



Investing.

That's been heavily on my mind lately. Most of us immediately think of money, but we can also invest our time, our energy, our mindpower, etc.. And whatever you invest in then pays dividends. The question is:

What are you investing in?

Are you living a life you would choose over and over again? If not, why not?

If you don't like the returns (i.e. outcomes) then it is critical to look at what you are investing in and what has to change to build a meaningful, fulfilling life.

Personally I've had to learn this the hard way. For a long time I invested most of my energy in others, in fear, in lack mentality, and doing what I thought I "should" do rather than following my true desires. And you know what I got in the form of returns? Some positives like great friendships and thriving children. But also illness, injury, resentment, a divorce, career confusion, and living month to month financially. Yes, my market went through a figurative crash so to speak. Time to rethink my investment strategy!

The cool thing is that once I started investing in myself and a different way of thinking things have really started to turn around. I've poured more money into my business, hired my own life coach, taken time for my own wellness activities such as exercise, sleep, and spiritual practices, and allowed myself to play. I'm investing in faith, love, and possibility. And you know what? My "vision" of my best life is actually coming to fruition!

I'm going to marry a man who embodies what I desire in a partner. I get to pursue my passion (yoga) and be my own boss. My own yoga studio is on the horizon. I'm able to be a more authentic and present in relationships with my children. I'm giving back to charities that are near and dear to my heart. I'm

cancer free. I have energy to engage in life. Which all feels incredible! I've even had friends comment on how much lighter and happier I appear.

Investing in yourself does not mean you're selfish. It means you value yourself.

Questions to ask yourself before you invest in something (either time wise and/or financially):

- How will this contribute to my overall wellness?
- Is this investment consistent with my values?
- Does this investment align with and support my vision for my best life?

Remember, investing in yourself doesn't have to mean spending money. But if you choose to involve money, I encourage you to spend it on things that have meaning or pay dividends down the road.

Finally, a type of "investment talk" I can really get excited about (no offense to my financial advisor).

I challenge you to invest in some new way in the upcoming week. Be observant, be patient, and see if you get some returns.

Happy investing!

A handwritten signature in cursive script that reads "Shelly".

P.S. I know this can be really hard – so if you need some encouragement or clarity on what area of your life to invest in, reach out to me. I'd love to empower you to take this important step.

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!