



Five Proven
Steps
to
Mastering Your
Life Now!

Be Honest With Yourself

The first step to mastering your life and making progress, is the ability to look at where you are and make an honest assessment, then making the necessary adjustments. We should do self-evaluations (often). Think about it. We maintenance, upgrade, and give check-ups to everything in our lives, but neglect to do the same to ourselves. If you find it difficult to check yourself, or reign yourself in . . . at least be wise enough to surround yourself with those who can.

Be Content, But Never Settle

We must learn to rest in the season God has us in. They make and groom us for what's ahead. If we're anxious to leave, we take the chance of leaving half-baked. Be content with where you are in your life and learn to savor every moment, because once it's over, you're unable to retrieve it. And don't worry - He has your next season coming and its timing will be perfect! However, be careful not to settle either. When we do, we risk the chance of becoming stagnant and limit ourselves and our ability to evolve. We should enjoy the season we're in, yet know when to move on when that season has come to an end.

Learn To Say No

It's the best two letter word in the dictionary! Never allow anyone to hold you hostage. Learn (now) not to make promises or commitments because someone puts a demand on you or puts you on the spot. A rule I follow - always tell people you'll get back with them. That way, the pressure is off. If you're not already, begin now to guard your life. Don't let people in your circle who aren't willing to give you the same honor and respect you give them. Only allow space for those who have proven they deserve to be there. Know your worth!

Stay In Your Lane

The traffic is less congested there! But seriously, we'll eliminate stress and confusion when we do. Master what God has called you to and be content with doing that. Work within your expertise (this is where you develop your prowess). Find your place and work it exactly as He has asked you to, with everything you have. When we're out of place, we're out of His will. When we're out of His will, our lives become unstable and unsettled. So if you want to find peace - find your place and stay there!

Treat Yourself Well

I'm not saying go out and break the bank, but don't deprive yourself either. Take a day off or buy yourself something that brings a smile to your face - your favorite dessert, a bouquet of flowers, or take a much needed vacation (I like that one). Take mental and physical breaks when you find yourself drained. Learn to practice self-care. Taking time out to refresh yourself isn't selfish at all, it's self preservation! Besides, God wants us to live life John 10:10 (part B) style! But that can't happen if we're not consistently renewing ourselves.

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