

5 THINGS TO ASK YOURSELF WHEN LIFE STINKS?

by Rayna Neises, CPLC



Finding HOPE in the middle of a stinky season of life can be very challenging. I found that in the stinkiest seasons of life there were a few things I could ask myself that helped me to find hope even when things didn't change. Take the time to think about these questions and REMEMBER who you are and then live it out NOW!

1 WHAT DO YOU LOVE TO DO?

When you are in a stinky season of life you often live in survival mode and forget what you love to do. From playing a sport to sewing we often forget to allow ourselves time to enjoy what we love. Now go do more of it!



2 WHAT MAKES YOU LAUGH?

Scripture and science are in agreement, laughter is good for the soul. "A joyful heart is good medicine, but a crushed spirit dries up the bones." Proverbs 17:22 Find things that make you laugh. Laugh long and often.



3 WHO DO YOU LIKE TO BE AROUND?

There are people in your life that offer encouragement and love no matter the season. Take time to hang with them!



4 WHAT ARE YOU THANKFUL FOR?

Take the time to record 3 things each day you are thankful for, it will change your perspective. Not only will it grow your relationship with the Lord, brain research shows that we see more of what we look for. So thinking for the good helps us to see all the good that is really right there in front of us, even during this stinky season.



5 WHAT ACT OF KINDNESS CAN YOU DO FOR SOMEONE?

Even during the most difficult times in life we can reach out with the love of Christ to others. "Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart." Proverbs 3:3 Seeing the joy in others will also lift your spirits and encourage your heart!



I am Rayna Neises, a Certified Professional Life Coach who specializes in working with Christian women who need to discover clarity, peace and hope when life stinks! I frequently lead Book Chats, write blogs and offer hope on social media. Thank you for connecting and I look forward to getting to know you!

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coaching
HOPE FOR WHEN LIFE STINKS