

How You Can Live Your Best Life Now

By Jo Laverne Pearson

The first and foremost consideration in your life should be *you*; considering yourself from a holistic and in-depth perspective. All you really have in the center of your life is *you*. Therefore, *you* should be the most important consideration because you are the only one with the power and authority to live your life in a way that brings joy, achievement, prosperity, and love. Everything in your experience is a manifestation of the energy you put into creating your reality. *You are the only one who can live your life and make the determination of what you want your life to look like.* How wonderful it would be to live your life in a way that mirrors the vision of your heart. Some have throughout their life heard that quiet voice within that spoke their heart's desires. Unfortunately for many that voice was drowned out by life's ups and down's that took them off track. You look up one day and you are older wondering how you got to this place that you are in. It was not what you had imagined for yourself. You are questioning the life you are living that seems as if it belongs to someone else; not reflecting the person you feel in your heart you are. Your life is not reflecting what you feel from within you really want. You are wondering what is missing from my life? Why am I not satisfied?

There are measures you can take to begin the process of acquainting yourself with the foundation of who you are in your truth. This will lead to opening you to your ability to identify and determine *exactly* what you want. Embracing yourself deeply enough to allow yourself to live true to yourself is one of the greatest gifts you can give yourself. It brings you to a place of knowing what you want and that you deserve to have it. *It is your right to live your truth and have what you want.* Believe it or not, you have the power to live on your own terms and by your own design. You can live your best life now.

As a starting point consider the following:

- Reflect on your beliefs, what you value, what you deem as most important to you and how they really speak to you and your life. Are they such that they support you holistically? Do they serve your greater purpose or limit it? Do they have validity or just something you have always held to without deeper thought or reason? What you believe and hold to shape what you experience in your life.
- Dream or fantasize – visualize how you see your ideal self and what your ideal life looks like. Imagine it in detail. This gives you pointers as to what possibilities are stirring within. It can help you connect with that which is lying dormant within you that is an indicator of who you are in your truth and the possibilities for your life.
- Brainstorm what you want for yourself from all aspects. How you would like to be. What you would like to have. How you would like to feel. How you

would ideally like to live. In essence, what you would like to do, be, and have. Do this as if there are no limits or conditions. You are brainstorming so it can be whatever comes from your heart for it to be. Know that anything is possible and in order to manifest, you must be clear about what you want.

A short exercise such as this can assist you as you begin your journey to gain clarity and recognizing aspects of yourself and your life that speak to you. The power to create your best life is inherent. You have only to embrace who you are in your truth; expressing *the you*, you were created to be. The opportunity to know who you are in your truth exists if you dare to walk the journey *back* to yourself. *The key to manifesting what you want is to be eminently clear about what you want.* How can you reach a destination if you have not decided on where you are going? ***Knowing who you are unconditionally and knowing with utmost clarity what you want are the foundation to living your best life.***

The truth: You were born to live a life that expresses your innate possibilities which are infinite. You were born to live your life expressing who you are in your truth to the fullest. You were also born to live a life rich with experiences and outcomes that include people, places, and things that speak directly to what you want. It is vitally important to know *who you are*; the what, when, why, where, and how of you. In knowing who you are from within your core being you can deliberately create your ideal life. You can define and determine what you truly want. You can, if you have the courage to do what is necessary, live your best life now on your own terms and by your own design.

Your life is yours to live any way you wish. It will be what you make it. Don't miss an opportunity to reunite with and live your ideal self, *the you*, you were created to be. Don't miss an opportunity to have what you want. Living your best life starts and ends with you.

How much of *you* are you willing to invest in order to live your best life now?

**LOVE LIFE! EMBRACE FREEDOM!
DARE TO BE YOU!**