

**Life Hacks to
Help You Fall
in Love with
Your Life**

Make Your Life Blossom



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<https://debrasmouse.com>

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This version was downloaded via the author's website: <https://debrasmouse.com> as a complimentary gift for subscribing to the author's mailing list.

Future versions – as well as versions sold via other publication channels may be slightly different.

Technical Notes

This workbook was created with Adobe Acrobat and is readable in any PDF Reader.

It may be printed for your own list. If you chose the fill-in-the-blanks version, you must “Save As” to preserve your answers.

How to Use This Book

Make Your Life Blossom: Life Hacks to Help You Fall in Love with Your Life was created to serve as you continue this journey into yourself.

This workbook is intended to assist you fall in love with your life. It presents seemingly simple life hacks that, when embraced, can be incredibly powerful

There is no deadline or due date. You are not behind. You are right where you need to be.

The work can certainly be done in a matter of a few hours if that's the way you choose. Work through this in one day if that feels right. If that feels at all pushed, be gentle with yourself and work through this book over a period of several days or several weeks.

Find your own beautiful rhythm that fits your life in this space and time.

If you are a tactile person like me, you may wish to print this out, place it in a small 3-ring binder, and take a pen to it. Doodle on the pages.

To encourage you to fall in love with your life and allow your life to blossom.

Table of Contents

Copyright..... 3
 Technical Notes..... 4
 How to Use This Book..... 4
Table of Contents..... 5
Introduction 6
Part One: Make Peace with Reality..... 8
Part Two: Define Your Standards 15
Part Three: Choosing Yourself 23
Part Four: Making it Happen..... 30
Conclusion..... 36
Gratitude 37
Want Support for the Journey?..... 38
About the Author..... 39
 Connect with Debra Smouse 39
Closing Thoughts..... 40
A Closing Quote..... 41

Introduction

Go from Surviving to Thriving in Your Own Life

***“Once your mindset changes, everything on the outside will change along with it.”
– Steve Maraboli***

Despite the blossoming trees and flowers outside, many folks feel as if their life is wilting, not blossoming. That’s because often by the time spring arrives, those New Year’s Goals and Resolutions are nothing but a distant memory.

And I get it.

Life moves at a fast pace. There are bills to pay and meals to cook. You may simply be weary or overwhelmed with the sheer pace of life.

Who has time for desire when we have reality? I mean, do folks really floss their teeth every day like the dentist recommends, let find a moment to work towards that goal with all the moving pieces of life.

Sure, you may want a life that feels loving and nourishing, but there is no time or energy. And those big goals feel more like pipe dreams than something that can be yours.

What if I told you that there are tried and true hacks to make life feel easier.

We often neglect the deep-seated needs of our souls because what we want doesn't seem logical or practical. We're told that achieving big dreams honestly isn't for “people like us.”

Yet, what I know to be true is that small tweaks in life can make the difference between surviving and thriving.

Part of what allowed me from just surviving the day to day to loving my life – in all it’s imperfection – was learning some tricks that make life feel easier.

Part mindset, part habits, what I’m sharing here can help ferry you from thinking about bigger goals and being afraid to explore deeper desires to making your life blossom.

It’s not a magic wand of any sort. But these life hacks – and the exercises I’m sharing with you – will allow you to fall in love with your own life.

Once again or maybe for the first time.

Part One: Make Peace with Reality

You can only begin where you are

“We must each lead a way of life with self-awareness and compassion, to do as much as we can. Then, whatever happens we will have no regrets.”

–Dalai Lama

One of the lessons I’ve learned is that we have to look at where we’ve been in order to figure out where we want to go.

One of the best life hacks to falling in love with your life is awareness.

Awareness is about taking stock of where you are and getting clear about what you most want. While awareness and clarity can be painful, especially if you judge yourself for what you might see, choosing to see it as simply where life is empowering.

I can promise you that when you allow yourself to live in a state of awareness; **you can create your life instead of simply reacting to life.**

Awareness is also **about celebrating yourself and your successes.** It’s all too easy to be aware of where we believe we’re failing, but dismiss those moments where we’re amazing, brave, and daring.

It’s also about standing in your truth. **Your truth.** Not your mother’s idea of how you should be living. Not the societal definition of success.

Your ideal life, on your terms, defined in your way.

