

Discover **YOUR BEST**
At Any Age

Dr. Jessica

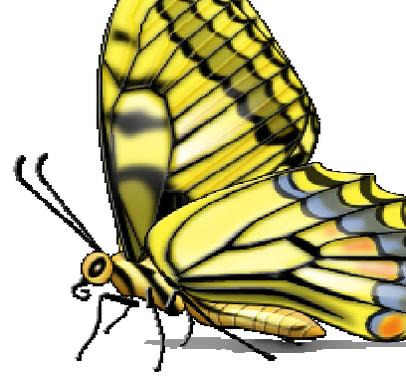
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**Discover Your Best
Through Mind,
Body, and
Spiritual
Awareness**



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****Some content adapted from Discover Yourself: A
Personal Development Workbook***

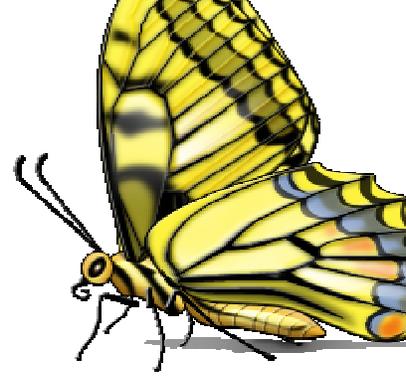
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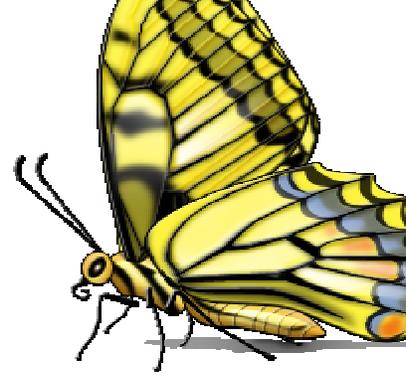
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Introduction

This e-book is compiled from the blogs I wrote on my website this year. Content from this e-book will be included in my new book called, *Discover Your Best At Any Age* (May 2010, amazon.com).

This short e-book is holistic in nature and applies traditional and non-traditional schools of thoughts and methodologies that peoples of all ages, can utilize and apply to their lives on a daily basis. This e-book positions one on a path to see, be, and encompass the loving energies that exist in the universe and become committed to enduring life's challenges with patience and at the same time enjoying the good and the chronicles of life.

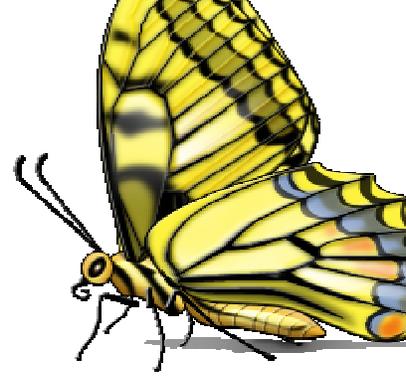
I hope this e-book helps to enlighten you as you continue to journey throughout life.

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Create An Inner Space of Love

One must not measure a man only by his character, but his inner state of love. Love is an overwhelming influence that fluctuates from time to time in the knowing that all is good, all is love.

So what does love really mean? This can be perceived as a complex question, but really, it's not.

Love is all around you and within you. It exists in flowers, trees, plants, animals, stars, moon, etc. Love is a universal force that binds all people together to some common good and allows one to freely express who they are and what they came here to become without judgment or prejudice. Love is an antidote to all common ailments and universal maladies. You experience love to become who you truly want to become. We all have the power to be and experience love. It is within you. Love is you and I, experiencing greatness and misfortunes.

