

Suzette's

5

*Tangible
Truths*

To Feeling Better Now!

Welcome!
**These 5 Truths never fail to get
you feeling better now.**

You may be familiar with some or all of these truths.
And that's fine. The real question is:

Are you living them?

I know for myself, when I get back to really living them, I
feel better right away!

It's not what you know. It's what you vibrate.

Intend and allow that these truths become a habit;
That they become a part of your daily life,
Your Beingness.

Become the magnet for your desires!

If you practice these every day, you will vibrate at a higher
level. You will become a magnet for your desires!



CHOOSE 2 THRIVE
Realize Your Inner Power with Suzette Faith Foster

Tangible Truth 1

1. We are mind, body and Spirit.

Remember and inhale that your thoughts, your body, and the universe are all energy. It is a known scientific principle that energy is neither created nor destroyed.

Energy is altered.

Why not leverage this power that you always have with you? Your thoughts and your intentions can help orchestrate positive resolutions to your challenges, whether health, life, or spiritual.

Become aware and create what you really desire.

Notice where you focus your attention. Each point of view you have, and each thought you think, either aligns you to receive blessings and your desired outcomes or block you from them.

Tangible Truth 2

2. Gratitude is a magnet for your desires.

Be in gratitude every day. Cultivate awareness. Watch what happens. The simplest of things will begin to catch your attention. That is the magical energy of awareness. The more you practice, the more you appreciate!

**Try this simple and powerful exercise.
Write 5 things you appreciate that day.
Speak them out loud
as you get ready for your day.**

Tangible Truth 3

3. Focus on the end result and feel it true!

You can create powerful change because your body, your subconscious mind, and the universe do not know what is real or imagined! They simply move you toward where you focus your attention.

Even when it doesn't seem like you're making progress, keep at it. It's all about practice, so be consistent and open to these teachings.

Be open to possibility and practice consistently.

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Tangible Truth 4

Accept what is

You don't have to like it or want to stay in the space of what is. However, it does align you to a space of **NON-RESISTANCE.**

In your sweet spot of **ALLOWANCE,** you naturally attract what is for your soul's highest good.



Tangible Truth 5

5. Your challenges have a higher purpose.

Ugh! We don't like to admit this, but on a spiritual level, challenges are actually feedback from your soul. They show you—sometimes hitting you over the head with—the painful emotions that your soul wants you to address and heal.

Perhaps it's for a higher purpose.

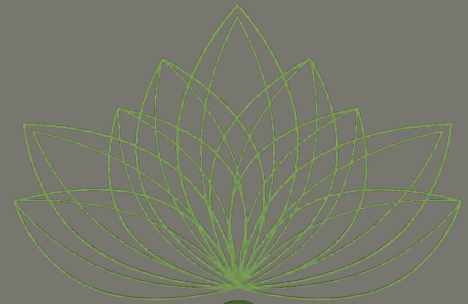
Remember the previous point – Accept what is? Accept that this situation is there for a reason, which has a higher, and beneficial purpose.

When you can align with this perspective, opportunities for you to move forward will present themselves.

A way will be made.



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My 5 Tangible Truths are the foundation, the basics to taking charge of your life. Begin creating your life to be the way you want it to be.

If you are ready to take your practices to the next level, check out how working with me and implementing my teachings can have a profound positive impact on your life!

Click here to go my Programs

Love, Suzette