

Beenie Bits: Love is in the Air

With Valentine's Day happening in February, many are focused on love. There is the day we show our love to our sweetheart by giving cards, chocolates, flowers, and other gifts. Yes, it is wonderful to have someone to share our life with, to have a loving relationship. Cherish it.

My question is, how is your relationship with yourself? When was the last time you told yourself "I love you"? When was the last time you did something solely for yourself to make yourself feel great and loved? Do you remember?

We tend to be so focused on showing others how much we can love, what they mean to us, and how much we cherish them. Don't get me wrong. It is wonderful to let them know. After all, we are humans and we all want to be loved. Love is wonderful!

But... yes, there is generally a but... how can we love someone else if we do not love ourselves unconditionally first? As with everything else in life, it starts with us. If you are one of the amazing people who loves oneself unconditionally, congratulations. Most look for validation and permission from the outside world to love themselves. They feel as if it is selfish to love oneself.

Well, I am here to tell you it is not selfish to love yourself. Actually, it is necessary! Have you ever poured something from an empty cup, bottle, or pot? To pour something out of something, you first must fill the container! It is the same with love. How can we give and proclaim love for someone if we do not first love ourselves? Accept and love you! All of you! Understand that you are perfect the way you are. You are love! Can you feel it?

“I think the most important thing in life is self-love, because if you don’t have self-love and respect for everything about your own body, your own soul, your own capsule, then how can you have an authentic relationship with anyone else?” – Shailene Woodley

In my book [‘Happiness Matters – Unleash Your Superpower in 7 Easy Steps’](#) there is a chapter called: Love yourself. In it, I talk a bit more about the importance of loving yourself unconditionally. At the end of the chapter, as there is after every chapter, I have an exercise you can do to help you fall in love with yourself.

You are amazing and loved.

Beenie Bits: 365+ New Opportunities Are Waiting For You!

Can you believe 2019 is already here?! Are you excited of what lies ahead? All the wonderful opportunities of growth, business, relationships, abundance? Can you see and feel how amazing 2019 will be? As for me, I am bursting with excitement!!!

I know I can’t control everything that will come my way BUT, I can 100% control how I react and feel about everything. That

alone is so empowering and wonderful. I and ONLY I, can control my thoughts, feelings and emotions. I can control what to take away from any circumstance and experience. My choice! My power!

Too often and for way too long have given away my power and wallowed in victimhood. It seemed easier to give away my power and responsibility. It seemed easier to simply react to whatever came my way. Sadly, it only seemed easier in the moment and for the short term. In the long run, I became more and more miserable and depressed. My negative thoughts fueled my limiting beliefs and with those, a negative mindset.

Fortunately, I got a clue and my shift together! Finally following my true self and my heart has opened doors, possibilities and opportunities I only heard about from other people like [Tony Robbins](#), [Lisa Nichols](#), [Ellen DeGeneres](#), [Oprah](#), etc. Although I am not at their level yet, I am well on my way!

Turns out, I needed a major MIND SHIFT! This past year I have learned so much and implemented it into my own life it is beautifully overwhelming. Breaking through limiting beliefs, changing my thoughts and self-talk, using the Law of Attractions so it works, manifestations, to name a few, has changed everything for me. What's great about this, it can work for you too!!!

It's not rocket science. We simple have to be aware. Aware of our thoughts, beliefs, self-talk, emotions, reactions, and mindset.

If somebody would have told me the beginning of 2018, I'd be an author ([Happiness Matters – Unleash Your Superpower in 7 Easy Steps](#)), public speaker, and MindShift coach, I'd have laughed and probably had them committed. Yet, here I am. Deciding to do on purpose WITH purpose what I have been doing my whole life was the best decision ever. Did I plan this? No. At least not consciously. Now subconsciously, that's a whole

other story!!!

Thoughts become things. Looking back at my life, everything I have experienced has prepared me for this. Seemingly failures, shortcomings, set-backs, successes, relationships, hardships, ALL of them have prepared me. Now I have the privilege of teaching and helping others get their shift together. How lucky am I?!

As I sit here, I get so super excited of all the possibilities 2019 has in store for me. What is even more exciting, the possibilities I can imagine will pale in comparison to what the Universe has in store for me and will deliver! Ohhhhh the possibilities....

What do you envision for yourself in 2019? What dreams and goals do you have?

Like and follow my [FB page](#) to stay informed for upcoming workshops on manifestations, breaking through limiting beliefs, and more.

