

POOR ME TO
SOUL RICH

Spiritual Currency for the Mind, Heart & Soul



IT'S YOURS

When you look at your life, and it doesn't reflect what you want, but you still keep believing. You will not be defined by your past. Your current circumstances are not your reality. The vision that you see in your mind and the dream that you hold in your heart is your reality. Every time you close your eyes, you can see it, you can feel it, and you can taste it. Your spirit has claimed it. No matter how hard it gets, no matter how many bad days you have, and no matter how many times you want to give up, something in you keeps holding on. Every time you question if it can really even happen, it keeps coming back. That is the difference between those who succeed and those who fail. Those who live the life they want and those who live the life they can. Those who listen to their spirit and those who listen to the world. What's for you, is *for you*, but you have to know it beyond a shadow of a doubt. Today. Right now. At this very moment. It's yours!



YOUR DREAMS WILL BE TESTED FOR AUTHENTICITY

Your dreams will be tested. I don't care who you are, there is no way around it. All dreams are tested for authenticity. What does that mean? If you really want what you say you want, life is going to test you. If you quit after things don't work out the first few times, then you really didn't want it that bad. If someone can talk you out of your dream or make you feel like you don't have what it takes, then you definitely didn't want it in the first place. Life will not only prove to you what you really want, life will make you prove to yourself who you really are. I believe that the purpose of these tests are not to make you quit, but to grow you into the person you need to become to fulfill this dream. It's going to take a certain kind of person to get there, but more importantly, it's going to take a certain kind of person to stay there. Being successful is one thing. Staying successful is another thing. So, remember why you're doing it and know that you are not being broken down. Rather, you're being built up. Knowing that these tests will be coming better prepares you for the journey ahead. You won't be prepared for everything that happens, but you know that how you respond to those things is what will make or break your success.

If you really want it as much as you say you do, then you won't allow anything to stop you from moving forward. No matter how many times you may get knocked down, you will stand back up every time. Don't worry about proving it to them - prove it to yourself.



CHOOSE YOU

Sometimes, doing what we feel is best for us means leaving some people behind. That can cause us to feel guilty about bettering ourselves and our situation although someone else is choosing not to. We have to understand that it's okay to choose ourselves when it comes to growing and doing what's best for us. In no way should you feel that you're not being loyal by choosing not to follow the path of a loved one. A true friend will understand, support, and respect your decision. *Choose you!* Not in a selfish way, but in a way that empowers you to change your life for the better.



HAPPINESS ISN'T

Happiness isn't a destination. It is a combination of a state of being and a state of becoming. It is a life-long journey filled with lessons, mistakes, and revelations. This is so important to understand so that when life gets hard, you are better prepared to navigate the obstacles and come out of it stronger than before.



DON'T BLOCK YOUR BLESSINGS

To allow the things we want to come into our lives, we have to put ourselves in a position to receive them. It's possible to want our circumstances to change but blocking our blessing by not following our life's vision and taking action on it. You know what kind of life you want. You want happiness, you want stability, you want love, and you want peace of mind. It's not always a matter of wanting it – sometimes, it's a matter of living it. You put yourself in position to receive by having a crystal-clear vision of what you want, believing that it's already yours, and taking action on those beliefs. Every day, you have to think about it, you have to speak it, you have to feel it, and you have to do it. Put yourself on the same level of vibration as your vision, and eventually, it will become a reality.



FAILURE DOESN'T MEAN FAILED

Failure may be the most important part of becoming successful at anything. Failure teaches you the most valuable lessons in getting to your destination and creating the quality of life you want. Go research anyone who has ever accomplished anything great, and you will find that their path to greatness started with a failure. There is a huge difference between failure and failed. You only fail when you quit. As long as you keep working toward what you want, success is inevitable. I'm not saying it's going to be easy, but I am saying it's necessary. No one's success is spared from failing, and you will not be either. You will fall, and you will fail (a lot). It is a part of the process, so accept it as a part of your journey to your destination. So, what are you going to do with your failures? Make excuses, give up, feel sorry for yourself? OR, are you going to dust yourself off, use what you've learned, make adjustments, and get things on the course to your goal? The choice is yours...



GET YOUR MOUTH RIGHT

Be careful with your self-talk. You have to monitor the words that come out of your mouth that can poison your attitude, weaken your spirit, and drain your energy. You have to be careful with what you allow to come out of your mouth regarding yourself and your life. If all you do is complain about how bad something is, have a bad attitude, always feel like a victim, or even speak negativity over other people, you are only attracting more of that negative energy back to you. So, you can't be surprised when it seems like things aren't changing or seems to be getting worse. You may feel powerless, but you can do something about it, and it starts with getting your mouth right. Speak life into your situation, speak life into your dreams, and speak life into yourself. If you don't have anything good to say, just don't say anything. Sometimes, you have to wipe your tears, pick yourself up, get focused, and **CLAIM WHAT YOU WANT**. Speak it into existence. It may not feel like it, but if you keep saying it, and keep saying it, and keep saying it...it's only a matter of time before it raises your thinking, gets down into your spirit, and once it's alive on the inside, you will thrive on the outside.



CHANGE YOUR FOCUS

Many times, our lives are just a reflection of our focus. The things that we give the most attention to, consciously and subconsciously, will be what manifests in our lives. What are you focusing on? What's getting most of your attention? Are you focusing on how bad things are? Are you thinking about how you don't know how things are going to get any better? I understand. It's hard not to be mindful of your circumstances, especially when those circumstances are so far from what you want. Be that as it may, it's imperative that you monitor the things you're focusing on. You can't keep complaining about it. It will just make you feel worse, attract more things to complain about, and have no positive impact on the situation. When you focus on problems, you'll have more problems. When you focus on possibilities, you'll have more opportunities. What you want and the things you want to change are possible, but you have to focus on *those* possibilities. When you do, the opportunities you're looking for will present themselves. Stop being blinded by your own darkness. You don't have to wait until you get to the end of the tunnel; you can be the light that gets you through.



ELIMINATION

Eliminate what doesn't help you evolve. Sometimes, finding the change that you are looking for doesn't consist of adding something to your life, but eliminating anything that doesn't grow you, add value to you, and/or help you to fulfill your purpose