

Notes from Supernatural Saturday today

It's time to let go.

If we want to Fly, we have to let go of everything that holds us back and keeps us grounded.
We're too heavy.

Let go of Negativity

Cultivate gratitude

Focus on what's RIGHT instead of what's WRONG.

Get to the root of the belief that everything will continue to go awry in your life.

Let go of Perfect

Stop giving yourself a hard time.

Stop bullying yourself.

Perfect is a myth.

You are perfectly imperfect

Let go of Guilt

Guilt is never a productive emotion

If it's in your heart it's there illegally.

Feel remorse for your mistakes.

Realize you can and now that you know, you will do much better.

Forgive yourself and release the regret.

Let go of Busyness

Busyness is not a status symbol.

Be abundant, not overwhelmed.

Say NO.

Stay in your lane.

Let go of everyone else's responsibilities.

Letting go of everything that doesn't bring you life and joy.

Let go of Someday

The week is made up of seven days and not one of them is called someday.

Make the call.

Quit the job.

Offer the apology.

Sign up, show up, step up.

Buy the ticket.

Say the words.

Do today well.

Someday will never come.

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Let go of Should

I should be there by now

I should know better.

I should be married by now.

I should have learned my lesson.

I should do this.

I should do that.

Can we stop shoulding on ourselves?

Seriously, it's gross. Let's stop.

Let go of Blame

It doesn't have to be anyone's fault.

We don't have to assign blame.

It's okay for it to just be what it is.

It's okay for life to be messy without a fall guy.

When we let go of blame, healing can begin.

Let go of Judgement

Live and let live

Hold the space for those who are still learning.

Give grace.

People don't change because we point our fingers at them.

People change when we love them.

Let go of Fear

Live out loud.

Make your stomach queasy each day.

Do the exact opposite of whatever fear is telling you.

Do it afraid.

You're more brave than you know.

Let go of everything that doesn't make you want to dance a little dance.