



Mother Gaia's Wellness

Your Guide through Change

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TAKING CONTROL OF YOUR LIFE

In this excerpt from *Shift Your Brilliance*, Simon T. Bailey explores the idea of shifting—to lead yourself in a positive, forward direction in life and to maximize your potential, your brilliance. For years, you may have been vying to position your business for success, or just to have better relationships where you're respected, appreciated and cared for. However, your goal may be evading you, driving you to feel like a failure. If this is how you feel or think, then I invite you to shift or be shifted. Yes, you are a spiritual being having a human experience. Each spirit exists in a matrix where it pulls things toward it while repelling whatever goes against its worldview. In other words, it is you who attracts people, situations and circumstances rather than the other way around. You're already pre-wired to be brilliant; you just need to shift your brilliance to tap into this power.

Why Shift Your Brilliance?

Once you shift your brilliance, you have more control over whatever comes your way, and you can define your future in the present. By taking over the wheel on the road leading to your destiny, you can navigate your life away from obstacles and ensure a smooth ride ahead. You also find the spark that makes you unique.

When you find your inner spark, it allows your mojo, your essence and your swag to fill a room. Why? Simply put, you are no longer in the room; the room is in you. And when you recognize that fact, you become present in the moment. You realize that you exist to give instead of get. Your spark becomes the push, the nudge, the shove that everyone needs as time slips into the future.

This shift creates other benefits, too:

- Letting go of whatever is keeping you back and embracing what will push you forward
- Learning to find significance rather than seek success
- Identifying your purpose in life and what role you play in every situation you go through
- Boosting your self-confidence and realizing that you're not the one damaged here—it's the situation itself that is damaged
- Discovering your passion for your job and going the extra mile
- Building relationships with every side of your business transactions, rather than just selling or buying
- Uncovering the leader within regardless of your title
- Connecting deeply with your company's brand, discovering it thoroughly in the process and promoting it more effectively
- Boosting your productivity because you actually care about your life and work

Your purpose is not about whether you are a "fit" or a misfit. Your purpose is tied to a need or void in the world. The fact is, you are here to meet a need of someone or something. If you look to fill a void in the world, your purpose for existence will manifest itself—and that will make you the right person in the right place at the right time. In other words, it will make you the right fit and this shift enables you to gain control over your life.

7 Tips to Help You Shift and Take Control of Your Life - If you're ready to take control and lead rather than be led, here are seven tips you should follow:

1. Stay optimistic and exude positive energy despite the surrounding negativity.
2. Work on being happy and become known for it.
3. Remember that there will be those who like you and those who won't. Don't waste your time running after the latter. Build yourself to become strong, and they're bound to come to you.
4. Become more intuitive and tap into opportunities that are all around you in the matrix.
5. Operate with tacit knowledge, i.e., do what you do with confidence rather than just doing a task.
6. Repel inferior energy, especially while you're building your own, or it will drag you down.
7. Remember that you may be lonely, but you're never alone. The quicker you realize this, the less likely it will be for you to succumb to depression and other negative thoughts.

So don't let the world lead you. Take the steering wheel of your future firmly in your hands, shift into the right gear and become the brilliant person you were created to be.

So how do we take back control of our lives? What follows are the key moves we can make.

1. **Make more of your behaviors automatic.** Because our willpower is so limited, our best defense is to rely on it less. Here's how the brilliant mathematician Alfred North Whitehead put it: "Civilization advances by extending the number of operations we can perform without thinking about them." A ritual is a highly precise behavior that you perform over and over, at a specific time, so it becomes automatic and no longer requires much willpower to get it done.
2. **Take yourself out of harm's way.** You can't easily lash yourself to a mast, but you can selectively avoid temptations. If you want to lose weight, it makes sense to remove your favorite high-calorie foods from the shelves, and to tell the waiter at restaurants not to bring the bread. If you want to get challenging work done, turn off your email entirely for designated periods of time rather than try to resist its Pavlovian ping.
3. **Whatever you feel compelled to do, don't.** The more powerfully driven you are to take instant action, the more likely you shouldn't. When the pull is intense, it's likely you've activated your fight-or-flight physiology. That's great when you're actually facing a life-or-death situation and need to react instantly. In most life circumstances, it serves you better to reflect before you react.
4. **Sleep as much as you must to feel fully rested.** For nearly 98% of us, that means at least 7 hours a night. "Fatigue," said Vince Lombardi, "makes cowards of us all." Specifically, it undermines our capacity for self-control, and we're more likely to

default to instant gratification. The best sleep ritual is not just to choose a precise bedtime, but also to begin winding down at least 30 minutes before turning out the lights.

