



6 things to remember when you're not feeling inspired and life isn't going your way...

It happens to the best of us....we're chugging along and something happens to knock us off kilter. The result is we're left feeling uninspired, blah and down in the dumps. When that happens, these 6 things serve as powerful reminders to get us back in the groove of living an inspired life!

1. Remind yourself that **You Are a Divine Being Having a Human Experience**. Ok it may not seem like that right now but it's true! We are all more than it appears, and even on our darkest days we're magnificent, awesome beings. Within us we all have a spark of greatness just waiting to ignite. If it's raining on that spark for the moment that's ok...it's still there and soon enough will show its bright flame again. And if you're wondering if you'll ever have your chance to shine then think about this: many Hollywood celebrities got their start washing dishes, waiting tables, or yes...even mucking out stalls. It could be that whatever yucky situation you find yourself in today is simply your version of pre-stardom!
2. Remember that it is **Always Your Attitude, Not Your Circumstances That Matters**. This is great news because attitude is something you CAN control. Even in the most dire situation you can choose your attitude. Remember the story of the twins who were given a pile of manure for their birthday. One sat down grumbling and complaining about what a terrible gift he'd gotten while the other excitedly started digging for the pony! There is more than one way to approach every situation – which do you choose?
3. If you want to change your situation then **Change The Way You Talk About It**. This goes hand in hand with choosing your attitude because it's what you tell yourself about a thing that reinforces that attitude. For example...do you have bad kids or good kids having a grumpy moment? Do you have the most awful job on the planet or is it amazing how awesome you are to be able to handle such a tough job and huge variety of personality types? Has your body fallen apart on you or are you recovering from a series of stresses that just temporarily taxed your physical limits? Your inner being will believe what you're telling yourself over and over and work to manifest that into your reality. Make sure you're feeding it words that reinforce the positive outcome you intend.

4. Remember **Reality Is Actually Just Your “Story” About What Is Going On.** Ever see those TV shows where they interview witnesses to a crime and each person has a different version of what happened? Life really is like that...we never see reality but instead make up a story about reality based on our beliefs, thoughts and perceptions. This can be a little hard to grasp at first, especially if you think you are looking at “facts.” But really, how factual are facts? Is the grass really green? Or is it only green because we say it is and our eyes perceive it is? What color is it to someone who is color blind? The “greenness” of grass is based on perception, not fact. Does that make it clearer? So the next time you are faced with “reality” spend a few minutes trying on a different story. You might be amazed at what you find!
5. If you’re really stressed out and getting frustrated and irritated then it’s time to **Take A Reality Break.** One of the sad things about growing up is that we tend to leave our fantasies and dreams behind. And why? There’s no law that says when we hit a certain age we have to be old and boring (and if there were I’d break it in a minute!). It’s perfectly ok...and even desirable to take a few minutes now and then to drift off in your own little fantasy world and indulge yourself in whatever makes you feel really happy.
6. One of the best things we can do to get back in the groove is **Make A Point To Goof Off More.** That’s another sad side effect of adulthood – we often leave our silliness behind. Nothing dissolves stress or breaks up tension like a bit of good old fashioned goofiness and laughter. It temporarily takes your mind off your troubles, helps you lighten up and as a side benefit it can actually make you look and feel younger!

Maria Meiners is an intuitive psychic reader, channeler, and master manifestor who provides guidance, inspiration, support and personal coaching through one-on-one phone or Skype sessions. Her mission is to help you take concrete steps toward creating the life you dream of and deserve.

Note from Maria – If you got this report from a friend, I wanted to let you know that available as a free download at www.MariaTheMuse.com/free-stuff/.

Also, if you’d like to learn more about how to manifest what you want using Law of Attraction principles then check out the FREE Manifesting Kit at www.musemanifestingkit.com.

Thanks for allowing me to be part of your journey!

Maria