SOMETHING NEEDS TO CHANGE

While many of us have used the six affirmations to get ourselves back on track.: We often make that first step, the first change, we see progress and then perhaps – we stop. We may change one thing, or two. But the truth is life is fluid, things do not stay the same and the changes that might have been necessary yesterday or six months ago might not be the same ones that are needed today.

We must constantly reevaluate where we are. What we are doing - right and wrong. So when you have time, take another look. Where are you? What is working? What isn't?

Does Something Need To Change? Is that Something You?
Here is a place to start making those lists.

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