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An Individual Bestseller

YOUR DAILY RESET

Simple Steps to your BEST day... and life!



**SUNSHINE AND NUTS
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Simple Steps to Your BEST Day...and Life!

GIVE YOURSELF THE GIFT OF TIME

Before you get busy in the morning take a few minutes to center yourself, set your intention, be present, and start your day with a positive vibe.

This daily practice will help you gain clarity on what you truly want which will reduce stress and worry about the “small stuff”.

Even more so, when you start your day by “resetting”, everything seems to go more smoothly, you feel more joy, energy, and happiness. You deserve that.

In this guide you will discover what is blocking your best experience in life.

Put away your phone, pour yourself your favorite drink (Water, tea or coffee I’m talking about. LOL!) and get comfy... Here we go!!



One Missing Key to Success

(It's so simple but isn't always easy)



Learning How to Listen to YOU

What if I told you that you were created as a unique individual with your own personal plan for your best life? What if you knew that you have an internal GPS the you can tap into to give you direction on a daily basis? Most people call it intuition or your inner voice (I call it "You" or your inner "I AM"). If you haven't learned to listen to You, your life is most likely more difficult and challenging than it needs to be.

How do you learn to listen to You?

It starts with something within you whispering...

If feels as if something deep inside knows the TRUTH... Your TRUTH.

That inner voice is not always obvious. It is not a flashing neon sign. It usually signals you as an inner nudging, a whisper, or a pulling toward something greater.... Or it is a specific feeling that hits each time you think about a certain person, event, or upcoming change. It is also a feeling when you know that something “isn’t right.”

When you learn to tap into your inner self, listen to your intuition, follow your spirit you feel more peace, and can experience joy no matter what is going on around you.

Your Daily Reset

Beginning Steps

There are eight things to learn to do on a regular basis - I try to do them daily. But, if doing all eight is too much for you to take on all at once, choose just one and do that. You'll be on your way to your own “Daily Reset”.

Step One

Be Still and Breathe:

You owe it to yourself to take a break from all of the stimulation, opinions, and bombardment of chatter from various media. In today’s world, with advertising, social media, TV, and digital marketing we get fire hosed with input 24/7 if we aren’t careful. Taking a “Digital Detox” by quieting the noise of TV, phone, external distractions and sitting still, focusing on your breathing will do wonders for your demeanor, your ability to handle whatever comes your way, and can restore your soul in just a few minutes.

For most of us it is difficult to learn to listen to your inner self...

Being still and focusing on your breathing is the first step. It helps to relax you. Breathe in and count to 4. Hold for 2 counts. Then, exhale and count to 4. Clear your mind of thoughts and just breathe for one minute.



Step Two

Be Silent and Listen:

It's ironic that the words silent and listen both have the same letters, but they have completely different meanings. We must be silent and quiet our minds in order to listen to our inner self.

At times our thoughts might be holding us hostage. Be aware of your thoughts. Though we are most familiar with our thoughts, our thoughts are not who we are.

We are spiritual beings having a human experience.

What I mean is... our thoughts are our conscious mind telling us all kinds of things throughout the day. There are about 60,000 thoughts that run through our minds in any given day.

Our thoughts are, generally, made up of what we *should* be doing, solving problems, and thinking of various solutions. Our thoughts might be saying things like "You're not good enough", "If I don't do (this or that) I won't be accepted or loved", or "Who do you think you are?" Those thoughts are not YOU. That is our human experience.

You... your deepest YOU is aware of those thoughts. YOU, at the deepest level, are the being that feels inner peace, the assurance that all is meant to be, and that you are loved exactly as you are.

Learning to listen and lead with your deepest YOU is transformative and powerful beyond measure. Take a few moments to listen to YOU.



Step Three

Express Gratitude:

Author and speaker Brene Brown says “Living a whole-hearted life is cultivating joy and gratitude.” What we focus on tends to be prominent in our minds and shows up in our lives. Even if we are in a difficult situation, finding one thing that we can genuinely be grateful for can ease the difficulty.