Happy New Year and may 2019 be your best year yet!

Beenie Bits: Experience Joy, Revisited

Here we are, the last month of 2018. What a year this has been! So many opportunities/challenges and building blocks/obstacles. So many experiences, growth spurts/heartaches and defeat.

Some who read the above will focus on the positive message and

others on the negative. Some will recount all the good and relive the great emotions they felt. Others will remember all the hardship and challenges along with the emotions those brought.

Those who focus and dwell on the positive, raise their vibration.

Those who focus and dwell on the negative, lower their vibration.

Neither is right or wrong. It is up to you what you want to experience. Surely, you have heard the phrase 'Misery loves company'. Surely, you or somebody you know has experienced that when they are down, more people who are down join in and all dwell on how awful things are.

Same is true for people who are happy. They attract more happy people and rejoice in the positive life has to offer.

I am sure you have also heard the phrase 'Like attracts like'. Well, the same principle applies. Whatever level you vibrate on, you attract more at that level. The higher your vibration, the better people, things, and circumstances you will attract.

The challenge is to be positive, to focus on the good and stay there.

To end out the year, write down everything you have experienced (2 sheets of paper). Write all the positive on one paper and all the negative on another. For the negative: read each item with gratitude. Be grateful for all you have gotten out of the experience (sympathy from others, not having to do certain things, using it as an excuse, etc.). Give it love. Give it thanks. Burn the paper and release all of it. (I do a breathing exercise along with it) Let it go with love and light.

For the positive: Read it. Feel it. Hold on to it and look at it when you need a 'picker upper'.

How did it feel when you looked at those negative things with love and gratitude? How did you feel when you let it go? Could

you feel your vibration rise?

I used this exercise to let go of my pain. It was very liberating, and I have improved on it ever since. It's not easy but it is so very worth it.

Let go of all the baggage 2018 has brought along and start 2019 new. Look for the opportunities and lessons vs the obstacles. Get your shift together for your mindset is the control center of your life.

Merry Christmas and the very best 2019!

Love and light

Beenie Bits: Gratitude

November is the month of Thanksgiving here in America. It is a time we gather together with our families and friends and share all we are grateful for. It is a time that generally makes us feel good and 'fuzzy' inside.

The question is, why do most focus on being grateful only this time of year? Gratitude is something that should be practiced and exercised every single day. Every single moment. Why is it so easy for humans to focus and be grateful for all the big things, events and happenings in our lives, yet it seems impossible to appreciate and be grateful for the little things?

There is always something to be grateful for. Even, or especially, when things seem to conspire against us. Many times, in my life, things went seemingly wrong and didn't turn out at all how I wanted them to. At those times, I felt frustrated, angry, and defeated. For the longest time I held on to the frustration and anger. Internally I kept screaming "Why me?". The result, more frustrations and disappointments.

Then, one day, I learned about gratitude. Real gratitude. Gratitude beyond the simple 'Thank You'. One day I learned there is always something positive and to be grateful for in each and every situation. Sometimes, it was big and obvious. Most times it is so small I must dig for it. Other times, it is simply the lesson in what not to do.

Once I realized this, everything started to shift. My anger and frustrations lessened. At first it was hard. I started a [gratitude journal](#) and every night before I went to sleep, I wrote down all the things I was grateful for that day. The last few, 3-5, had to be hard and force me to dig deep. After writing them down, I read them out loud. In the morning, right after waking up, I read them out loud again. Now I ended my day and started it on a positive note. My mind started to shift from the negative to a more positive. My days started to get better.

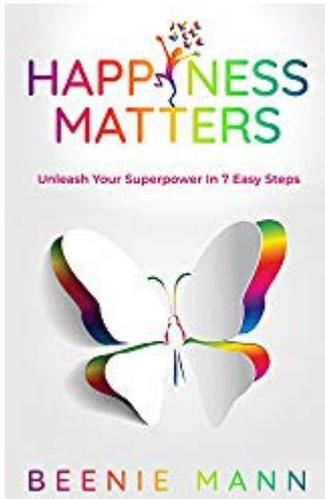
Every time I received a lesson, I learned from it and grew. It is a constant, daily, moment to moment experience.

What are you grateful for each day? It can be gratitude for simply being alive. Gratitude for sunshine, rain, snow, hail, etc. Gratitude for friends, family, co-workers, business partners, etc. Gratitude for your car and all the people and circumstances who created your car. Gratitude for a lesson from an experience that prevented you from making a big mistake. The list goes on...

