

Belle Slack-Smith's **Top Ten Tips to Transform Yourself!**

1. Set an Intention for What You Desire

It is very important to know what you want and then focus on it daily

2. Give Yourself Permission

Have you truly given yourself permission to achieve your heart's desires? If not then it is time to do so!

3. Change Your Behaviour

To change your outcome, you must change what you do and make a commitment to these changes

4. Take One Step at a Time

Great success is achieved over time and requires consistency and "quality of effort" as opposed to an "all or nothing" approach

5. Be Flexible and Open to Transformation

To make way for the new, it is important to let go of the old. Reassess regularly with what is working and what is no longer working for you, then adapt accordingly.

6. Have Compassion

Be kind to yourself and allow room for "perceived errors". These are just responses from your actions. Remember, there is no failure, only feedback!

7. Take Time Out For Yourself

Taking time out each day gives you clarity on how to move forward and allows you to relax and really grow as a person.

8. Focus on Your Strengths

What is it that you are really good at? These are usually the things we like to do the most and the gifts we were given when born

9. See the Goodness Within You

Looking for the goodness within you will attract more goodness and happiness in you. So start looking for what you like about yourself and watch yourself transform!

10. Give Love – Especially to Yourself

Love heals all things. It transforms everyone & every situation. So give love whenever and wherever you can.



LaSetaBelle
Spiritual Coaching & Healing

Come into Alignment to Be Your Peaceful & Magnificent Self!