



~ Dr. Sheryl L.W. Barnes

THE TOP 3 MYTHS

THAT KEEP YOU FROM ENJOYING
YOUR AMAZING LIFE!TM

Dr. Sheryl L.W. Barnes, CEO & Life Coach
"REDESIGN YOUR LIFE ■ MAKE IT AMAZING!"

MYTH # 1

"My LIFE will be AMAZING as soon as I accomplish _____."

Go ahead. Tell the truth and fill in the blank with what you THINK will somehow, magically, make your life amazing once you count it among your accomplishments. What is it for YOU? Getting a college degree? Buying a home? Having a baby? Getting married? Losing ten pounds? No matter what the particular accomplishment is, the truth is that 'yes' it will feel wonderful but it won't necessarily make your life amazing. An AMAZING Life is a simpler, more subtle, sweeter *'surrendering'* to the divine reality that **you are already enough**. Right here. Right now. As you begin to accept yourself, like yourself, love yourself and agree with God that you are indeed "**fearfully and wonderfully made**" your life will gradually become more and more amazing.

MYTH # 2

"My LIFE will be AMAZING as soon as _____ apologizes to me."

While it REALLY might make you feel better if the person(s) who hurt, offended, betrayed, diminished, dishonored or in any way 'wronged' you would just take responsibility for the pain and **apologize** – the truth is, you should not 'bank on it' any longer. I am not proud of the fact that it took me about three years to get over something hurtful (and I was a mature adult, active in my ministry when it occurred!). I prayed until I felt the hurt subside. Please don't think that I'm suggesting you "pretend" it never happened. I'm saying, give yourself permission to move on in spite of the hurt and without an apology that may never come.

MYTH # 3

"My LIFE will be AMAZING as soon as I earn \$ _____."

Name the amount! \$ 100 per hour; \$ 500 per hour or a cool Million this quarter! YES, **you will** be able to do certain things: perhaps travel; give more to those you love; or donate to causes you deeply believe in - but don't allow the lack of a specific dollar amount prevent you from having great experiences and spending memorable, quality time with people you love or even donating time, talents and energy to causes you believe in. Absolutely earn all you are worth but don't confuse money with fulfillment. Endeavor to enjoy BOTH by enjoying whatever you have right now!