

The Nine Actions to Battle Your Beast

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1. **Decide to Stand Up and Fight** Decide that you will stand up every time you are knocked down, and you will stay in the battle until the final round.
2. **Get On Your Spiritual Armor** In a battle with a Beast, you need to call in the big Gun! Learn to live in Peace, start using the “F” word, and much more.
3. **Put On Your Oxygen Mask** Give yourself permission to matter. Taking care of you, IS taking care of others. The best thing you can do for everyone is to become stronger and healthier.
4. **Build Your Circle of Strength** Don't step onto the battlefield alone. The Circle of Strength will change the way you look at your relationships.
5. **Change Your Attitude** This is your Battle Changer! The stories in this Action will inspire and empower you.
6. **Adjust Your Focus** What we Focus on becomes magnified. Learn how your focus is affecting your life.
7. **Stop Being a Control Freak** Let go of the things you never had control of in the first place. Take off the Supermom Cape and learn the power in letting go.
8. **Stand On Your Story** Whatever you have done or been through - become better, not in spite of your story, but because of it.
9. **Make Meaning From the Madness** Your experience, wisdom, strength, and courage can make a difference in the lives of others, and you can begin right where you are. Little things are big things.

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