



Journey To Real Vision



Dig Deep-You Are Stronger Then You Think

You've got to dig deep to heal and change your life. Physical transformation is something that fascinates all of us. Don't you get excited when you see before and after photos of someone who accomplished something extraordinary? While these are visible, true transformation happens entirely out of view. It is within us. We should be striving every day to discover something new or make a small change.

DIG DEEP WITHIN YOURSELF TO CONQUER FEARS – YOU'VE GOT TO KEEP GOING

In my coaching practice, I believe that you must ask yourself deep probing questions to get to the root of your limiting beliefs. You have to dig deep inside to find yourself. Greatness is embedded within us. Everything is perfectly coded inside us – we just have to decode it. YOU must dig deep to conquer fears and never let anyone bring you down. YOU have to keep moving forward.

FIND THE GREATNESS WITHIN YOU FIND THE GIFT YOU ARE BLESSED WITH

This digging will allow you to determine your purpose in life. Everything in life is calling for us to grow. The stories we tell ourselves about who we are can either hold us back or propel us forward in life. When you know your purpose, you'll feel passionate, driven, and focused. You will stop battling with the past and the future and start living in the present.

DAILY JOURNAL QUESTION: What is your purpose in life? Everything you need is within YOU. The only thing holding you back is limiting beliefs. When you dig deep and replace those limiting beliefs with empowering ones, you develop greater self-awareness. Stop seeking external affirmation and understand that everything you need is already inside of YOU. Dig deep to find it. Dig deep to find your purpose in life.