

Evaluate and Adjust

Bring Your Life Into Focus



Audio Action Guide

Dr. Elona Sanders

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Evaluate and Adjust

by Dr. Elona Sanders - Blog Post



Here we are in what is typically called **Halftime!** We have already breezed through the first six months of this year. In the US, we are in the summer months and during Summer, it's a

time to vacation, relax, and take it easy. But, for so many people who are on a mission, this is the ideal time to do some serious evaluating.

The famous Author, Anaïs Nin once said, "***Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death.***"

The definition of evaluating means: **To judge or determine the worth, significance, quality, or the value of something.**

This is the perfect time to evaluate where you are on your journey of becoming and make any adjustments you deem necessary. As stated above. One of the problems so many people run into is that they pick a "**reality**" or "**state of being**" and try to stay there forever. You are meant to **grow, evolve, and emerge into your best SELF!**

Dr. Phil once said, "***Sometimes the relationship you need to rescue is the one you have with yourself.***" So the question today is: How comfortable have you become in your present state of being? And, what adjustments are necessary?

I know that you have already settled the fact that you have the power and the authority to change anything you are not satisfied with. Take the time **NOW** to evaluate what is valuable to you. What's worth your time and investments.

What relationships need adjusting. As Dr. Phil stated, sometimes it's the relationship you have with yourself that needs it the most! Consider the following:

- **Are you used to letting yourself off the hook?**
- **Are you trapped in the incessant chatter in your head?**
- **Are you a chronic procrastinator?**
- **Are you overly judgmental and critical of yourself?**

Do yourself a huge favor and don't waste precious time and energy judging yourself or comparing you to others. Be kind, gentle, and considerate to you. Keep this in mind when you start the evaluating process.

You are on a journey of becoming... **AND YOUR BEST SELF IS EMERGING EVERY DAY!** Don't waste time on things that are not in your control. And last but not least, set realistic goals and hold yourself accountable.

Comprehensive Action Guide

***The Race Is Not Given To The Swift, Neither The Battle To The Strong...
But To Him That Endures Until The End! ~ The Bible***

As stated above, everyone of us has embarked on the amazing journey of becoming. Your God-Self is emerging every day. You are meant to have a great impact. Let's unpack this and take a closer look at the definition of evaluate:

To judge or determine the worth, significance, quality, or the value of something.

This would include people, communities, careers, relationships, etc. It is of vital important that you take the time now to evaluate and make any necessary adjustments. Remember there is a difference between being **judgmental or critical** of yourself vs. the art of **evaluating**. Judging can have a very negative connotation, such as feelings of: "Woe it's me! What's wrong with Me? Why can't I? Everyone else can... I'll never make it..." and on and on. This type of thinking produces a **VICTIM MENTALITY!** while evaluating flows from a **POSITION OF POWER!**

When I speak of self, notice it is with a capital **S** or in all caps, meaning your **GOD-SELF**! That is the part of you that is **all knowing, all powerful, full of unlimited potential and creative power**! Your **GOD-SELF** is seeking to **emerge in full expression**. That is the part of you that is just like God! As He is above, so are we, here now!

We have been created with a dominion mandate. Now is the time to learn how to flow out of what I call, **"Your Rich Inner Life of the Kingdom of God within"**!

The word **emerge** means:

To rise or come forth. To come into existence. To rise as from an unfortunate state or condition.

When I think of the process of emergence in a spiritual sense, there is no confusion or struggle. Your **GOD-SELF** will emerge through:

- Calmness Balance Rest/Relaxation

With emergence, there is a sense that you are flowing out of your divine nature. Your best qualities are emerging and you are imparting that to the world. There is nothing, no person, no place, or circumstance that has enough power to stop emergence. Only you can stop your **GOD-SELF** from emerging!

Where are you on your journey of becoming your best SELF?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Are you hiding in:

- **Dead Religion?**
- **A Form of Godliness?**
- **Going Along To Get Along?**

Remember there is a difference between being comfortable and being at peace. When you are comfortable or in your comfort zone you are **"HIDING"** Being at peace says... ***"It is what it is!"*** I can rest in peace because I know I will not be here forever!

[illegible]

**Identify any LLE (Lower Level Emotions) operating now:
(These will promote hiding in your comfort zone!)**

- | | | |
|-------------------|--------------|---------------|
| ● Fear | Intimidation | Inadequacy |
| ● Guilt | Shame | Regret |
| ● Embarrassment | Anger | Bitterness |
| ● Unforgiveness | Overwhelm | Perfectionism |
| ● Procrastination | Confusion | Depression |

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What is the story you continually tell yourself?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What does EMERGENCE mean to you?

