

"Are You In Your G.R.O.O.V.E.?"

"Too many of us are hung up on what we don't have, can't have, or won't ever have. We spend too much energy being down, when we could use that same energy -- if not less of it -- doing, or at least trying to do, some of the things we really want to do." Terry McMillian, from Disappearing Acts

1. Do you know what you're passionate about now? Personally? Professionally?
2. Are you able to express your passions at work (in your vocational life)?
3. Are you able to express your passions/use your gifts in your daily /personal life? (if not can you identify barriers)
4. Do you on most days feel like an amazing, desirable, and inspiring person?
5. Can you name at least 5 of your own unique gifts and talents? (name them)
6. Do you feel like you're living the life you were designed to live?
7. Do you regularly (at least weekly) experience moments of pure joy?
8. When you look in the mirror are you content (happy) with the person being reflected back to you?
9. Do you have at least 30 minutes of 'you time' built into your daily schedule?
10. And do you have the supports you need formal (coaches, mentors, counselors) and informal (friends, family members, coworkers, peers)?

If you had trouble answering these questions or answered no to 3 or more questions it might be time for you to 'get your GROOVE' back.

You're in your GROOVE when you're living a life where you feel like (most of the time) that you feel: G: Gorgeous, R: Radiant, O: Optimistic, O: Optimized, V: Vibrant , E: Empowered.

Karen Crawford Simms, LMFT, LMHC
Meridian K Consulting & Counseling Services
karen@meridianconsulting.com
317.777.0764 or 317.610.0767