

# Never Broken You eGuide

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## FINDING LIGHT

### 8 STEPS TOWARD YOUR BEST LIFE

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In our darkest of times, light can seem an impossibility. Have hope. Be kind. One step at a time. One glimmer, then the next. You'll get there.

I have tasted darkness, as we all have, and I have found that moving gently helps. But this also involves moving forward, however slowly or quickly you can. Here is a trail I have tried. It may work, it may not, but I am proof that it is worth trying.

You are worth it. So, let's go.

#### **One – Realizing/Listening**

Moving toward the light.

You must first learn to listen to yourself and realize what you are all about. Follow your heart, purpose, destiny. Don't let curve balls, letdowns, fears, disappointments, darkness get you down. Don't let anything stop you.

Choose to live your best life.

#### **Two – Surviving**

Take stock of the situation. What can you do in the here and now?

What is changing as we speak?

What little steps can be made?

They aren't as little when they add up and you keep going.

What are you not acknowledging and validating?

What part of you longs to come out?

Where are you?

What is your ideal self? Break free and let it rip.

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### **Three – Moving/Shifting**

Just keep moving.

Don't let "reality," life, anything, stop your momentum. And if you do, push, go, shift if necessary, then try again.

### **Four – Learning/Discarding**

Lessons learned.

Take your lessons, read them, heed them...then throw them away. Learned, check! Then move on.

### **Five – Owning**

Be YOU.

Always come back to this. You may deviate. You may falter. But to stay on your path, to get where you want to go, you need to come back to yourself in the craziness. Not as easy as it sounds. But you must.

### **Six – Igniting**

Find a fire.

Whether it is in you, out of you, in someone else...light yourself with it when you are down, dragging, lost.

### **Seven – Finding/Knowing**

Have a vision.

Know where you want to go. Again, sounds easy. Not always so. When you are lost, befuddled, confused, hurt, in pain...the last thing you want to do is ponder your vision. But pick pieces of light until the vision becomes a good one. Move toward it until the view becomes whole.

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**Eight – Believing**

Believe.

In order for this all to work, you must believe. Because if you don't, who will?

You will always have a cheerleader in me, and hopefully others as well.

But, in this case, it is YOU who needs to believe in yourself. I give you permission.  
Now, DO IT.

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