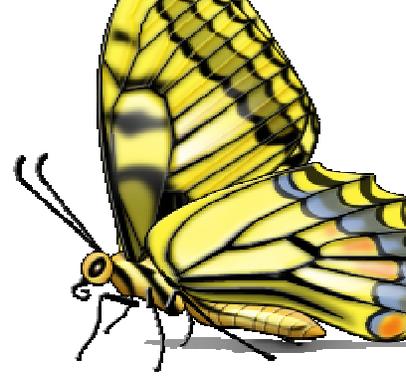
Love is the key that sustains all life responsibility. Love is succinctly related to the elemental force and integrates knowledge with eternal wisdom eliminating all woes. Love is a powerful force that transcends between women and men, nation to nation, ally to ally, realizing that existence is a state of temporary being with holes and fallacies that exists between humans encouraging an epidemic of

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greatness and woes between each and every one of us.

It is man's purpose to truly find the love inside of him that transcends through time and space, allowing a true evolutionary process to arise. It is a reinstatement of principles that lies deep inside us, that we must follow and abide by.

How do you create an inner space of love?

Think about how do you carry and manifest love. Is love apart of your everyday life? Do you speak out of love? Are you attracting loving relationships?

Express love to others as you go through your daily life even to people who you may dislike. I tell my daughter you don't have to like anyone but it is important to love everyone. As a result of different peoples personalities, different ways of doing things, you come across people who you simple don't like and who simple don't like you. So, you may choose not to associate with certain people or engage in conversation or interactions.

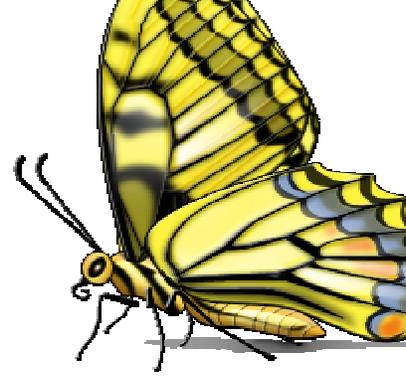
This is perfectly normal because we are all made so uniquely with varying viewpoints and ideas that can be

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naturally conflicting as well as synergetic. You may not like what a person is doing; however, you love the spiritual laws that bind you and these individuals and the likeness of man that connects you to every human being. Although you may choose not to like someone or not like what someone does, you love the connection that brings all souls into a unified form of simply love.

Make sure you send loving energies to everyone or thing you come in contact with or before you talk to and interact with others. As you know, everyone is love and you want to bring out the loving energies in you and others as well no matter what behaviors are manifesting.

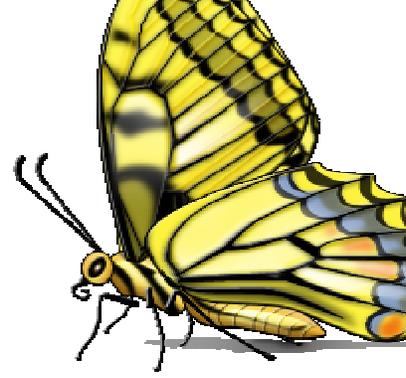
Have a sense of unconditional love for yourself and others. This does not mean that you allow someone to take advantage of you, but you realize your spiritual connection to each and every person. It is your responsibility to follow principles showing kindness, integrity, respect and forgiveness to others as we walk our paths.

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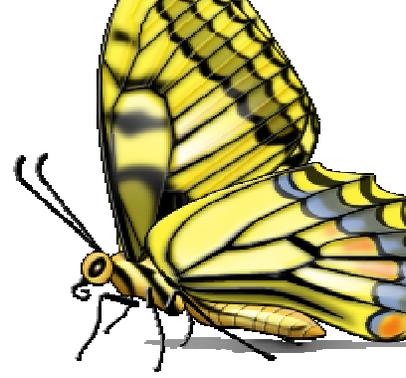
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You can discover your best by finding the love inside of you that transcends through time and space, allowing a true evolutionary process to arise.



Discover Your Best

Developing and nurturing yourself is extremely important in your life. As a result of emotions such as depression, greed, sadness, etc., people may behave in a way that is not consistent with one's true self. This can get you off balance and you begin to neglect some parts of yourself. Thus, it is important to take a look inside to determine how you can continue to grow by increasing your self-awareness, forming healthy habits and becoming more focused.

