



PERMISSION TO THRIVE

Taking the first step on your journey to a fulfilling life



Are you feeling stressed out?

Is your life over-ridden with guilt?

Do you feel you are living someone else's life?

You have permission to release those feelings and start stepping into a life of fulfillment in which you THRIVE!

Here's the formula:

$$\text{Fulfillment} = \text{Values (Time + Action + Attitude + Balance)} - (\text{Shoulds} + \text{Guilt})$$

The 1st step in this equation is understanding what makes you tick – in other words, what are your values? Values are those things that stay with you throughout your life, although they may shift in priority at various stages. If you value friendship as a child, you'll value friendship as an adult. We feel "off" when we are not living in alignment with our values. So often we have been conditioned to putting others before ourselves – and it is no wonder we feel as if we are living someone else's life!

Because we are!

Take the 1st step to get back on YOUR path to a thriving, fulfilling life by identifying YOUR values!



My Personal Values



Instructions:

- 1) Go through the list of values on the following page and put a check next to any that resonate with you
- 2) Go back and pick 10 of those that you checked, and circle them. These will be your top 10
- 3) Now put them in order of importance by numbering them 1-10
- 4) Transfer that list to the chart on the previous page
- 5) Post this somewhere you will see it. It is a good guide for when you are trying to make decisions. Your values will lead the way!



VALUES

Abundance
Acknowledgment
Accomplishment
Accuracy
Achievement
Adventure
Aesthetics
Altruism
Authenticity
Beauty
Clarity
Collaboration
Commitment
Communication
Community
Comradeship
Connecting to Others
Contribution
Creativity
Directness
Elegance
Emotional Health
Empowerment
Environment
Excellence
Family
Flexibility
Focus
Freedom
Free Spirit

Friendship
Fulfillment
Fun
Growth
Harmony
Holistic Living
Honesty
Humor
Independence
Integrity
Intimacy
Joy
Lack of Pretense
Leadership
Lightness
Loyalty
Nature
Nurturing
Openness
Orderliness
Participation
Partnership
Peace
Performance
Personal Growth
Personal Power
Physical Appearance
Power
Privacy
Productivity

Professionalism
Recognition
Respect
Risk Taking
Romance
Security
Self-Care
Self-Expression
Self-Mastery
Self-Realization
Sensuality
Service
Spirituality
Success
Tradition
To be known
Trust
Truth
Vitality
Walking the Talk
Zest



“Spring-Cleaning” for Your Soul

By Janet M. Neal

We all need to spruce up after being stuck inside for months on end! Maybe you’ve organized every closet, have your spice rack in alphabetical order and cleaned out your garage. If so, you are a better person than me! But have you taken the time to freshen up what will really make a difference in your life? Here’s a guide to doing a “spring cleaning” of your spirit – all things that will help you thrive!

1) Start with Gratitude

Always, always, always! Gratitude clears the path for positive energy to flow, both to and from you. Try a nightly gratitude list of 5-10 things that happened that day. It will keep you consciously on the lookout throughout the day for the good things, improving your attitude in the process.

2) Attitude

And speaking of attitude, check to see if yours might need a little readjustment. The uncertainty of the world these days makes it easy for us to see the glass a bit more empty. If you find yourself complaining more than usual, check to see if this might be a habit you’ve acquired that is worthy of a spring toss-out. And if all else fails, go back to #1.

3) Values

Values are our building blocks – they are the foundation of what makes us “us”. When was the last time you wrote yours down? A good thing to do is to make a list of your top 10 values and post them – on your refrigerator, your desk, your bathroom mirror. This way, the next time you have to make a decision, your values will show you the way.

4) Service

Being of service helps both you and those you serve. By giving back you are raising your vibration and putting out positive energy. And serving gets you out of your head – someplace that can at times be a dangerous neighborhood.

5) Connections

Make sure that your shelter in place has not turned into permanent isolation! As Diana Ross would say, reach out and touch somebody’s hand! Well, at least do it virtually. Reconnect with those that make you feel better. Take a look at the relationships in your life and see if a little weeding may be in order. Positive relationships give you energy and negative ones...well, they just aren’t worth it.

6) Mind the Temple



It's easy to cut yourself some slack during the time at home in regards to your eating and exercise routines. After all, those stretchy pants can hide a multitude of sins! But remember that your body is your temple, and deserves to be treated as such. Get back to a healthy lifestyle and it will thank you for it!

7) Sleep

It's not a luxury, it's a necessity! You need your sleep to stop the flow of those stress hormones, and to renew and refresh your organs, including your brain. With a good night's sleep, your body is better able to respond and act appropriately on your behalf. It even helps with losing weight!

8) Laughter

As the proverb says, "If you are too busy to laugh, you are too busy". Laughter, besides being enjoyable, has several positive benefits. It strengthens the body's ability to fight disease, it can reduce blood pressure, and it can increase energy levels. And it helps us bond with others – see #5.

9) Nature

Whenever possible, get outside and enjoy nature. Being out in it renews the spirit and works to stimulate that part of the brain associated with balance and happiness. Exercise also seems less stressful when done outside in nature – see #6!

10) Practice, practice, practice

How do you get to Carnegie Hall? The same way you get to spiritual enlightenment: practice, practice, practice. Life doesn't happen in a day, nor is it done perfectly. Establish a daily spiritual practice that works for you. And if you fall off the beam? Get right back on and try again. It's all about the journey and you might as well make it a good one!

Happy cleaning!



I'm so proud of you for taking this 1st step on your journey!! If you want to review this exercise with me, or have questions, schedule a FREE 30 min call with me -

<https://calendly.com/thesuperbwoman/>

Be well,

A handwritten signature in black ink that reads "Janet".

Want even more? Looking to take the next steps on your journey? <https://www.thesuperbwoman.com/contact-us/>

Join our FB group: <https://www.facebook.com/groups/thesuperbwoman/>

Follow me on Instagram: <https://www.instagram.com/janetmneal/> and
https://www.instagram.com/thesuperbwoman_book/

Follow me on Twitter: <https://twitter.com/TheSuperbwoman>

Order my book [*Soul in Control: Reflections of a Reformed Superwoman*](#)

Order my book [*The Superbwoman: It's All About the BE*](#)