



# 4 Strategies To Push Past Guilt and Take the Leap!

## **Leap Step #1: Shift Your Viewpoint to a Trusted Friend**

Be mindful of the perspective from which you're making your decision.

If you're struggling with whether or not you should pursue an opportunity that would serve your personal growth and development, you may not be able to see past the obstacles in your mind.

Imagine that someone you want only the best for is making this decision rather than you. How would you advise him/her?

*Are you offering yourself the same love and encouragement as you would your friend?*

## **Leap Step #2: Know Your Mind-Centering Magic Bullet**

A critical part of living a more inspired life is to have a mind-centering magic bullet.

What is your go-to activity or action that enables you to clear your worries and look at your struggles with greater clarity and wisdom? Is it talking to a certain objective, wise person in your life? Is it journaling? Is it walking in nature? Is it praying or meditating?

Recognizing the one thing that you can rely on for greater wisdom and clarity will strengthen its effectiveness for you.

The key is to have a go-to that helps you tune into what's best for YOU, not what someone else thinks is best for you or what someone else thinks your obligation is. It's something that helps you get grounded so you can make a decision for yourself that's rooted in self-love and self-acceptance.



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If you don't currently have a mind-centering magic bullet, I'm here to support you. Send me a note at [pamela@pamelapowerinspired.com](mailto:pamela@pamelapowerinspired.com) so I can help you discover yours.

## **Leap Step #3: Let Your Heart Answer You**

Tune into the wisdom of your heart.

So often, we look to other people to weigh in on our decisions. But you have within you a powerful tool that will give you the answer you're looking for with more wisdom and accuracy than someone outside of you can. This tool is your heart.

I wish that I had been taught this concept as a child. It does require practice. But it works.

Whenever you're facing a decision that will impact your life, take a moment to focus your mental and emotional energy onto whatever it is you're contemplating. Then ask yourself this question and notice what you feel: Does my heart feel constricted or expanded?

Worry, concern, even fear may still be there, but if the overriding feelings in your heart are ones of expansion, openness and curiosity, you're navigating down the right path.

However, if your heart feels constricted and heavy, it's likely something that you should explore more deeply before you commit, navigate around, or avoid altogether.

## **Leap Step #4: Be Present and Enjoy the Ride**

If you decide to take the leap, be present and engaged in the experience. The more you keep any distractions at bay and enjoy the ride, the more joy and fulfillment you'll experience!

*Love,  
Pamela*