

# Fuel Your Energy

## Choose Acceptance



When we are upset with our current circumstances, it is because our expectations have not been met. We have a subconscious habit of trying to fight reality or worse, continuously going into our past to blame for our current circumstances. We focus on the disappointment. We try to displace our frustrations through anger and blame. We numb out the negative feelings with coping go to's that go from enjoyment to bingeing or worse.

We are more lonely, stressed, and exhausted than ever before. Where does it end? With YOU.

What if the ultimate self-care starts with you choosing empowered, Truthful thoughts that fuel your energy, rather than depleting it? It is time to stop the habit of disempowering yourself, and depleting your energy, by arguing with what is or what was. It is time to accept your past and your current reality, and step fully into ownership, empowerment, and choice.

Acceptance doesn't mean that your past wounds vanish or that you don't make changes to your life. Acceptance allows you to free up your energy so that you can dig deep into your well of strength in order to make those empowered choices.

*"Acceptance puts you in harmony with self and acts as a springboard to useful action."*

— Gay Hendricks

*"Grant me the Serenity to Accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference."* — Reinhold Niebuhr

**I give myself permission to accept the following:**

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***I am proud of myself for accepting what I cannot change.  
(\*Validate yourself for this work. This is a massive act of self love.)***