

10 strategies to navigate crisis for your personal or your professional life:

1. Choose your life. Even if it looks like you have nothing left. You are choosing your future. Anything less than that will be failure. Whether it is job loss, divorce, death of a spouse or child, financial devastation-you have to have the mindset that there's something for you on the other side.
2. Choose your friendships closely. Eliminate negative, chronic, toxic, crabby people. No one should live around that. Who do you know that is a survivor? Who has the right mentality to succeed against the odds? Who is speaking into your life-and more importantly-what are they saying?
3. If you have to start over and re-design your life, what does that look like? Make new goals in your transition. Make fun plans, because you need a happy focus every week, something to look forward to, that gives your mind a break from your intense challenges. It is good for re-wiring the brain.
4. I like to choose happy movies, programming, inspirational podcasts, and speakers, sermons or uplifting music. Repeat a happy song a few times a day, because music, for example has a way of shifting your mood instantly.
5. Plan a monthly event that you look forward to, maybe it's weekend away? A night at a comedy club? Something you look forward to doing.
6. Structure your life, when in transition, more than you would if you weren't going through this challenge/crisis. That means-exercise. Sleep. Eat better. Those three things will help your mind and emotions AND your immune system to stay optimal. Exercise will help you sleep better, and produce endorphins. It will help fight depression.
7. Try laughing more on purpose. I Love Lucy, or a comedy show, or whatever makes you laugh. It actually has a physiological effect on your life, your outlook and your perspective.
8. Make a vision board. Cut out magazine clippings that are phrases and ideas that stimulate your dreams again. One for career, and one for your love life/family/personal dreams. Look at them every day, for a few minutes. Ideally, every morning and evening.
9. Try therapy. If your therapist isn't working...try another one until you find a good one.
10. Massage or acupuncture. Everyone needs to consciously relax. If you can't afford that, then light a candle, buy Epsom salts, maybe in a lavender scent from a drug store. Use the entire bag in a tub of HOT water. Stay there for at least 20 minutes, with the lights dim. Play music, or read something that is uplifting OUT LOUD as an affirmation like Joel Osteen's My Declarations book, for example.
11. I really believe in this, I know it sounds funny, but write out your wildest dreams and put your hand on your head and declare them over yourself. For example: I am charismatic, beautiful, successful and loved. I am exceptional at relationships and at helping people_____. I am respected, balanced, disciplined, and in amazing shape (even if you aren't). I am living my best life, making others lives better and making an incredible difference in the world. My children are a blessing, they are finding their own amazing life. Everything great is coming my way.
12. Choose your faith. I believe you need something to be surrendered to, in a faith capacity. Because life has a way of backing you into a corner, and you will eventually

find yourself in a situation that is beyond your ability to fix it. Trusting in something bigger than you, also helps us realize our humility in the scheme of things.

13. Gratitude helps decrease the idea that we are always comparing our lives. Measuring ourselves against others as “less than”. That will not serve us. Ever. Counting your grace and goodness in our lives will help us frame our attitude, and I think attracts us to better things, better people, and more blessings!
14. Sing. I think singing out loud with the windows down to your favorite song is an act of letting go of stress. Make yourself do that. Singing is good for the soul.
15. Network. Find people who have the life you want in their career (or personal life) and take them to lunch. Ask them how they got into what they are doing-do they like it, what are the drawbacks-dream about your next career move! What is that EXCITES YOU!?
16. Forgive yourself. If you got here, and are blaming yourself due to bad decisions, honest mistakes-let go. Move forward. Acknowledge it. Take time to consider the decisions that got you here-or if others put you here-but DON'T get bitter, angry, resentful. It will keep you stuck. I know about this one personally. For example, no one decides to have an affair, commit fraud, and ruin their lives. But...one bad decision at a time-we are the only ones responsible.
17. Which brings me to Blaming. Stop blaming others. Forgive others. Someone else maybe got you in this position, but so what? How will we go on? We must choose a better path. Move forward. Blaming others for everything that happens is a seriously losing game. Your parents may have taught you a lifetime of blaming the world for: not having money, not getting a fair shake, etc. etc. There is always the person who overcomes their story-be THAT. Blame is an excuse. Own your path. Own your choices-good or bad and love yourself and move on!
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