at things like our awesome community coming out to line the streets to thank the firefighters, that people are starting to socialize again in a safe manner, this gorgeous weather and decrease in smoke, and the fact that our staff and students are actually on campus and able to interact in person. I continue to enjoy nature, my dog, and hiking, manifesting new love and joy in my relationships and home, and helping my friends, clients, and family. I just added tennis back into my life, too. What can you focus on that makes you happy?

2. **Connect With Your Loved Ones.** And when you are lucky enough to be with your loved ones, really BE with them. Be present. Treat each moment as precious.
3. **Gratitude.** What are you grateful for today? Take 1 minute right now to find 3 things.  
I am grateful to be on this journey with you!

Warmly,  
Becky