



RYL

REHAB YOUR LIFE

Change 101: Re-position Yourself

Have you ever been stuck? Life has become a dull set of routines. Things that you don't even want to do anymore but you just do them because that's what you have always done? You have to snap out of it! There IS more to life than just that! Here are a few things to help you make a change.

Increase your prayer time OR begin praying!

Study your bible. There is a difference between just reading your bible and studying your bible. When you have a revelation about something you don't need a reason.

Surround yourself with like minded people. Your circle of 5 should include someone who can help you to uphold your beliefs to make positive changes in your life.

Stop complaining! Without realizing it sometimes we forget to guard the words that come out of our mouths and words have power to keep us stuck or to help us move forward!

Forgive yourself and others! Forgiveness is for us not the other person. When you allow something to take hold of you, you give it power! Take back your power by re-positioning yourself.