According to the workbook, Discover Yourself: A Personal Development Workbook, there are various interrelated components that represent one's whole self. If you focus on developing yourself in these components, you will become more centered, focused and aware of your strengths, potential strengths, and areas that need improvement. These components include:

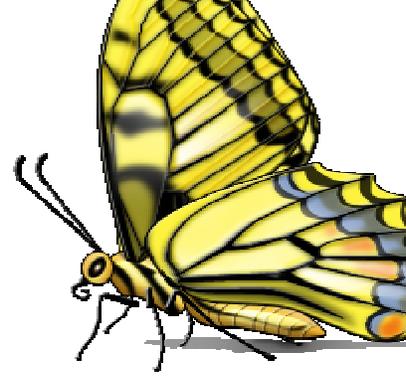
- Spirituality: Getting in tune to your inner self
- Emotions: Managing Your Emotions
- Physical Body: Taking Care of Your Physical Body

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- Social Interactions: Effectively Communicating with Others
- Mental Aspirations: Engaging Your Passion

Remember, these components are interrelated, so at times, the discussions in each section overlap.

Spirituality: Get in-tuned to your inner self

In my view, spirituality is defined as ones connection to source. It is ones journey within that helps you connect to your inner self (2006, Dr. Jessica). Throughout your life, it is essential to focus inward to establish who you are and where you are going. When you take time to reflect and focus inward, it gives you the opportunity to concentrate on things that are happening in your life.

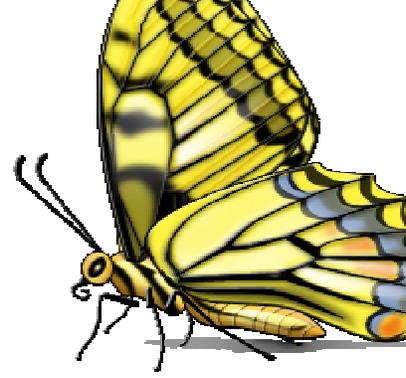
To help you focus, you should establish one or more daily rituals such as prayer, meditation, yoga, visualizations, listening to calm relaxing music, etc. By doing this, you will become more in touch with your emotions, improve communications, know your life's purpose and treat your body with kindness because you will be more focused. Dedicate a specific time each day to incorporate one or more of these actions

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into your daily life. This will help you get focused and centered. Start gradually and begin to increase the amount of time you spend engaging in one or more of this activities.

Practice Gratitude

Showing and being of gratitude should be practiced everyday. Everyday, focus on what you are grateful for, especially in a time of distress. Often times, we focus more on what we need and desire, and take little time focusing on basic and material things or even our accomplishments. Millions of people throughout the world don't have essentials (food, shelter, water) needed to survive. On this note, we should always be in a state of gratitude. Ones life is filled with ups and downs, highs and lows. It is important that we manage these situations carefully by reflecting, identifying lessons learned and being of gratitude.

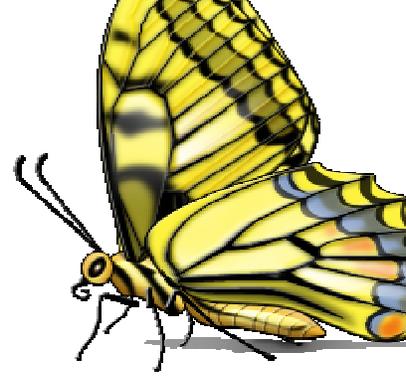
I had a client who had had not excelled to the level she intended to excel to at a certain point in her life, as a result of some past mistakes she made. She made accomplishments, but not every accomplishment she set, she achieved such as finishing college and owning her own business. As a result, she was unable to see all

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of the accomplishments she made in her life because her focus was on lack, what she didn't have and what she could have had (remember, energy follows thought). This caused stress on her physical body. Every time she would talk about it, she would feel sick and tired. She also developed negative mind chatter and was unable to focus on the good that had or was occurring in her life. She just got to a point, where she also had negative mind chatter about other people around her; she focused on what they lacked as well.