- 5. Do the most important thing first in the morning.** That's when the vast majority of us have the most energy and the fewest distractions. Our energy reservoir diminishes as the day wears on, which is why it's so difficult to get to the hardest work late in the day. Conversely, the more focused you are, the higher the quality of work you'll do, and the more you'll get done. I often get more important work done during the first 90 minutes of the morning than in the rest of the hours of the day put together.
- 6. Eat energy rich foods in small doses at frequent intervals.** Food – specifically glucose – fuels willpower. Unfortunately, the body can only make use of a limited amount at any given time, so we need to refuel at least every three hours. Sugars and simple carbohydrates provide a surge of energy that doesn't last, while lean proteins and complex carbohydrates provide a steadier, more enduring source of energy and therefore willpower.
- 7. Do one thing at a time.** With so much coming at us so relentlessly – emails, texts, people, and information – we assume the only way to get to it all is to juggle multiple tasks at the same time. In fact, moving between tasks creates something called "switching time." When you shift attention from one focus of attention to another, the average time it takes to finish the first task increases by at least 25%.
- 8. Work in sprints.** Human beings aren't meant to operate like computers, at high speeds, continuously. Rather, we're designed to pulse between spending and renewing energy. The ultradian rhythm refers to a 90-minute cycle inside us, during which we move from a state of higher physiological arousal progressively down towards fatigue. Focus intensely, ideally without interruption, for no more than 90 minutes at a time. Then take a real break, for at least a few minutes, to relax emotionally, give the mind a rest and physically recharge.
- 9. Ground yourself in your values.** Above all else, it's critical to ground yourself in deeply held values. Knowing what you stand for is a uniquely powerful fuel for behavior, especially when the going gets tough, and the temptation is to take the easy route.
- 10. Say "no" early and often.** The best way to have more time to work on projects that matter to you, like updating your portfolio or finishing a series, is to spend less time doing everything else. If you really don't want to do something at all, it's unlikely your desire to do it will increase by delaying the activity. Saying, "Not Now" when you should say, "No," leads to you carrying around the emotional burden of the task until you complete it and a huge amount of resentment when you finally do the work. (Plus you run a high risk of turning it in late due to your resistance to the project so you probably will annoy the person on the receiving end too.) When in doubt just say, "No."
- 11. Be disciplined about your 'me' time.** Taking time for yourself is as important as sleep. Pampering yourself, doing your favorite activities, or working on your favorite hobbies is a great way to give time to yourself. Meditation, bubble baths, morning walks, etc, etc are all great ways to get some me time. Don't we all deserve the 'guest' treatment? We worked hard for it, right? If you don't care for yourself once in a while you will wear down. Who's going to be there to take care of things when you wear down?
- 12. Make a habit of trying new things.** You never know when that one thing you never tried before will be the best thing ever, be it food, music, movies, books, activities, exercises, drinks, etc. Why miss out on something great just because you didn't want to take a chance or you were afraid of what might happen? You only have one short life here and you might as well live it while you are physically and mentally able.
- 13. Embrace every moment.** No matter if it's challenging or fun - live, feel, and be in the moment with all of your attention. Immerse yourself in to your life and you will feel a part of something more, something big and important. That's because you are! A huge part of your own story and a significant part of other people's stories, live it up!
- 14. Stop wasting time.** We live in a world with many distractions at our fingertips. Nevertheless, know that you actively make the choice whether to stay engaged in one task or get distracted by a mobile game, TV, Facebook, or a text message. Instead of coming home and flipping on the TV because it is an easy way to pass time, do something productive or on your to-do list so you stay in control of the moment. Working out, practicing a hobby, or working on relationships are all productive and enjoyable pastimes.
- 15. Get organized.** Organization is important when you want to take control of your life. If everything is chaos in your head and in your house, then it is difficult to know where to start to solve any messes. Keep everything as neat as possible at home and at work so you don't have to deal with clutter, and remember to put things back where they should be. Make lists, use a calendar and make decisions often instead of putting everything off.
 - Read papers, email and mail right away and take action right away, whether that means throwing it out, paying a bill or responding to a letter.
 - Set up a daily schedule throughout the week, such as shopping, family time, appointments, task lists, etc.
 - Throw things out that you haven't used in six months. Don't hold on to something because you could potentially use it in the future.
 - Work on one thing at a time, particularly something small like a closet, organize that first. Then move onto the next thing.
- 16. Be independent.** If you are co-dependent on others for your emotional health, lifestyle, or need them to tell you what to do, you are not in control of your life. Learn to solve your own problems and spend time alone to think and reflect. Only ask for help when you really need it, and learn from the people who help you so you can do more on your own next time.
 - Learn to meet your own needs. Get a job so you can support yourself if you live off of someone else. Then move out, and live on your own.
 - Ask yourself, "What do I want to do today?" and make your own decisions. Think about what you love doing and what you feel passionately about. Don't rely on others to tell you what to do or like.
- 17. Take action.** You can have all the goals in the world but never get anywhere if you don't take action to achieve those goals. Do what you have to in order to get what and where you want. Take small steps but be sure to do something every day that helps you get closer to your end goal. This could be a mundane task, practicing positive thoughts, doing paperwork or something else.
 - Don't get so caught up in the future that you can't enjoy your life now. Enjoy the journey toward your goal, and remember to be thankful for everything that you have achieved right now.
 - Do the best you can, whether it's at a project, a test or a pastime. Achievements that take effort make you feel good about yourself and motivate you to achieve more.