What follows is a series of questions designed **to help you take stock of what happened so far in 2019, where you are and where you want to go.**

It’s about acknowledging what’s not working, celebrating what is working and seeing the bright and shiny things we do to sparkle in the average day.

As you begin to play around with these questions, **give yourself lots of love** and **offer your soul a hell of a lot of grace.** Allow yourself to answer these questions with **naked honesty** - raw and unedited. Let go of any judgment towards yourself. Don’t be afraid to go into detail.

And please, be compassionate and kind with yourself.

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them every day begin the task anew.”

–St. Francis de Sales

Taking Stock of Your Life

Let's begin with a celebration: What top five fabulous things have happened so far in 2019? Where, my darling, did you SHINE?

Think about things you are so proud of accomplishing. Don't think about whether other people noticed what you did or whether you received praise. Check in with your body. Choose events that make you feel light and free when you think about them, not those that make you feel tight or that you think other people would see as awesome. Choose events that make your heart flutter!

1

2

3

4

5

Did you choose words for 2019? If so, what were they? Do they still fit you? How have you embodied them now that we're firmly into 2019?

What support structure have you put into place? Did you work with a coach or therapist? Did you take a class, attend workshops or read inspirational books? Did you deepen your relationship with your partner or best friend?

What makes you feel alive? What reminds you of who you are? What enlivens you? What lifts you up?

What brings you down? What depresses your soul? What hurts your heart? What weighs heavy on your mind?

What are you grateful for so far this year? Don't just list something; include your "why". I am grateful for _____ because.....

So, what's not working? Why are you dissatisfied? How does it negatively affect you? Again, explore the why

What are the top 3 stressors in your life right now?

1

2

3

Of these stressors, are any of them within your control to change or outside your control?
(Aka, we can worry about an ill parent, for example, but we have no control over their health)

What was the most fun you've had so far this year?

Other than time or money, what do you want more of?

What do you really wish to experience?

What do you crave?

Your most regular waking thought is...

What top three things did you do for yourself to enhance your daily life? This can be routines, rituals, exercise, new clothes, a makeover, regular manicures, a move...

1

2

3

What little things made you happy?

What are some of the common things you continue to tell yourself that stop you in your tracks or keep you from living bigger? (Example: "I'm a hopeless case and I've never been good with money.")

Name five things you are tolerating in your life?

(A 'toleration' is anything you are putting up with, from excess weight or a living room wall color you never liked, or a negative relationship - - anything that bugs you, even if you think there is nothing you think you can do about it.)

1

2

3

4

5

What have you created or experienced in the last 12 months that make you feel like you're on the right path?

Name 5 things you set to master or accomplish in the last 2 years and have done so

1

2

3

4

5

Name 5 things you desire to experience, master, or accomplish in the year ahead.

1

2

3

4

5

What do you need to remind yourself of?

Part Two: Define Your Standards

Explore What Living a Nourishing Life Means to You

“If you don’t set a baseline standard for what you’ll accept in life, you’ll find it’s easy to slip into behaviors and attitudes or a quality of life that’s far below what you deserve.”

—Tony Robbins

You decided that this would be the year you made some of those big dreams of yours turn into reality. You started strong: going to the gym, meditating, eating right, and cutting back your use of social media. **You had high standards for yourself and by golly, you felt invincible.** You acted with thoughtfulness and mindfully. You dove in with all your beloved attention, taking purposeful actions.

Then you had one of those days. You hit snooze four times instead of going to the gym. You told yourself you didn’t have time for meditation. Scrolling through Facebook became your number one obsession.

And before you knew it, every day was full-out reaction mode.

You know what I mean: get up after hitting the snooze button four times, **rush through your shower**, discard four outfits before finding something that works, and then rushing out the door without breakfast let alone coffee. As you go through the Dunkin Doughnuts drive through – for the fourth time this week – **you realize your life feels as if it’s careening out of control.**

What happened to those high standards you had for yourself? What happened to living mindfully? **What happened with your beloved attention to the details of your life?**

Darling, what happened was life. You forgot that the small stuff adds up to bigger things. Those new habits you were working on seemed small and insignificant, so the new lifestyle changes you were seeking just didn’t quite get cemented in place.

What we so often forget is that everyday life matters because the culmination of each day creates your life. And while maybe a part of you gets that, another part sees a failure one day as an excuse to just forget about the big picture. Well, until your life feels so out of control and crazy you don’t think you’ll recover.

