

Abundant Life Solutions

ACTIVATING THE EXCEPTIONAL IN YOU

Personal Motivation

Values



Personal Vision

To make a difference in my own life so I can help others make a difference in theirs

Personal Mission

To express my personal values in all that I do and to choose to constantly expand my vibrancy by being aware of the choices I am making at each given moment

Personal Core Values

Self-Worth - Personal Growth - Inner Peace

To accept myself as I am now and delight in whom I am becoming.

To remain a student of life and have an attitude of constant learning

To achieve a state of balance in my life that helps me base decisions on what is for my highest good not on fear

Defining Principles

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| <ul style="list-style-type: none">• Accountability• Passion | <ul style="list-style-type: none">• Resilience• Responsibility | <ul style="list-style-type: none">• Strength• Truth |
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Best Practices

Each of these core values and principles embodies a set of best practices

<p>Self-Worth</p> <ul style="list-style-type: none"> • To be aware of how I give my energy away • Set boundaries that allow me to have “Me Time” • Use my gifts and talents to the best of my ability • Plan my life so that I have control over the directions I am taking. • To record my triumphs and lessons every day in my book if “Wins” 	<p>Personal Growth</p> <ul style="list-style-type: none"> • Constantly re-evaluate my own skills and capabilities. • Read books that inform, educate and feed my soul • Associate with people who want to make a difference in their lives and are actively perusing that ideal • Be open to suggestions that will help me expand my expertise. 	<p>Inner peace</p> <ul style="list-style-type: none"> • To set aside time each day for contemplation • To be truthful with myself • To hold a vision for where I want my life to take me. • To apply my best effort in all that I do each day • Make a difference in the lives of those around me
<p>Accountability</p> <ul style="list-style-type: none"> • To make decisions that have considered consequences that I can live peacefully with. • To not blame or pass responsibility onto others for actions that I should have taken myself. • To state my needs directly without manipulation or expecting someone else to know. 	<p>Passion</p> <ul style="list-style-type: none"> • To continue to do what I love and what I am best at. • To motivate myself and not expect others to do that for me. • To continue to strive to be exceptional. • To love learning and invest in my own journey. 	<p>Resilience</p> <ul style="list-style-type: none"> • To get back up when I fall. • To overcome limited thinking that seeks to hold me back. • To go the extra mile when others have stopped and said it is too hard. • To never ever give up.
<p>Responsibility</p> <ul style="list-style-type: none"> • To create my own happiness. • To meet my own personal needs. • To take charge of my life. • To overcome my fears. • To never expect another to do what I am not prepared to do myself • To be true to my word. 	<p>Strength</p> <ul style="list-style-type: none"> • To acknowledge and build on my personality strengths • To build strong relationships with colleagues and clients • To evaluate decisions as to whether they build my character or weaken 	<p>Truth</p> <ul style="list-style-type: none"> • To review each day without judgement and allow truth to shown me room for improvement and appreciation of a job well done • To monitor whether I am speaking my truth to people and realizing when I lose energy by not stating my needs, wants or preferences. • To stay humble to the fact that my truth may not be somebody else’s.