DRUM TO YOUR OWN HEART B-E-A-T

BY KAREN SHEPHERD

Do you love music? When you hear your song, does it instantly put a smile on your face and a spring in your step? YES?! The same is true when you focus on actions IN your control versus actions OUT of your control. It's a mindset! Our minds are dependent on four elements which we have 100% control over: **B**eliefs ~ **E**motions ~ **A**ctions ~ **T**houghts. These four elements make up what I like to refer as our "Heart B-E-A-T." How we personally beat to our own drum and march to it in life is OUR choice.

The first step in developing your Heart B-E-A-T is to become more self-aware. When we are more self-aware of ourselves, we are able to see our life through different lenses and perspectives of others. It provides us the opportunities to evaluate what should change, what new habits need to be formed, and how you envision your future. When we are more self-aware, it helps us to: be more confident about who we are and what we are capable of; be a better leader and communicator; improve relationships and have higher levels of happiness; and most importantly, manage our emotions.

To be self-aware, you need to be authentic – fearlessly authentic; staying true to who you are and living a life that is true to you – regardless of what other people think! In developing our self-awareness, we need to understand the differences between priorities vs. excuses and choices and accountability! How many times do we make an excuse for not doing something? Let's face it - if something or someone is a priority for us, we **will** find a way! If it is not, we will find and accept an excuse! Sometimes, we just need to speak truth…especially to ourselves! We need to make fewer excuses and start making more changes with the choices we make every day!

Are you ready to take the reins and focus on taking control on actions IN your control versus actions OUT of your control? Fantastic! Because the next step is to start drumming to your own "Heart B-E-A-T" and focusing on your **B**eliefs ~ **E**motions ~ **A**ctions ~ **T**houghts.

Choose Beliefs that will enable and energize you and change those that disable you! Success can always be measured by the belief in yourself (not what others believe). Break bad habits and create new good habits! Assess your self-talk and listen to your yourself. What's going on in your mind? Is it negative thoughts that are bringing you down? Or are you always looking on the bright

sunny side? Practice standing in front of a mirror and listen to the tone of your inner voice. You cannot be great unless YOU know you are great! I know!

Choose Emotions that leverage energy to take positive action and reframe those that drain or immobilize you! Emotions can move you toward your goals and aspirations, or it can sabotage them. Choose how to harness the energy of your emotions. Again, break bad habits and create new good habits! Our emotions help us provide insights not only into our own feelings, but other people's feelings and situations in general. Senses are often viewed through our perception or what our inner voice is saying and clouded by our own negative thoughts. So stop making assumptions! Instead, ask questions, express what you want and communicate clearly to avoid any misunderstanding or drama! This will transform your life!

Choose Actions that will be constructive vs. destructive. Take control of what you can - better manage what you can't – and take an active role in what happens next. Continue to do your best in breaking bad habits and creating new good habits!

Choose Thoughts that focus on the positive. Envision success and avoid negativity. Positive thoughts and vision really do become reality. I cannot say it enough…break bad habits and create new good habits! Our thoughts and our words are powerful on our minds. We need to keep it positive every day!

Lastly, envision your ideal future, leading with a grateful heart and your W.I.N. (wants-interests-needs). You do not have to do it alone…COLLABORATE, surrounding yourself with positivity, listening because you care and value the other person's perspective, and continuing to strive to become the best version of you.

Drum to your Own Heart B-E-A-T with daily reminders:

1. Reflect and write in a journal to improve self-awareness
2. Know what you value, your strengths and abilities
3. Understand what success means to you and apply effort to achieve your W.I.N.
4. Take 100% control of your B-E-A-T – be accountable!
5. Choose beliefs that enable, not disable you
6. Harness emotions that energize and fuel positive decisions and behaviors
7. Plan with purpose and intention
8. Think positive and be grateful for today while focusing on a better tomorrow
9. Surround yourself with positive, energizing people
10. Learn constantly and stay energized
11. Focus on clear goals and aspirations
12. Laugh, smile and find humor in every day life

Make today a great day! YOU are in control of your own B-E-A-T! Your B-E-A-T is your mindset and let go of what you can't! Just let it go! Make your B-E-A-T part of your daily routine.

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