Sounds like someone you know? She was just angry and stuck in bitterness about the main perception she created about herself, a failure. However, through further introspection and a different way of viewing herself, her perceptions of herself could have been completely different.

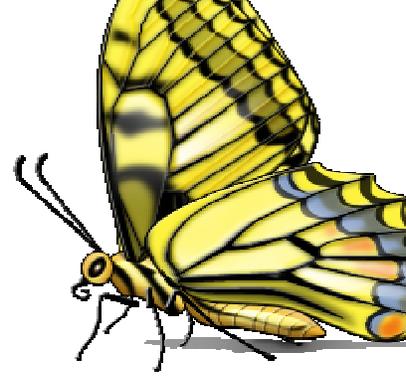
What should she have done differently? She should have focused her thoughts on what she had accomplished in life and what she was grateful for. After talking to her, she had accomplished a lot of things. She also should have been looking forward to the process or steps she was taking to move to another level in life. She should have been reflecting on what she learned from her previous mistakes. How is this

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making her a better person at this time? How can she move forward with her life? Remember, focusing on lack, leads to lack and limitations.

Every day you should think about one or more things that you are grateful for such as family, friends, home, water, and the list goes on and on. This is especially important as people live in turbulent times, often times with uncertainty. This helps you focus on what you have and aspire to be. Remember, energy follows thought.

Moreover, know that you are an imperfect being, in an imperfect world, actively striving for love and enlightenment.

Emotions: Manage your emotions

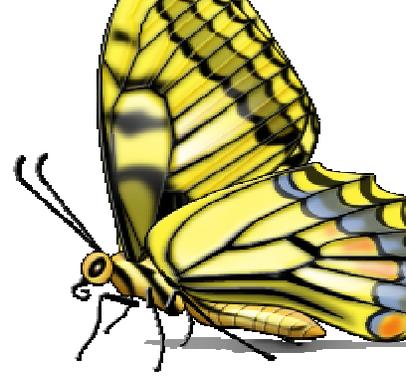
People experience a myriad of emotions throughout their life. One's emotions range from surprise, disgust, sadness, happiness, anger and fear. These emotions allow you to experience life and grow. As a result, you learn something about yourself and others around you which help you formulate beliefs and convictions that you have about people and things.

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Examine Your Past

One's past experiences and perceptions create one's current realities. Make sure you are aware of the feelings associated with your past and general assumptions that you have about things. Being aware of your past and current pains (e.g., fears, insecurities, rejections) can be frightening. When people keep things inside (hidden away) it often leads to addictions, compulsions, fixations and/or obsessions. Accept yourself as you are; remind yourself that humans are not perfect.

Examine your past and your feelings associated with the past. Determine, how is this impacting you currently, what beliefs have you formed? Are these healthy beliefs/feelings/thoughts? One exercise you can do to get rid of current or past pains is to:

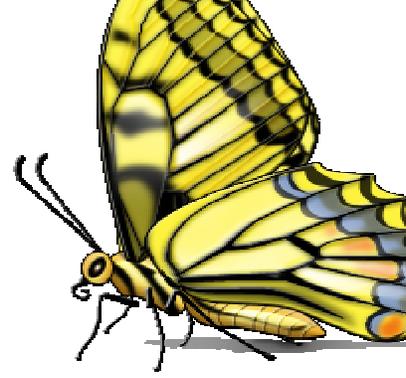
- Determine the origin (not the symptoms) of pain/discomfort
- Examine your beliefs that you developed as a result of this experience; what are some assumptions you created about this?
- Determine how you can help others based on what you learned from this experience

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- Develop specific steps that you can take to change this belief or attitude

Focus Your Thoughts

People have many emotions that impact their relationships. Remember, you are not your emotions, they are just apart of you; a living soul aspiring for greatness. Channel them and don't let them overthrow you. You can do this by focusing your thoughts. When you focus your thoughts, you eliminate unnecessary mind chatter. If you have an undesirable thought or unwanted mind chatter, immediately replace the undesirable thoughts with something else. This process takes time and practice.