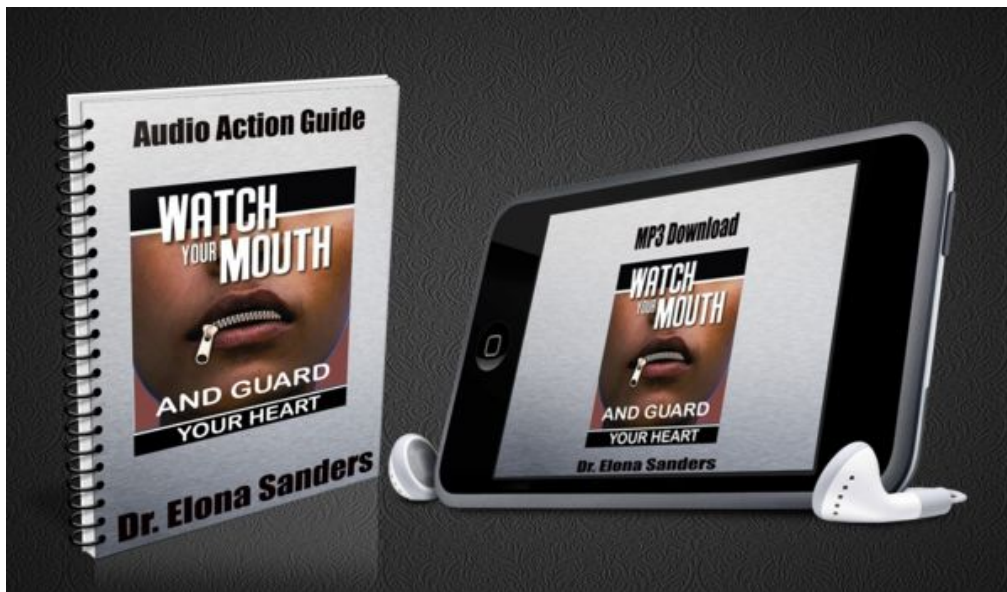
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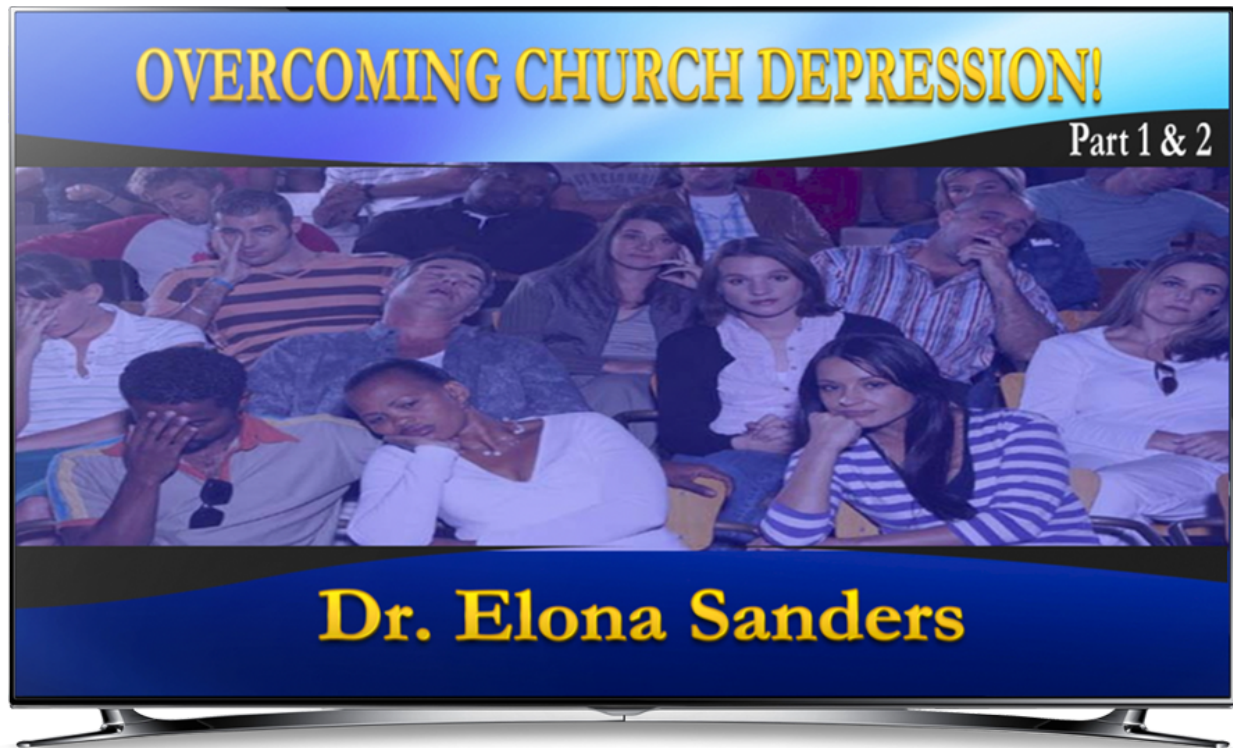
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