



7 Ways Today You Can Rise To The Top!

Life can be tough. It certainly was before COVID-19. It is now and will probably continue to be tough as things ease off...

Life though is precious, as well as profoundly moving and achingly beautiful... You owe it to yourself and those you love to find that beauty within and around you wherever and however you can, & without exception to *become* your **Best Self**

The French have a saying, '*J'ai adapté un peau*' — Roughly translated '*I fit my skin*', or put another way, **I accept myself** & You can too By –

- **Keeping on trying** till you *reach your highest ground*
- Creating within everyone in your life an **eager want** that *only you can fulfil*
- Practicing really listening to what is being said and then **listening for the song** *beneath the words*
- *Finding within yourself* **invincible summer**, even in the midst of winter
- *Becoming a* **Black Swan**, not settling for life as a tethered goat
- *Having the* **courage** *to make things less complex, &*
- *Dancing every day in the* **Key of Life**