Create Affirmations

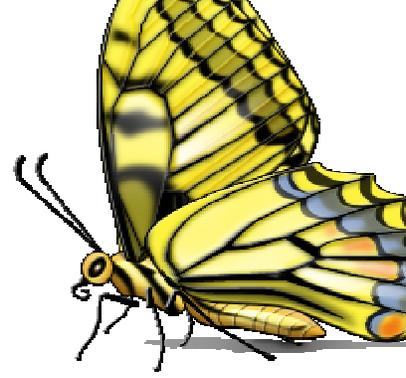
Develop and say affirmations daily, with intention (intention is emotionally having the intent to do or say something; having passion about something, visualizing, and seeing your intention being carried out). Every word you say or speak is an affirmation. So, when you say things over and over that are limiting or negative (for example, I am sick and tired of this job), you are forming a belief in your subconscious that is probably impacting your life in some way or another.

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When you say things, on a regular basis, eventually, your subconscious mind will see this or accept this as the truth. Thus, make sure you think, act, talk, and sing, in an affirmative way. Also, create an environment that reflects you, your thoughts and behavior. For example, you can limit your intake of misfortunate and sometimes misleading information by limiting your intake of news, negative people and negative environments. Create a positive space within yourself and your environment.

Physical Body: Take care of your physical body

The physical body houses the spirit and inside your physical body are your emotions. Your physical body will remain with you throughout your life on Earth. As a result, loving, respecting, taking care of and accepting the physical body is important in your development. Thus, selecting healthy food options, exercising regularly, managing your stress levels, and getting adequate sleep each night (at least 6-9 hours each night) is imperative as you journey throughout life.

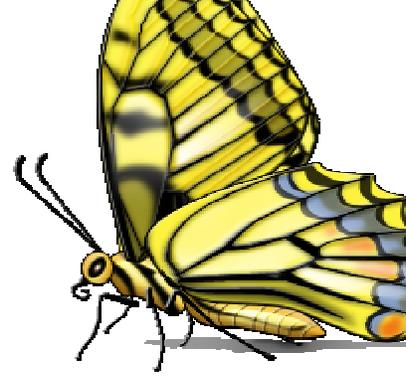
Your physical body needs to be in good working order as you carryout your daily life activities. Limited care

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could lead to illness, feeling tired and not energized, etc. People may not take care of their bodies as a result of lack of knowledge on how to properly take care of their body, emotional and social drainage and feeling that they don't have enough time.

Make sure you plan into your weekly activities specific exercises that you can do so you can get the most out of your body and properly plan meals so that your diet consist of more fresh, whole foods and less processed, toxic foods.

Stress is a normal active part of ones life; everyone experiences stress during varying times throughout life. Learn how to manage stress as you interact with people within your life. Know how to deal with or clear up issues at a discomfort level before it becomes a crisis. Here are some stress management tips that may be helpful:

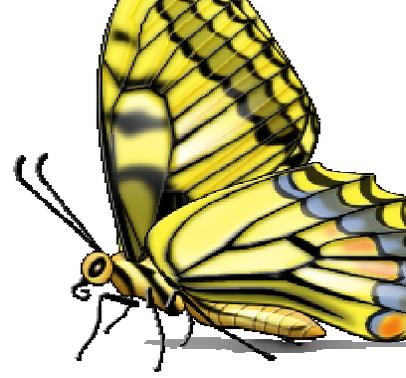
- Accept the reality of frustration and discomfort. Know that things will not go as planned at times
- Get as much enjoyment out of life as you can now. Enjoy your present moment and look forward to the future

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- Postpone pleasures that may cause long-term pain/agonny. For example, you may want to drink more alcohol but you restrict your intake; instead focus on the real issues that cause you to over-indulge
- Be aware and open that change occurs constantly. As things change in your life, take a reasonable amount of time to regroup -- modify your plans and behaviors. Change is inevitable

Social Interactions: Effectively communicate with others

Social interactions occur from the time a person is born until death. Overtime, these interactions shape behavior. Social interactions with others are an important part of human development. Nevertheless, relationships can sometimes be threatened by individuals' psychological problems, selfishness, political and economic inequalities. This may cause conflict.