I’m here to tell you, my dear, that **today is as good a day as any to begin fresh.** Yes, even if it’s late in the evening, you can make a single decision to set yourself up for feeling successful.

The secret: set non-negotiable standards for your life.

Setting non-negotiable standards means that you are setting the rules for your life according to your desires, not the desires of others. It’s about **choosing to take control on the quality**

of your daily life. It's easy for a bad day – or bad series of days – get us off track. The way to recover more quickly is to create rules for ourselves that help us get back on track.

Before we dive into setting some non-negotiable standards, let's first begin with the basics.

Defining Your Standards & What Quality Living Means
What goals, dreams, and/or desires do you want to pursue in the coming months? What would you like to have accomplished this time next year?
What dreams matter the most? What's most important to you about them?
What standards do you need to set so that you feel present in your own life? You want to consciously thrive, not just survive.

What kind of experiences do you need in order to feel nourished?

How can you better tend your spiritual needs? What spiritual experiences are you craving?
This can range from church to spiritual readings to prayer to meditation and more.

What actions do you need to regularly take so that you feel alive? This is about moving your body, feeding your mind, indulging in your passions and hobbies...

What actions and activities make you feel more present in your own life?

What about grooming and dressing? How we tend and clothe our bodies can affect how we feel about ourselves and our lives.

Speaking of our bodies: what do you need sexually and sensually? Yes. I'm going there. We are wired to be sexual.

What do you need in your environment to feel supported? Your home and your office. What levels of style and cleanliness do you need? (And yes, I'm looking at you, clutter)

What kind of private space do you need? A room of your own? A closet you don't share? And what kind of feeling do you need in your most private spaces, like your bathroom and bedroom?

What kinds of self-care do you need to engage in so that you feel centered? Levels of rest, play, time with others, and time alone...

What do you need in your relationships—intimately, professionally, and socially?

What kinds of self-care do you need to engage in so that you feel centered? Levels of rest, play, time with others, and time alone....

What actions, activities, experiences, and/or habits make you feel alive, centered, and in-tune with your life and desires?

What have you always wanted to try? What hobbies, experiences, or skills would you like to pursue, even if it isn't practical?

What else surfaces when you think about standards for living a life that feels loving and nourishing?

Part Three: Choosing Yourself

The combined power of decision and choice will propel you forward

“Regardless of what you lose or the challenges you face, you will never lose your power to make decisions”

– Dr. Jacinta Mpalyenkana

If there’s one powerful life hack I know it’s this: make a decision.

Many people don’t want to make decisions because they don’t want to lose the idea of possibilities in their life. Because once you’ve made a decision and chosen a path, you’re also choosing to ignore all the other paths.

The thing is this: if you don’t make a decision, then your life will basically stay the same, even if “the same” means excuses, negative self-talk, and baggage.

I know. Staying in the familiar seems safe, but it can be destructive to your heart and mind, your body, and your soul. Your heart wants to expand. Your mind longs to learn. Your body desires to touch and experience new things. Your soul is begging to fly.

What does your heart desire? Who do you want to BE in this world? What do you desire to experience? How do you want to feel? What tiny things delight you?

Notice those voices that want to shout, “Well, that’s just selfish!” Maybe it seems so. But allow me to remind you of the flight attendant who tells you to put your mask on before putting on the mask of the child beside you. When you are living a happy, full, and complete life - you give others a gift.

The greatest gift you can give to the world is a happy you.

What decision do you need to make to begin moving in the direction of loving yourself? What decision do you need to make in order to begin moving towards falling in love with day to day life?

I know that when you make a decision, you’re choosing to ignore another path. Don’t worry about getting it wrong. Everything that you are currently experiencing began with a decision.

So, even if you make a “wrong” decision? It’s a life lesson that allows you to make better decisions in the future.

There is a moment in everyone’s life where you get to decide. Are you going to stay in the same place where you currently are, or are you going to decide to go in a different direction?

Never underestimate the sheer power of a decision.

Once you decide, you simply need to start stepping outside of the familiar. Now how do you parlay this life hack into achieving your dreams?

It's about making a choice so that you can become devoted to yourself and your dreams. Not offering it a tiny piece of my heart, but full on devotion.

Your dreams deserve your full devotion and attention, not part-time love.

The compassion life hack to making a decision is the reminder that you are always at choice.

I can see you rolling your eyes reading that statement because when I told a group of ladies this exact phrase this week, I saw many rolling of eyes.

