

Beth's Strategies for Life

1. ***Look for Possibilities*** - speak possibility – be passionate about life and enroll others – focus on opportunity rather than scarcity – find what’s working – what is possible. What I believe, I will see.
2. ***Interrogate Reality*** – explore truths – mine, theirs and ours – Remember the Beach Ball and that each of us has a different perception of reality
3. ***Change is Choice*** - realize that change is opportunity, learn to live with uncertainty and act with confidence – Stop, listen and choose.
4. ***Connect*** – people to people; people to resources – make it safe for others; hold out my hand
5. ***Look for Gifts*** – each person is valid and valuable – help others bring out their own magnificence – give people a possibility to live into, not an expectation to live up to
6. ***Be Present and make Sunshine*** – Live with purpose; If I stay, I play. Be intentional, passionate and fully awake in my life.
7. ***Trust Myself.*** Create my own future. Quiet the voice in my head that says, “I can’t do it.” Obey my intuition. My attitude is everything.
8. ***Don't take myself too seriously!*** Laugh a lot; make everyday fun!