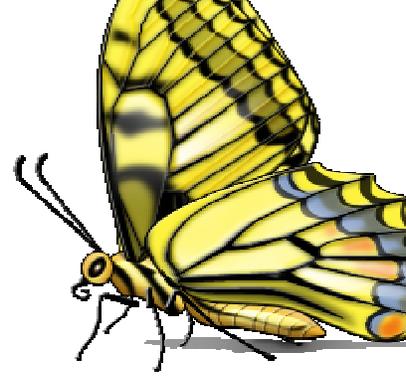
Listen actively to people as they speak, showing sincerity and genuine interest. Communicate your feelings; sometimes people may need to take a deep breath if in a conflicting situation before they respond

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and focus on how to solve and issue rather than focus the problem itself. Make sure you acknowledge the good that's going on. Recognize that people are simply inherently different. You can't change someone else, but you can change your views, perceptions and how you manage yourself. People have different ways of doing things, different perspectives as a result of varying generations, cultures, communities, gender and so on.

Because many people are expanding their communication circles, workplaces are more diverse with varying generations, it is essential to make sure you send off clear and concise messages to others during your interactions. When communicating with others, make sure you are:

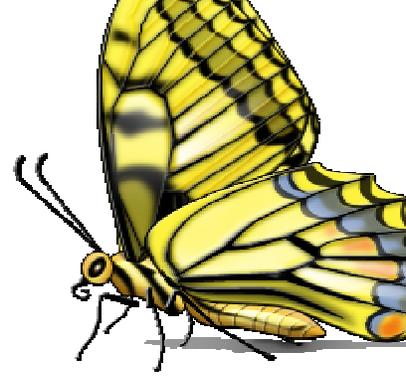
- Communicating your thoughts and feelings in a non confrontational manner
- Communicating with integrity, compassion and love
- Showing you have a genuine interest for others even though you may not agree with them

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- Acknowledging your strengths and limitations
- Being aware and respectful of others differences
- Showing positive body language; you should smile, make eye contact, and manage your moods

Mental Aspirations: Engage your passion

Be clear about what you are passionate about and make sure you are actively pursuing that passion by engaging in activities related to that passion (at work or outside of work). You may want to sit down and reflect to see if you are actively engaging in activities that are directly linked to your passion/mission in life. Ask yourself, what is my divine purpose in life? Am I engaged in activities relating to this? What steps do I need to make to actively pursue this purpose?

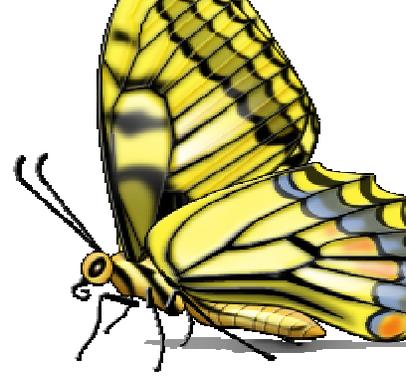
Each individual controls the directions he or she takes in life. The decisions you make today will have an impact on your entire life. In essence, you are the only one who can save you! Often times, we look outside ourselves for someone to save us, but change begins with you!

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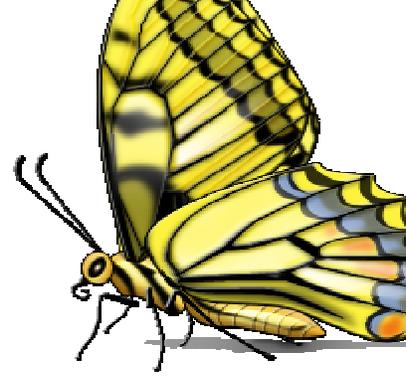
Overall, discovering your best requires will, determination and patience. Within each component, there are areas that you are strong in and areas you need developmental work. Determine your developmental areas and map out a plan or strategy for how you want to continue to develop in this area. Also, determine your strengths, and think about how can you increase these strengths or continue to develop.