Yes, my darling, I know that there are so many things we say we HAVE to do. We have to make dinner and do the laundry. We have to go to work and pay the bills. We have to get our children on the bus to school and deal with dozens of other obligatory pieces of our day.

But the real truth is this: you don't HAVE to do anything. You have a choice.

Yes, my dear, there are consequences to skipping things, like not paying the electric bill or not doing the laundry. Some of the consequences are more painful than others.

We say yes to things because we feel obligated, even when we want to say no. We don't want to bake a hundred cupcakes for the PTA, but we feel like we have to, so we say yes. Saying no would make us feel guilty or as if we didn't care about our child's school or as if we weren't as good a mother as the other PTA moms.

The truth is, you can choose to not make those cupcakes. And you can choose to simply say "No" without any explanations.

We say yes to all those things because we buy into the idea that we prove our worth by being busy and trying to be perfect. And to ease the feelings of all that we tell ourselves we don't have a choice. Now, I won't get off on the details of busy-as-a-badge-of-honor and how perfectionism is about feelings of worth and fear and love.

Those everyday parts of living are also a choice.

You can choose to not make dinner tonight, which means that you either don't eat or have to go out. Choosing not to do laundry means that you have to either buy more clothes, wear dirty clothes, or go naked. Choosing not to get the kids on the bus to school means that you either have to drive them to school or that they don't go to school that day. And there are consequences if the kids miss too many days of school, they fall behind and excessive missed days can lead to them being considered truant.

The belief that we are full of shoulds and have-tos stands in the way of loving your life. So, when you flip that around and remind yourself you are in choice, it becomes a life hack for loving your life.

I don't deny that many of us have responsibilities.

Being a parent is a responsibility that leads to a lot of feelings of "have to". Having an elderly parent can have us feeling squeezed, which is why they call it the sandwich generation. Being in a relationship means that sometimes we spend our time with their siblings, some of which we may not connect with.

And again, we can choose to not tend to those responsibilities. Yes, not tending those responsibilities can lead to uncomfortable feelings: guilt, sadness, frustration. But again, there is always a choice.

What I'm going to say is this: my darling, if you want to fall in love with your life and allow your dreams to blossom? Then reminding yourself that you have a choice in everything you do will shift how you feel about all those things you do.

Changing your mindset shifts how you feel.

The reminder that we are obligated to do nothing and choosing to take action opens us up to more within our own life.

Darling, when you remind yourself that you are at choice, those "have-to's" suddenly become simply a part of life. And, my dear, choosing to act from a place of service and love rather than from a place of obligation is a way to actively love the people in our lives.

When you pair decision making with the reminder that you are always in choice, then you are empowering yourself to do what is necessary to create a life that is loving, nourishing and fulfilling.

And this also means that you get the power to choose yourself. Your desires. Your dreams. And to be a priority in your own life.

When you make yourself a priority, your life will blossom.

Pairing Power and Choice

Look back at the list of things you are tolerating. Choose one thing that's bugging you the most. It doesn't have to be the smallest or the most brutal. Now, make the decision to no longer tolerate it.

What steps can you take to no longer tolerate this in your life?

Look at the top stressors in your life. Choose one thing that's stressing you the most – and is within your control.

Look at what's not working. What can you shift?

Choose ONE of these things you are ready to release from your life. It doesn't have to be the most brutal thing you are tolerating – or the smallest. It doesn't have to be a major stressor. It may be something in your daily life that isn't working any longer.

What are you going to release yourself from before 2020 arrives?

Look at your list of things you've accomplished. What brought you the greatest sense of satisfaction, happiness, nourishment....? And why?

Look at the list of five things you want but haven't yet accomplished. What does your soul most crave? What does your heart most long for?

What do you want to commit to achieving?

Why? What would that give you? This isn't about beating yourself up. It's ok to be selfish, because being happy and creating the kind of life you desire creates love in the lives of those around you. How can you become more devoted to this?

In what situations can you remind yourself that you're always in choice?

How can you choose yourself? In what ways can you make yourself a priority?

Part Four: Making it Happen

Taking Action is a Powerful Life Hack

***“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”
—Dale Carnegie***

You can dream big. You can create soulful intentions. You can lay solid goals with milestones. But unless you take action, you'll never realize your dreams, intentions or goals.

