



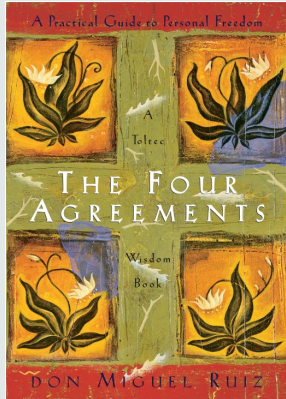
LEADING
YOURSELF
THROUGH TIMES
OF CHANGE &
ADVERSITY

Emily Weers

January 2024

Emily's 12 things to remember when going through hard times...

The Four Agreements: Be impeccable with your word.



Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Integrity

I am a survivor....

positive self talk

I will make today great!

I am learning....

I am proud of....

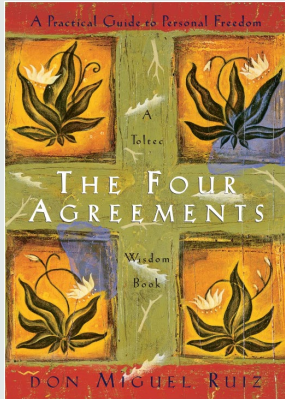
honesty

Accept responsibility for mistakes

The Four Agreements: A practical guide to personal freedom,
by Don Miguel Ruiz

Emily's 12 things to remember when going through hard times...

The Four Agreements: Don't take anything personally.



Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

We don't need to have the same beliefs to be respectful.

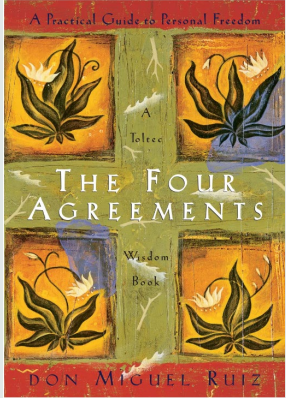
Assume positive intent.

Be easy on yourself.

How other people choose to judge me is none of my business. I do not define myself by the perceptions and opinions of others.

Emily's 12 things to remember when going through hard times...

The Four Agreements: Don't make assumptions.



Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

Talk to those who can share the truth and/or do something about it.

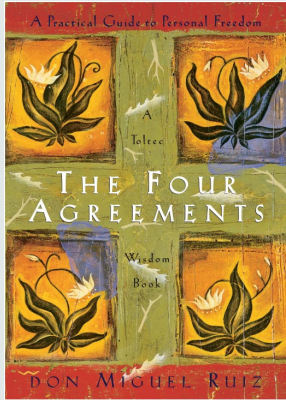
We make the assumption that everyone sees life the way we do. We assume that others think the way we think, feel the way we feel, judge the way we judge, and abuse the way we abuse.

Surround yourself with those who help you to think broadly
~ stay away from those who always think the worst.

There are two sides to every story...what am I missing here?

Emily's 12 things to remember when going through hard times...

The Four Agreements: Always do your best.



Your best is going to change from moment to moment; it will be different when you are tired as opposed to well-rested. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.

Start where you are.
Use what you have.
Do what you can.

Arthur Ashe

**WAS IT A BAD DAY?
OR WAS IT A
BAD FIVE MINUTES
THAT YOU MILKED
ALL DAY?**



The Four Agreements: A practical guide to personal freedom,
by Don Miguel Ruiz

Emily's 12 things to remember when going through hard times...

There is always something to be thankful for.

I am thankful for those difficult people in my life. They have shown me exactly who I don't want to be.



What a wonderful thought it is that some of the best days of our lives haven't happened yet.



Start a gratitude journal.

Emily's 12 things to remember when going through hard times...

You teach others how to treat you.

Give. But don't allow yourself to be used.
Love. But don't allow your heart to be abused.
Trust. But don't be naive.
Listen. But don't lose your own voice.

You can love someone and still choose to say goodbye

- Tara Westover

You teach people how to treat you by what you allow, what you stop, and what you reinforce.

- Tony Gaskins -
- Via (The Minds Journal)


THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind? 

Emily's 12 things to remember when going through hard times...

You are only in control of yourself.

**“YOU WILL
NEVER
CHANGE
YOUR LIFE
UNTIL
YOU CHANGE
SOMETHING
YOU DO DAILY.**

- JOHN C. MAXWELL
ITSALLYOUBOO.COM

♡
“SELF CONTROL IS STRENGTH
CALMNESS IS MASTERY.”

- MORGAN FREEMAN



Emily's 12 things to remember when going through hard times...

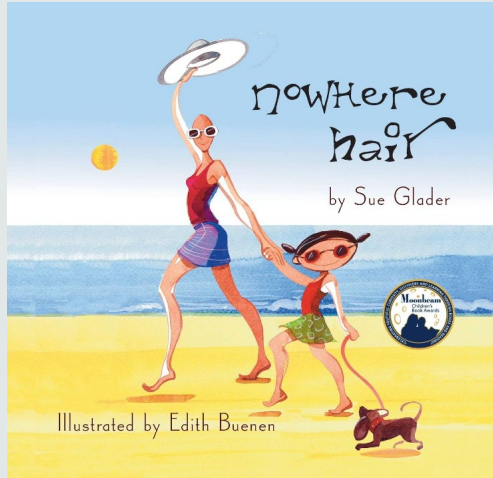
Practice patience but have a plan.



Slow and steady wins the race....

Emily's 12 things to remember when going through hard times...

You help yourself by helping others.



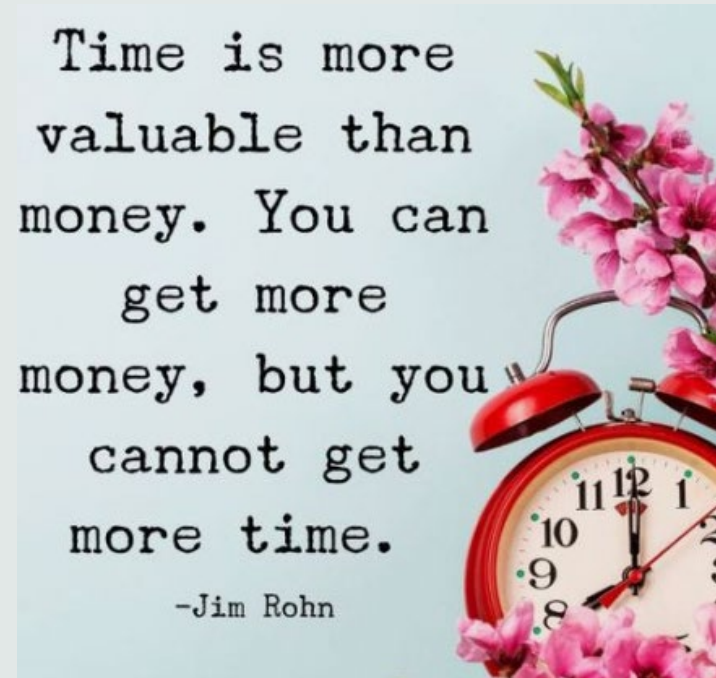
Emily's 12 things to remember when going through hard times...

People want to help you. Your fan club is WAY larger than you even know.



Emily's 12 things to remember when going through hard times...

People first, then money, then things. (Suze Orman)



Life insurance

Emily's 12 things to remember when going through hard times...

In the end, we only regret the chances we didn't take, the relationships we were afraid to have and the decisions we waited too long to make. (Unknown)



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in honor of my mom, Marlene Miller 1956-2022