

<http://www.HiddenSecretWisdom.Com>

An Exclusive Bonus Offer

Live in Your Heart

By: Debra Beck

www.myfeetarentugly.com

Important: This article is © 2009 by Debra Beck

An Exclusive Bonus Offer

Note: Permission has been given to Danny Pettry to share this article as an exclusive bonus offer with anyone who has purchased Pettry's new book, *Discover Hidden Secret Wisdom*.

<http://www.HiddenSecretWisdom.Com>

An Exclusive Bonus Offer

Live in Your Heart

By: Debra Beck

www.myfeetarentugly.com

We all want to be the best we can be, to develop all of our skills to the maximum. To perform at our peak and to be in the zone is what we all dream about. Whether it is in sports, a hobby, our job, raising our family, relationships or in our spiritual lives.

It doesn't matter where we want greatness; it is all going to come from the same place. It breeds inside of our self, deep within our heart. It all begins with self-love, how we are showing up for ourselves. It is difficult to show up for anything or anyone if we are not showing up for ourselves.

So, what does this mean; showing up for our self?

Here are some tips on how to show up for your self and to live in your heart, so that you can be available to your self and others, to the nth degree.

- Make sure you like who you are: It is hard to love yourself if you don't like yourself. Make a list of the things you dislike about yourself, and see how you might be able to change your actions, attitudes, or perceptions about those things and remove them.

<http://www.HiddenSecretWisdom.Com>

An Exclusive Bonus Offer

- **Make sure you are taking care of yourself:** In all areas of your life, health, relationships, job and spiritually. Make good decisions that will nurture your soul not damage it. Again, it is hard to love yourself if you are making bad decisions in your life and beating yourself up about those decisions.
- **Spend time doing things that feed your soul:** Don't forget to be creative, leave room for your hobbies. Relax, take baths, read, and make time for your relationships in your life. If you are in a job that you hate, think about changing it.
- **Processing your life, keep evolving spiritually:** Whatever your spiritual practice is, stay close to it. Keep growing spiritually and process your life. Don't stuff your feelings, move through them, and make sure you are clearing issues with your loved ones.
- **Pay attention:** Stay awake, it's easy to fall asleep and just go about your day in your routine. If the routine is stale, shake it up with something different. Change your schedule, do something that you wouldn't normally do. You don't want to wake up some day at the age of 80 and say, "where did my life go".

<http://www.HiddenSecretWisdom.Com>

An Exclusive Bonus Offer

We all want to live our lives with meaning and purpose, being the best we can be. This isn't going to happen if we are sitting in the back seat, with others driving, while we watch the scenery go by. Living with purpose takes full-time participation.

The great thing about living our lives to the fullest extent is that it feels amazing, and unbelievable things happen. Stay awake for the ride and even be the driver and start enjoying your life in a truly different way.

Debra Beck is the

My Feet Aren't Ugly,

A girl's guide to loving herself from the inside out

Go to this link for more information about her book:

<http://astore.amazon.com/hiddensecretwisdom-20/detail/B001GIOAA6>