

## CHANGE YOUR MIND, CHANGE YOUR LIFE

By *Melissa Roshan*

**H**ave you ever felt, at any moment throughout your life, that you've been operating under the haze of a rut? You keep going through the motions, wearied by the humdrum of your work. You find yourself holding the same conversations with the same people, performing your same routine, preparing the same foods, thinking the same thoughts, and one day you realize that everything you're doing keeps rendering - dare I say it - the same results. You're left feeling unfulfilled, and know that something has got to change.

I get it, and can relate wholeheartedly. As a woman who proudly sports the hat of mom, business owner, model, author, and speaker there have been many occasions that I struggled with feeling burnt out from my own journey. That very exhaustion began to manifest in my relationships, business, and even my health. Worse, it seemed that all the joy had been slowly leached from my life.

The moment I committed to a completely new paradigm shift, was the moment that each of the many roles I inhabited, nestled neatly together, operating in harmony. Instead of feeling overwhelmed by the world around me and it's cries of duty, I began to welcome and even delight in the challenges each day brought. In other words, once I allowed my mind to shift, my environment followed suit. Here are the steps I took to reclaim my mind:

- I began to identify the patterns in my life that no longer served me, then stepped out on faith, and released them.
- I took time to silence the unnecessary noise around me, so that I could truly hear thoughts that brought clarity.
- I journaled every new fresh idea, goal, and vision that came to me all the while making a plan of action to see them to fruition.

The clearing, calming and organization of my mind allowed a beautiful inward refreshment to occur. Sister, I challenge you to do the same. Start today with awareness of that which does and does not serve you. Empty out negative thoughts that have kept you from being who you truly are, and replace them with self affirming, positive ones. Here's to your fresh start!