

## 10 Ways to Create an Exceptional Life

Louise Hay and Cheryl Richardson, leaders of the self-empowerment movement, are living proof that learning to love ourselves and practising some simple spiritual principles in our daily lives can create an exceptional life.

Here are 10 principles they discuss in their new book (my tip for a lovely Christmas gift)

*You Can Create an Exceptional Life (see their short video here too):*

1. **Answer the phone and open the mail:** Today so many people want fast success. But, if we respond to what life presents us, I think the most powerful work we do happens gradually over time. It's almost as though we don't realise it's happening. Life is continually tapping us on the shoulder, and if we just pay attention and do what's before us, we're likely to find the right path.
2. **Simplicity:** Focus on small, simple and manageable steps instead of making things complicated.
3. **Optimism:** Put attention and energy towards solutions rather than focusing on problems.
4. **Patience:** Experience the journey fully and consciously rather than rushing to achieve a particular result.
5. **Trust:** Learn to trust Life by seeing the perfection and opportunity for growth in all our experiences.
6. **Growth:** View life as a classroom where we use our experiences as catalysts for change and self-realisation.
7. **Service:** Focus more on how we can best encourage and assist those in need, as opposed to getting lost in our own personal vision and quest for success.
8. **Action:** Make a commitment to show up and walk through the doors that Life opens for us on our journey.
9. **Faith:** Be willing to take chances and keep moving forward without knowing the outcome.
10. **Magnetism:** Develop and tap into the ability to attract what we need by putting (and keeping) ourselves in the right state of mind.

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