

A “fresh” philosophy to living your best life.



By LaChelle Adkins

Awareness

Are you feeling overwhelmed? Are you stressed? Do you feel like everyday is a emotional roller coaster? Do you lack motivation and work just to “survive” another day? Even with all those issues it is possible to turn your situation around. It involves working on transforming your mindset and you will see results in your everyday life. The way we think controls how we act and respond so we have the power to change our results by working on how we think.

Seek help

Are you not dreaming because you believe that it won’t be accomplished? You may feel that way but if you keep on the path you are on how are you going to get the results you desire? One of

the lessons I learned through my 3 hospitalizations was that I needed to be proactive about my own mental health. I silenced my voice, worked to please others and didn't consider asking for help. That action led to my struggle with losing my identity and giving away my power to others.

Have a strategy

After three hospitalizations, I had to be honest and search within to determine why was this happening? I began to ask deeper questions like what is the pattern? What feelings occur before certain actions? What am I thinking? How can I get my life under control? What would I like to accomplish? What is my definition of a wife, mother, First Lady, officer's wife and life coach. I realized at that time that those definitions were defined by others and I just followed without question. I left the most important part out of the equation- my voice. It was at that point that I implemented the "Fresh" start strategy.

- **Fear as fuel**

- We all have the defense mechanism of fight or flight in order to protect ourselves in the presence of danger. The problem is that we allow it to control us instead of us controlling it for our survival.

- In a lot of ways we allow it to kill our dreams, relationships, opportunities because it is often disguised as self-doubt, perfectionism and limiting beliefs. In this step I learned to use fear as fuel or a guide. If I wanted to pursue something whatever I was afraid of - that become my curriculum for research. I jumped feet first in the ocean of self discovery and found so many people waiting to help me.

- I was shocked to see that the more I admitted what I didn't know the more people were willing to help me.

- **Reframe your past**

- **NEWS FLASH:** everyone has a past! Everyone has a story. The key is that we have the power to tell the story the way that we desire. Who are you? Where are you going? What resources do you have to get there?
 - I decided that a mother of 15 who was hospitalized for depression and stress was not the end of MY story. I **chose** to have a story about overcoming depression. I **chose** to add value and use my experience to help prevent other women from making the mistakes I

made. I **chose** to create programs and strategies to convey core principles to living a fulfilled life.

- **Envision your accomplishments**

- Take the time to listen to your heart. What do you desire? What does your ideal day look like? What are your goals? I had experienced a time where I could not answer any of those questions. I was stuck in a routine of doing for others and did not have any insight of my own desires.
- I had to take a pause from tv, social media and toxic people to determine what my own voice was. I recommend doing a vision board so that you can visualize what your goals and aspirations are. I do this regularly with my children and I suggest making it a screen saver for your phone.
- Doing a board helps you dream with no limits. It allows you to have hope and take baby steps to making those dreams a reality. There is also an element of accountability that moves you forward daily.

- **Support**

- The issues many encounter with depression are not quick fixes. Often times, they are rooted in self doubt and limiting beliefs. With that being said, it takes time to change our mindset which changes our behavior. I found it extremely important to create a support system in place to help me on this journey. It is hard and can be emotionally draining but it is worth it for the transformation that occurs. However, success is achieved with having the right people in your corner. I had coaches, mentors, family and NEW friends who shared the belief that I could become the person I was striving to be. This is pivotal because your past can play in your head like a broken record so it is important to combat that with new data, new voices, new affirmations and new routines .

- **Healing**

Be patient with yourself. In my case I had to remember that I was 46 years old so the layers of work would not change overnight. I also had to foresight to realize that my family and friends were victims in their own way and they needed healing also. It was in this process that I learned that it was not about me. I learned that obstacles occur in every one's life yet our power is in our ability to control what we say and what we do. So just as I realize that I give my grace to myself I CHOOSE to give grace and patience to others.

Next step

Think about where you are.

Are you happy most days? Do you feel overwhelmed? Do you blame others for your outcomes? Is your worth tied to rewards or recognition? Are you fearful of being judged by others? Do you have racing thoughts? Do you envy others? Do you criticize everything? My first question is how is that approach working for you? Is it helping you live the life of your dreams and accomplish your goals? The next question is when are you going to do something about it?

I had to realize that I had a choice to change my situation and the only thing stopping my progress was me. I had to face the truth about how my thoughts, lack of decision making, and distractions kept me from living my best life. The hard truth was that it was Me that allowed this unsuccessful pattern to continue.

Get started today

In my case, I was 46 years when I realized who I truly was and what I have to offer my husband, children, family, clients and the world. I challenge you to take action today because life is so much sweeter when you are truly fulfilled.

Schedule a call today ([Website](#)) if you believe that I can assist you on that journey.

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Remember: Be the best You because there is no substitute!