Universe: Trust in the universe. See and accept Divine perfection at work in every situation. Let go, knowing that we live in a benevolent universe, and you're always taken care of.

Soul: Listen to your soul. Live aligned with your Highest Truth, honoring your inner guidance. Be self-referral rather than outer-referral.

Heart: Live with an open heart. Lovingly practice gratitude, forgiveness, compassion and kindness. Give and receive in joy and balance.

Energy: Choose where you put your energy and attention. Consciously direct your thoughts, words, feelings, and actions towards what you want to expand in your life. Favor what supports a miraculous life.

Responsibility: Take responsibility for your life. Be a victor, not a victim. Replace blaming, shaming, and complaining with embracing your power.

From Happy for no reason training with Marci Shimoff