

**DO YOU HAVE WHAT IT TAKES**  
to  
**Jumpstart your Brain for “Endless” Energy**  
**December 2019 Series**  
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**“Dealing with Conflicts through Your Insight”**

Why me? Who should I support? Should I go left or should I go right?

These questions can be pressing and painful to the heart soul and mind

Learning to choose or decide can often make you feel as if you’re being torn in half. One half wants to go left and the other half wants to go right)

Dealing with conflicts can often leave you feeling drained unless you develop a strategy to have peace of mind.

Studies recommend that you take a few moments daily to create your quiet time in order to decide what is best for you and others involved.

The bottom line is you must learn, listen, and be true to yourself in order to remain strong and to be encouraging for others.

I regularly begin my day with quiet time listening and visualizing the end In mind. Visualizing your entire day will give you insight on which direction to take.

You will learn from the results of your day what course of action you will take the next time a similar situation arises. As you live it day; It is important to look for the good or lesson in each action taken. In doing so you will be able to show others how to set priorities and directions in order to avoid emotional and physical pain from conflicts. Keep in mind this will be challenging as you will not be able to please everyone. It will be necessary to develop your inner strength through the wisdom you acquire from each decision made based on the end results of your day. Your end results will be a reflection of your early daily visualization reflecting your expectations and value given to yourself and to others each day.

Keep in mind that each painful or disappointing experience based on your decision will move you closer to the real you through acquired wisdom and insight from prior experiences.

Your insight will allow you to be a light to others. Your emotional stability through insight will be encouraging to others as they know what to communication to expect when they are in your presence.

In using your quiet time to gain insight for your expectations, you will be able ask and answer these questions: (1) Will my decision or action have value in 1 to 5 years? (2) Will my decision or action encourage a healthy relationship? If you answered yes to these questions, you are moving in the right direction to regularly resolve conflicts!

In closing, I encourage you to develop your insight by regularly experiencing quiet time in a specific area to visualize the end results you desire for each event or each day.

I encourage you to be true to yourself so that you can resolve conflict effortlessly through evaluating the results of your actions and inspiring others to do the same!

Jumpstart your brain; jumpstart your life!

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