Gratitude is powerful. Feeling gratitude makes us happier, improves our health, strengthens our emotions, makes us more optimistic, elevates our mood, improves sleep, increases energy, and helps us relax. Expressing gratitude strengthens our relationships and can boost our careers.

We can feel gratitude at the same time that we feel joy, happiness, and elation. But, we cannot feel anger, worry, or fear to the same degree when we feel gratitude.

When you can say, “Thank you for all that is going on now.... The good, the bad, the scary, the unknown, the love, the joy,” there is a surrendering to that which is greater than us. Acceptance of “what is” brings peace and lowers our stress.

Gratitude grows. Keep a gratitude journal for 90 days - write down whatever you are grateful for at the end of the day. You will see that your gratitude will multiply exponentially.

Beginning your day with gratitude sets you up to have a positive outlook and better handle whatever comes your way.

Step Four

Talk

This is the time to think about and express what you are feeling. How are things going in your life? What are you worried about? What challenges are you facing? Why are you feeling worried or challenged? What brings you joy? What are you excited about? What do you dream about? How do you feel when you are dreaming?

Talk with your deepest self and get a sense of what is making you feel worried or challenged. Identify “why” you are feeling that way. Then ask your self what would make you feel at ease... or better yet, ask what would make you happy. This step is extremely important and reveals key elements to help you resolve problems and elevate life.

Step Five

Ask:

Ask your inner self (Spirit, intuition) to guide your thoughts according to your best plan. Ask for resources. Ask for guidance on choosing directions. Ask to be your best and full self. There will always be an answer: Yes, no, or not yet. Mastering “You listening to YOU” helps zero in on the answers to what you want and what to do next.

Step Six

Surrender:

This is often the hardest step. But mastering your ability to surrender is where the “magic” of life happens.

We want to stay in control. We are afraid to let go. We don’t know what lies ahead. We try to do as much as we possibly can ourselves, believing that we are controlling what happens.

Still, in order to experience the best of life, we need to let go of what we are holding on to, what might be holding us back from fully embracing what is waiting for us.

The truth is that there is a force greater than us that is working in our favor. Whether you call this force the Universe, Source, God, or something else, surrendering and getting in the flow of what this force is trying to do in and through us instantly makes life easier. Imagine a time in your life when you were really struggling. Perhaps it felt like you were paddling upstream, struggling against the current in a canoe. When you surrender to what is meant for you, it is as if the canoe suddenly flows easily downstream. You don’t even have to paddle to get to your destination. Trust it. Try it. You will feel so much better.

Step Seven

Be Present:

Being present simply means your thoughts are not in the past, not in the future, but right here...right now.

Thinking in the past tends to make us feel emotions associated with past experiences. Generally, when we think about the future we are worrying about what is coming, or dreaming and not fully engaged in what is going on now.

Being fully present helps us to engage in the moment, be tuned into what is happening around us, and connects us to our inner self. There is power in being present.

All we truly have is the present moment. We might as well fully engage and be present to experience the best in life.

To delve a little deeper, when we practice gratitude with full presence miraculous things happen. This is key to making dreams become reality.

Step Eight

Lead with Love:

Leading with love means that, in all that you do lead with your inner self, the deepest YOU.

Leading with love means starting each day connected to Source, God, the Universe and seeking guidance for your personal plan to be revealed, flow, and unfold as you begin your day.

Leading with love means filling your inner self with love, self-worth, appreciation, and gratitude so that you will be complete simply being YOU.

Leading with love means seeking to understand others, seeing them as their best possible self, or better yet, seeing them as their inner self when you encounter and deal with others throughout your day.

Leading with love means greeting the day with the belief that all is working out in your favor, all is meant to be, and you are loved exactly as you are in this moment.

This is your Daily Reset.

I love you,

Debbie