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Letting Go of the Past, Moving into the Future

Letting go is a time of self discovery, when you find out something about yourself and others as well. Letting go is also an opportunity to walk a different path in life and really appreciate what you have learned and gained throughout your journey as you move into the future.

One question some people may ask is, how to let go of the past, and gracefully move into the future? This process is definitely easier said than done. Letting go of past hurts, wounds, or even mistakes can often times be confounding, limiting, or even devastating. It could possibly bring up old baggage that you have had for a long time and old hurt.

Letting go of the past is first about letting go of whatever involvement you had in the situation. So, forgiving yourself first; even if you didn't cause the indiscretion; nevertheless, you were involved.

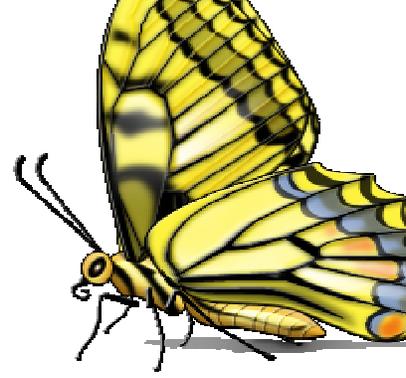
Determine what you learned from the situation, and how has this molded you as an individual. The second part of letting go is forgiving the other person(s) involved. At this time, you let go of whatever anger or disappointment that you may have conjured up for that person(s) or incident.

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Visualize yourself letting go or forgiving the other person of the past indiscretions. Visualize yourself being free from any anger or hurt and send loving feelings, vibrations to the other person. You also can eliminate or reduce any negative self-talk you may have about this person or situation and replacing it with affirmative thoughts and energy.

Talk to the other person(s) involved. Let them know what you are feeling or thinking, in an emotional intelligent way. Determine what went wrong. Were there differences in perceptions or personalities or maybe even a misunderstanding? Always remember, you can only change or control yourself, not others. And of course, reevaluate your relationship(s). Is this someone, I want to maintain a close relationship with?

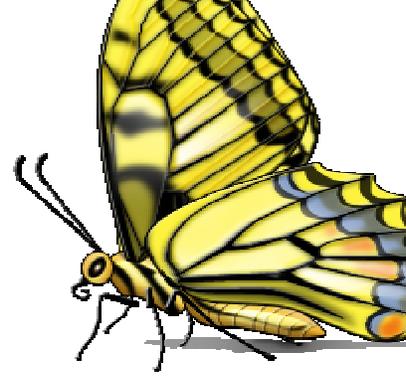
What are the consequences of holding in to past wounds, hurts or disappointments? This could causes emotional, social, and physical disturbances. Once you have recognized these feelings, determine what are your next steps? Determine what you need to do to successfully move on.

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Effectively Managing in a Crisis

Are you experiencing stress? Has the economy got you down? Are you facing unexpected crisis and not clear about how you will manage? Currently, all across America, people are experiencing things or seeing things they never thought might happen to them or the people they love. Many people in America are experiencing things that millions of people around the world have been experiencing for years: poverty, limited job opportunities and insufficient resources.

As a result of these happenings, people lose the ability to focus on what they know works and sometimes develop a perceived inability to cope with stress. Stress is a normal active part of one's life. What do you feel you can do to minimize or avoid stress? Here are some suggestions.

