**Beth’s Strategies for Life**

1. **Look for Possibilities** - speak possibility – be passionate about life and enroll others – focus on opportunity rather than scarcity – find what’s working – what is possible. What I believe, I will see.

2. **Interrogate Reality** – explore truths – mine, theirs and ours – Remember the Beach Ball and that each of us has a different perception of reality

3. **Change is Choice** - realize that change is opportunity, learn to live with uncertainty and act with confidence – Stop, listen and choose.

4. **Connect** – people to people; people to resources – make it safe for others; hold out my hand

5. **Look for Gifts** – each person is valid and valuable – help others bring out their own magnificence – give people a possibility to live into, not an expectation to live up to

6. **Be Present and make Sunshine** – Live with purpose; If I stay, I play. Be intentional, passionate and fully awake in my life.

7. **Trust Myself.** Create my own future. Quiet the voice in my head that says, “I can’t do it.” Obey my intuition. My attitude is everything.

8. **Don’t take myself too seriously!** Laugh a lot; make everyday fun!