



DO AND GROW

Joyful Next Chapter

Dorothy May Ross

Joyful Next Chapter

The question I always ask is, what is holding you back from changing the things in your life you don't like or are unsatisfied with? And the answer is always the same.

Fear, worry and uncertainty of what the future holds and who will be in the future waiting. Afraid of losing people that are a part of our everyday lives if they do anything different.

- First, we have to get rid of those limiting beliefs that we will lose those in our lives we care the most for,
- Second find out what the problem is, fear, hurt, forgiveness, or whatever the problem is, and own it in order to fit it.
- Third we have to focus on not staying in the problem but getting out as fast as we can. Tell yourself that you are not a victim and you are moving to the other side where your solution to the problem resides,
- Fourth, Please note, there will be times you have to trust others to help walk you through the process.
- Fifth, we have to get rid of those limiting beliefs that life is hard for you all the time and you can never do better than you already have.
- Last whatever the problem is, you have to take ownership of it in order to solve it. own it in order to fit it. Yes, life can be hard sometimes, but not all ways. It is through our hard times that we can truly know how to be grateful for what you already have. Now get up and start to taking steps to restore, renew and rebuilt yourself.



Do & Grow

Think On These Things

JANUARY

**If opportunity
doesn't knock,
build a door
Milton Berle**

FEBRUARY

**Life is too short
to get hung up
on the small
things**

MARCH

**It's okay to make
mistakes. Mistakes
are our teachers –
they help us to learn.
– John Bradshaw**

APRIL

**Everyone is NOT
replaceable...
watch how you
treat good people**

MAY

**As long as you are
breathing,
everything is
possible**

JUNE

**If you want to
succeed, focus on
changing
yourself**

JULY

**Be kind with
your words.
They matter**

AUGUST

**Make the rest of
your life the best
of your life**

SEPTEMBER

**Life is better
when your
laughing**

OCTOBER

**Failure doesn't
mean the game is
over, it means try
again**

NOVEMBER

**Be patient and
persistent in
pursuit of your
goals**

DECEMBER

**If you can
control your
mind you can
control your life**

Do & Grow



WHEN THINGS GO SOUTH YOU GO NORTH

There are simple steps that will invariably lay the foundation for your happy, joyful future.

You need to toss in a high dose of love for good measure, and hope for a full cup that overflows.

Look inside of you and see what it feels like when you say you want to be happy, how it feels to immerse yourself in selflove.

You can create from your creative thoughts the actions and outcomes. of what it feels like to be happy, fulfilled and free.



Day By Day Do & Grow

We do not need magic to transform our world. We carry all of the power we need inside ourselves already. J.K. Rowling

Write a brief description in each area each day!

It's normal to encounter some rough sailing as we move from one chapter to another. We make mistake, or we doubt our decision you're fine and you're going to be ok.

Write a brief description in each area each day!

Remember when one door closes, many other doors open. Keep an eye out for those open doors and the possibilities they present!

Write a brief description in each area each day!

Like yoga and meditation promote relaxation by relaxing your mind.

Write a brief description in each area each day!

Find new ways to be true to yourself, figuring out what you really want, and feeling comfortable in your new decision.

Your Day To Day Do & Grow

Practicing spiritual step are the key to stress release

Write a brief description in each area each day!

If you don't like the chapter your in , why not rewrite it. .

Write a brief description in each area each day!

The ideal of reading a book in order to be encourage is so that you can go on a journey to assessment your life and career for a better future .

Write a brief description in each area each day!

Every experience within your journey should grabs you and cause you to keep turning the pages because you want to see what happens next,

Write a brief description in each area each day!

A great journey will give you a great ending with great connection and no past hurts or negative people in sight.

Do & Grow

I'm Dreaming on a Good Report

I need you to try and do some things that make you happy. It could be singing, going to a show, going for a walk or drive, playing a game, cooking a new dish. Just for one day, do what makes you happy. Maybe even send yourself a card.



Do & Grow

I'm Dreaming on a Good Report

How do you want your story to end,
Once you can see the end now work
backwards and see the beginning.

Every decision along the way will be a lot
easier to make if you know the end goal
and what you are working to accomplish.



Do & Grow

I'm Dreaming on a Good Report

Warming up
to feel alive and to stay alive.

When was the last time you felt truly
alive?

Free of the constant thoughts cluttering
your mind.

Energized and excited about life.



Do & Grow

My attention is needed here

Yes to a brighter day, I have clarity as to how I now see my life. I'm kicking those old challenges to the curb.

I'm turning the page on a new adventure in my life.

- There's no more receiving unexpected cluttered, and chaotic mess in my life.
- I'm finding new friends, and I'm creative in how I thank money for being my friend too.
- I'm sending back all temporary setbacks away for a more positive, purposeful, and permanent outcome.
- I'm saying yes to controlling my own life, and I'm not going to let life and people overwhelm me.
- It makes me happy not to have to do this alone and to have someone to lean on when I need a friend and sister.

The small steps I'm taking allows me to make room for myself in my own life, and I'm designing my next chapter according to my desire.

Do & Grow

I'm Dreaming on a Good Report

There's nothing better than some me time with myself.

Unplug, ban all electronics, social media, email and phone calls for a set amount of time

Take Yourself Out To Lunch

Indulge yourself in a leisurely meal alone at a nice sit-down restaurant or favorite café.

Treat yourself take a minute to really savor yourself, do whatever strikes your fancy and enjoy every moment.



Do & Grow

My attention is needed here

You can achieve total victory and overcome fear and frustrations and Failure in your life.

- Know the source Of your problem.
- Accept what has happiness and breathe.
- Relax your body and feel and release the tensions.
- Don't waste time by thinking negative thoughts.
- Instead, think on good things and better times.
- Start believing in yourself and your hidden abilities.
- Get motivated to try something new.
- Tackle your problem with dedication and determination.
- Share your difficulties with trusted friends and family. they may have a solution to your problem.
- Take some time to read motivation Stories of the people who have achieved success in spite of the tough times in your life.
- Let prosperity surround you.



Do & Grow

Enjoy a variety of encouraging words

THE WAYS TO A HAPPY FUTURE, ARE THE FEELINGS OF JOY YOU CREATE IN EVERY PRESENT MOMENT

Happy are those who take life day by day, and complain very little, and are thankful for the little things in life,”own life and I'm designing my next chapter accoring to my own desire.

THE WAYS TO A HAPPY PRESENT ARE THE QUALITIES OF YOUR HAPPY FUTURE SELF

Though nobody can go back and make a new beginning... Anyone can start over and make a new ending.”

—Chico Xavie.

THIS IS WHAT AUTHENTIC, CREATIVE LIVING IS ALL ABOUT: GETTING IN TOUCH WITH HAPPINESS AT THE DEEPEST LEVEL OF YOUR BEING

Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us

AT THE LEVEL OF YOUR AWARENESS, YOU NEED TO RECALL AND REFRESH YOUR MEMORY TO THE LOVE & JOY THAT HAS BEEN GIVEN TO US.

It's important to remind ourselves that no matter how hard life is, we should never lose our love for life as it gives us the energy to keep moving on.



DO & GROW CHANGE IS GOOD

Here a happy reminder create a habit of love, and be presents as you keep negative thoughts on paper along side positive thoughts.

Climb your way out of every small situation that's not going your way. Bring heart and no judgment into your world, love and open your heart and receive spirituality and become so grateful that you see it no matter what.

Erase fear by not trusting in your own power and getting out of your way and let the power of God in. So many people need you and your love, so practice love it's a miracle in everyone's life.

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