

# Ways to Shift Your Perspective

**Number 1:** Take the word *should* out of your language. If you want to learn how to be more kind and loving and gentle, then stop using the word *should*. *Should* automatically implies guilt.

**Number 2:** Find the Positive. You may not like it, but you can honor the other (person, perspective) for where they are at.

**Number 3:** Look for the Big Picture. Ask yourself, "What is the big picture here?" When you have such energy around something negative, or somebody that's saying something negative, it is there to teach us how to expand and love beyond what we have been.

**Number 4:** Find Appreciation. First see the big picture ... now find some appreciation for the person. Find appreciation for their perspective.

**Number 5:** Stop blaming and start taking responsibility. Stop blaming everybody else and take responsibility for your life: The way it is right now, what you're doing, what you're going to do, what you want to do. Empower yourself. This is not to say don't make change in the world ... but do it from a place of love.

**Number 6:** Use visualization. **Visualize how you want to see things.** When you are visualizing, if you are seeing things either the way they are right now, or the way they've been, or the way you fear they're going to be ... then you create that projection and it gets fed even more energy.

**Number 7:** Step into the new shoes ... step into a different perspective. See yourself in these different perspectives and what it might feel like being in those perspectives. It may not be easy, but it's something that helps you shift a lot.

**Number 8:** Move your body - **Consistently**. Move your body every single day, not just a workout three days a week. If you move your body for 30 minutes, minimum, every single day, the mental health benefit is just as important as the physical. It helps you move the energy out. It helps you to gain clarity of your mind, helps you to feel lighter, helps you to feel confident - like you've accomplished something in your day.

**Number 9:** Writing & Burning. The other way to get that energy out of your body is by Writing & Burning. So, write out the anger, the frustration, the overwhelm ... and burn it to transmute it, and then bring in some love, some appreciation, some gratitude ... Shifting it to a higher vibration.