

The Power of 3 Keeping your Cup Full



You can't give what you don't have.

When you use the power of 3 as tools when you feel overwhelmed in the busiest of times, you begin to create new patterns in your life and more freedom to be you.

3 things to stay in the moment

1. Hit the Pause button
2. Breathe
3. Be in the present moment ... look, feel and see what's around you.

3 behaviors to adopt

1. Daily intention setting
2. Give yourself permission to not be in control
3. Become childlike - have fun

3 ways to shift

1. Become comfortable saying NO
2. Let go and surrender
3. Dive deep into your intuition

3 Sights

1. Hindsight - looking back
2. Foresight - future
3. Insight - the right now moment