

Where Would You Rather Spend Your Time?

In every moment...

There's something rewarding you could be studying,

or

There's something related to your goals you could be doing,

or,

There's someone among family & friends you could be connecting with.

or,

There's something fun or relaxing you could be doing.

When the people around you are getting lost in drama, ask yourself "Is my investment in this drama more rewarding to me than what I can learn, what I can create, what I can enjoy, and who I can love in this moment?"

If the answer is "yes", congratulations. You've found your passion. Enjoy the drama without apology or complaint.

If the answer is "no", congratulations. By honestly answering this question, you've made the first step towards taking your power back from the energy vampires in your life.