Today, I am grateful for you. Even though I may not know you personally, I am grateful to have you as part of my life experience. I am grateful for you for reading this column and maybe share what you take away from it with others around you. I am grateful for you, who you are, and all you bring to those around you.

Happy Thanksgiving

Get your copy of Beenie's book!



Beenie Bits: Experience Joy

The weather seems to be ready for changing. Last week, here in Colorado Springs, we were basking in the sun with temperatures in the 80's. This week, we are contemplating turning on the heat. Change is inevitable! October is pumpkin, break out the sweater, turn on the fireplace, get ready for the holiday season. Many look forward to the cooler weather and the looming holidays. Some dread it. Either is OK.

October is also the month of Halloween. The time of the year a lot of people dress up as their favorite character. Do you remember when you were a child? What were you on Halloween? Do you remember you didn't simply dress up as your favorite character? You BECAME that character! With every fiber in your being you believed you were the princess, the pirate, the cowboy/girl, the ghost, or whatever you dressed up as. Do you remember the sword fights you had? The shootouts? Do you remember the magic? The fun?

As we get older, and more mature, we toss those childhood

notions and dreams aside. There are more important and practical things to worry about. I get it. Life is serious and doesn't have room for childish dreams and fantasies. At least this is what we are told and end up telling ourselves. Do you catch yourself looking at kids being kids, living out their fantasies and envy the fact they don't have to worry about 'real' issues? To be free of worry or fear of the future? The bills that need to be paid? The mortgage that is due? Ahhh... to be a kid again.... Wouldn't that be nice?

Halloween allows us to unleash our inner child and be somebody we perhaps long to be. As grown-ups, we are more prone to [dress up as our favorite superhero from the Marvel movies](#) we have seen throughout the year. Or dress up as some other fantasy character. Just for a little while we get to be that kid again and forget about reality. For some, Halloween is their favorite holiday. Nothing wrong with it. It brings a lot of JOY.

What if I told you, you can have this feeling all year long? I am talking about the feeling of joy. We can have joy in our lives all the time. Yes, it is much easier if we experience great fortune and all we want is coming our way. It is easy to feel joy during those times. What about the days, weeks, month when we do what we must to pay our bills and maintain our lifestyle? What about when boredom and the mundane rules our lives? When chores and responsibilities seem to suck the life and joy out of us?

Well, those are the times we need become intentional. Turn off the auto-pilot and take over the controls. Take some time out for yourself to do the things that give you joy. Go for a walk in the crisp air. Take a drive to admire the changing of the leaves. [Meditate](#). Exercise. Read. Go out to a nice dinner or prepare a special dinner at home and invite friends/family over. Make time for you. Take a stroll down memory lane to when you were a child. Remember the fun you had and the joy you felt. Recharge your batteries. Hold on to the feeling.

Tackle each day with a positive attitude and find the joy in what you do. Give it your best and enjoy the feeling at the end of the day you feel by knowing you gave it your best. It doesn't matter what job or position you hold. You can experience joy by giving it your best vs simply doing the minimum to get by. It is a choice and the choice is yours. Enjoy life and have fun. Always be grateful. It will raise your vibration and you will attract more at the level you vibrate on.

Put on your cape, your tiara, or crown. You are the super(s)hero, King, or Queen of your life. Have fun this Halloween!

Get your copy of Beenie's book and live happy every day!

Beenie Bits: Talk About CHANGE

With Fall fast approaching, let's talk about change. No, not the change of the weather season. The change I am talking about, is changes in our lives. Any aspect of our lives and why most are so reluctant to embrace them...

The vast majority of people resist to change because they fear loss and the unknown. Both are very powerful. If life is miserable and not bringing you joy but you know a small change and adjustment could make a huge a difference and improve your circumstances, why not take a chance? What do you have to lose?

We are not talking changing everything and all at once. How about working on one habit at a time. Consciously and on

purpose? Will it be uncomfortable and challenging? Probably but not for very long. We are so worried that we will have to give up something that is familiar and feels 'safe'. Why? If what and how you do things right now make you miserable and take away from your happiness, what do you have to lose? Nothing really, right?!

When it is time to make a change to better your life and circumstance, instead of worrying about all that could go wrong and the things you might lose, focus on the outcome you would like. In our dreams and our imagination money, time, circumstance are non-existent. So, why not imagine the best possible outcomes and possibilities?