You can create novels and symphonies in your head, but until you put pen to paper and record them, you're not a writer nor a composer. You're a dreamer. I love dreaming and know that you have to have a dream in order to have a goal. But I want you to achieve your dreams, and you aren't going to be able to do that unless you take action.

Actions don't have to be huge acts, though they can be. You can take baby steps by taking small, deliberate actions. You can simply lean into and gently steer yourself toward the direction. Leaning and steering are powerful actions. It's touching base with tiny delights.

That's why I've including taking action as a life hack to embrace.

If it helps, begin by choosing one desire you want to pursue. And build up the courage muscles to take further actions.

This will help you see that even the giant dreams can become reality with simple steps.

As a part of making your life blossom so that you can fall in love with it in all it's beauty and imperfections.

Making your life blossom demands that you pursue your desires and dreams. So, what follows is a step by step guide to usher one desire into reality.

Reaching a goal may seem daunting, until you realize that the journey is truly begun with a single step. In order to help you reach your goal, brainstorm the actions and steps you can take towards achieving your dreams.

What do you desire to experience? What dreams would you like to nourish? What desires dwell within your heart and soul?

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Defining What's Next

Leave something behind: To move towards what's next, we have to make room in our lives by leaving something behind. When you explored what you were tolerating and stressors in your life, what did you decide that you are ready to let go of?

Commit to leaving something. Something you want less of, something that drains your time and energy. Write a "goodbye" letter. Be kind and compassionate, but be real and honest about why you need to leave IT behind.

Choose what's next: Choose ONE of your desires you will commit to pursuing in the months ahead. You are not abandoning any of your other dreams. What you are doing is choosing to hone your focus and be clear about your number one priority.

Don't forget to include your "Why"

(Remind yourself that those other dreams are now vetted when it's time to move towards your next "what's next")

Get practical: What kind of support structures do you need to set in place so that you can move towards your desires? Are the people around you hurting or helping you make your dreams a reality? What excuses are you making? How might you adjust my morning and evening routines to support my goals? How can you make your daily actions congruent with this desire?

The next baby step: What is the next step you need to make in order to move towards making your dream happen?

One of the biggest challenges people face is not realizing that the next step to a big dream is actually a miniscule action. Commit to taking that baby step within the next two weeks.

Create a plan: Now that you know what's next, create a plan to include the steps required to bring your desire to fruition. This will serve as your support and your roadmap for the days and weeks and months ahead. Give yourself permission to adjust the plan as necessary.

Seal the bargain: write a love note to yourself from the future.

Write as if this dream is now a part of your reality. Envision your success, dive into how you feel and how your achievement has shifted your satisfaction with yourself and your life.

“Right now, and in every now-moment, you are either closing or opening. You are either stressfully waiting for something - more money, security, affection - or you are living from your deep heart, opening as the entire moment, and giving what you most deeply desire to give, without waiting.”

—David Deida

Conclusion

“Do you want to know who you are? Don’t ask. Act! Action will delineate and define you.”

—Thomas Jefferson

I know at first glance; the life hacks here may seem simplistic.

But the truth of the matter is, the process of stepping into awareness will always empower you to make peace with where you are. And make powerful moves into making your life blossom and grow.

When you define your standards of living, it means you can live life on your terms. No matter what others may think or say or do, you can be crystal clear around what you need in your life.

Pairing the power of decision and the reminder that you are always in choice will prepare you to take those standards and parlay them into building up the kind of life you most desire.

And, darling, action. Oh, action is how you go from being just a dreamer to an achiever.

I also know that it’s easier to just go through the motions. It’s less work to roll out of bed at the last minute, rush here and there, fill our time in the evenings indiscriminately, eat crappy food and then go to bed. And it’s easier to complain that we never reach our goals or fulfill our dreams than it is to do something about it.

Let’s be brutally honest here, my dear: you can choose to go through the motions and cling to the belief that you don’t get to bring your dreams into your reality. Or. You can choose to let go of that belief and move forward.

Take a leap of faith towards the life you desire. It will be gloriously messy and imperfect. And, baby, it takes work. I know for a fact, though, that you are worthy of seizing courage by the horns, listening to your heart, and taking bold action.

Darling, it’s time to take that first (courageous) baby steps towards what your soul desires.

This is how you fall in love with your perfectly imperfect life.

Gratitude

“If the only prayer you ever say in your entire life is thank you, it will be enough.”
–Meister Eckhart

I would not be where I am today, creating this book, without love and guidance of some amazing people in my life. I send love and thanks to...