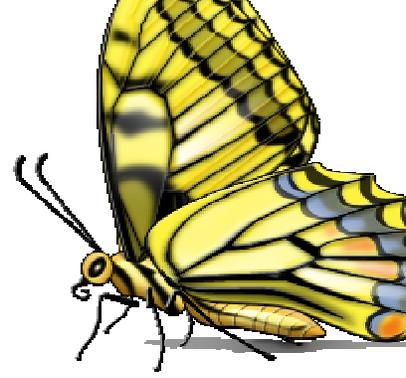
First, develop a warrior mindset. A warrior is a person who may be experiencing hardship and realizes that the hardship that they may face is only a temporary state. A warrior has endurance and focuses on what she has and what she aims to be. Having a warrior mindset helps an individual prosper through a seemingly unbearable situation.

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Second, take time daily to self-reflect by meditating or relaxing your mind and body for five to ten minutes. Ask yourself questions such as 'What is my divine purpose in life?', 'What do I need to learn from this situation?'

Make sure you take three to five deep breaths before this process and just relax.

Third, as we transition we need to make sure our mind, bodies and spirit is working at optimal levels.

Diet. Be cognizant of the foods that you put into your body. You don't have to perfect your diet, however, it is important to take a regular look at the foods you put into your body and ask yourself, is this providing the nutrients my body needs to stay healthy and active? What changes do I need to make? What foods do I need to decrease or increase in my daily diet? How can I incorporate foods that give me the most energy and the most nutrients? How can I reduce eating foods that really taste good, but are not healthy for me?

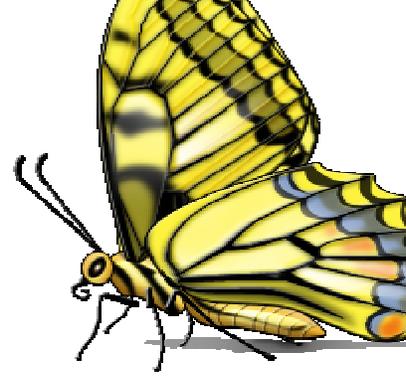
Express Gratitude. In the midst of stress, when you are first having that feeling or inclination of stress, determine what you are grateful for. Say one or more thing(s) that you are grateful for each day. Let someone at work, or at home know what you appreciate about them.

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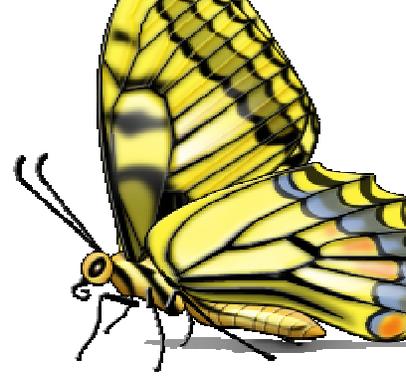


Develop and say affirmations daily, with intention. Every word you say or speak is an affirmation. Think in a more affirmative way. Limit your intake of misfortunate and sometimes misleading information by limiting your intake of news, negative people and negative environments. Create a positive space within yourself and your environment. Focus on strategies to solve a problem instead of focusing on what is bad. For example, instead of focusing on the fact that you or someone may be unemployed, focus on creative ways to find job opportunities; determine, how can you use your talents. Matter chatter about lacking something or someone infuses limitations in your thoughts and eventually your experiences.

Fourth, know the facts. There is always someone in a worst situation than you are. If you are practicing self-pity then look around you. Instead of focusing on what you don't have, go out and help someone else, who may be in more need than you.

Each individual controls the directions he takes in his life. The decisions you make today will have an impact on your entire life. In essence, you are the only one who can save you! Often times, we look outside ourselves for someone to save us, but change begins with you!

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I hope you enjoyed this tool. For additional free resources and guidance on discovering you best at any age go to <http://www.thecenterfordiscovery.net>. I look forward to working with you in the future.

About the Author: Dr. Jessica is an Organizational Psychologist who offers various training and coaching services designed to enhance youth and adults mind, body and spirit self-awareness.

To purchase Dr; Jessica's workbook called, *Discover Yourself: A Personal Development Workbook*, go to <http://www.thecenterfordiscovery.net>

Look out for Dr. Jessica's new book coming May 2010, on Amazon.com