Instead of imagining rain, despair and scarcity why not imagine sunshine, joyfulness and abundance. The effort is the same. The outcome... Totally different! Try it. You have nothing to lose! In your head, play out the best case and worst case scenarios and pay attention to your emotions and feelings. Which feel better? Which ones would you like to feel on a consistent base?

Many years ago, I too was hesitant about change. Kind of funny considering my husband was active duty Army and change was a constant. I had the privilege to go to a spouse leadership conference. At that conference I won a book that made a huge impact and changed the way I felt and was feeling about change. The name of the book? [Who Moved my Cheese by Dr. Spencer Johnson.](#)

At the time I was very much like two of the characters in the story... Hem and Haw. I knew if I'd change just a little here and there, my life would drastically improve. However, just like Hem and Haw, I was focusing on all the things that could go wrong and what I could lose. This little story had a huge impact on the way I thought about life and in particular... CHANGE. If you are not sure where to start, start with that book.

These days, change is my friend. I anticipate it and I welcome it. Change is no longer scary and I welcome it with open arms. Because change is now my friend, great things are happening in my life. It can happen for you too!! Nobody expects you to make super drastic changes right out of the gate. However, if that's what you want to do, go for it!

You can start with something small and low risk. You could start with your bedtime or morning routine. Maybe go to bed a little earlier. Maybe just 30 min earlier. It's a small change but the impact could be tremendous!

Don't be afraid of change. More times than not, it will add and enhance your life as well as move you into a direction you want to go.

You are not afraid of the seasons changing, are you? You know after summer comes fall, after fall comes winter followed by spring and then summer again. However, you don't know when the weather will change, if it will be very hot or very cold, wet or dry. Will it be a mild winter or a harsh one. Just like the weather, our lives, circumstances and desires change. Certainly, you have dreams and hopes. We all do. The great thing is, it doesn't have to be a distant dream. There are tools available for all of us to use and to help us get what we want and take us where we want to go.

Change is good. Sometimes we simply have to take aim, close our eyes, jump and trust it will work out. More often than not, it will work and a lot of times, the outcome is better than anticipated.

You are stronger and braver than you think. I believe in you.

[Ready to change your thinking? Start here.](#)

Beenie Bits – “What is Happiness”

What is happiness?

Is happiness the same as contentment? If not, what's the difference? How do we know if we are content or happy?

Great question, and opinions vary widely. Consider this:

For a very long time I thought I was happy, because I was content with my life and myself. The two terms seemed interchangeable. Being content meant being happy. And because I thought I was happy, I was content. But was I? Are you?

For myself, being content means making the best of a situation so it will work for me. Being content means basic needs are met, with added elements to make it fun. Contentment feels peaceful. It feels calm. It feels safe.

Happiness, on the other hand, is an emotion that makes my whole body light up and puts a giant smile on my face. Happiness feels like the biggest, brightest, and best vibration, the vibration I want to send out to the universe.

Are you familiar with the saying, “Misery loves company”? The feeling of misery is energy vibrating at a very low level. Vibrations resonate with whatever possesses identical frequency. This means our thoughts are inseparably connected to the rest of the universe. “Like attracts like.”

The truth is, nothing and nobody can make you happy or unhappy. You alone have the power to be happy. Happiness is a choice! It is not a thing, a circumstance, or a person or outside influence. Only you can make that choice. Let that sink in.

You alone have the power over your happiness.

Happiness is an inside job.

WOW! Once this sunk in for me, my whole world changed. I'm not saying everything is hunky dory all the time. I'm saying I have a new appreciation of what is happening to and around me. Because I come from a place of deep-rooted happiness, I am able to deal with and manage better what life has in store for me. Since I choose happiness, I have more good experiences, good people, and good things coming my way.

Once you have discovered and chosen your happiness, you will notice more of the positive and brighter things in every situation. Not only will you bounce back more easily when you have been knocked down, you will get up faster.

When you choose happiness, you notice more positive and pleasant things in your life. You feel uplifted by happiness. Your outlook on life changes. Trust me when I tell you, life is much more fun viewed through the lens of happiness versus the lens of despair.

Life is a journey. Enjoy the ride. Find the joy, beauty, or lesson in everything. Let happiness be the vehicle you drive on your journey of life. It is your journey. Take command of the driver's seat. Choose your direction. I have taken some wrong turns, and still do on occasion. But being in charge of my journey empowers me to change direction at will. You have this power, too.

[Want more happy? Get it here...](#)