John aka JB. My partner, significant other, man of my dreams, soul mate, play mate, love of my life and so much more. He is my anchor as we journey through life together. I am forever changed and ever grateful for his loving presence.

My team at YourTango. Melanie Gorman and Dr. Karen Finn. They challenge me to take my business to the next level. In so many challenging and beautiful ways.

My dearest friend Jen Lee. Our conversations on Voxer have kept me sane and ferried me through the rivers of grief after the death of my father. I'm so excited to share our collaboration this summer.

My wise friend and letter writing compadre: Becca Rowan. Her wise counsel and words of encouragement have helped guide me and encouraged me to dig into my own creative life more deeply.

The wonderful Blaze Lazarony who is always the first person I think of when I ponder goals and wonder if I can do it. She always tells me I can.

My friend and wise sage Theresa Reed (aka The Tarot Lady). She helps set me straight and reminds me that I create magic. I think she is magic.

My clients, who shall remain nameless in print but not in my mind. They touch my soul and my heart with their courage, vulnerability and willingness to do the work it takes to create a nourishing life.

Want Support for the Journey?

Perhaps you've uncovered some things you'd like to work through this year and you realize that you need a little help. Maybe you need a bit of accountability to help you stay on path.



Perhaps you need a sounding board to drill down into your desires. Or a witness for your highs and lows.

Life coaching provides you with all of that with the ease of what feels like a simple conversation.

Whether you want a full 12 months of support and accountability. Or simply want support for a few months, I have a coaching plan that fits you, your life, and your goals.

Curious if we're a good fit?

Schedule a Test Drive

If we're a good match, we'll work together to create a fabulous year together. If not, I'm always happy to refer folks to other coaches I know and trust.

About the Author



Debra Smouse is a self-admitted Tarnished Southern Belle, author and life coach. She resides in Dayton, Ohio where she practices the art of living with the Man of Her Dreams.

She can help you detangle the drama in your life, channel clutter busing as a path to clarity, and step away from the need for perfection.

She is the author of three books, all of which can be found at Barnes & Noble, and Amazon

(links are to Amazon)

- [Create a Life You Love: Straightforward Wisdom for Cultivating the Life of Your Dreams](#)
- [Clearing Brain Clutter: Discovering Your Heart's Desire](#)
- [Clearing Soul Clutter: Creating Your Vision](#)

Do you want to live a daily life that's nourishing, supportive, and loving? Your life on your terms?

Then, darling, you much choose to create it.

Connect with Debra Smouse

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Closing Thoughts

I spent many years of my life just moving from moment to moment. I believed that loving life was something that happened for others. They had luck or good connections. Or maybe a fairy Godmother.

Seriously, though I used to burn the candle at both ends, I never felt like I was getting anywhere.

Until, that is, I learned that shifting my mindset and creating some new habits empowered me to go from dreaming and thinking to doing. Best of all, step by step, my life began to blossom.

Soon, I realized that though my life would never be perfect, it was perfect for me. And even the most boring of days finds happiness, delight, and love. Even if it's just for a moment.

Sometimes, it can cause you to believe that you are reinventing yourself. I can tell you from experience that every bit of the fear is worth it. In the long run, it means that you are learning to choose between love or fear. And baby? I will choose love every single time.

I'm so incredibly grateful to be here with you. Long ago, I learned that if I gained one elegant idea from a course, book, day...then my life was richer.

Of course, I hope that this book ***Make Your Life Blossom: Life Hacks to Help You Fall in Love with Your Life*** provides you with more than just one good idea and helps propel you to achievement of your dreams.

If you'd like to give me some feedback, share your goal, or let me know what you really think, drop me a line: debra@debrasmouse.com

And a final note of gratitude to YOU. I feel gratitude down to my toes for your presence in the world and for sharing your time with me.



Much love,

Debra

A Closing Quote

“I keep remembering one of my Guru's teachings about happiness. She says that people universally tend to think that happiness is a stroke of luck, something that will maybe descend upon you like fine weather if you're fortunate enough. But that's not how happiness works.

Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it, you must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.

If you don't you will eat away your innate contentment.

It's easy enough to pray when you're in distress but continuing to pray even when your crisis has passed is like a sealing process, helping your soul hold tight to its good attainments.”

--Elizabeth Gilbert