

# EVERYTHING IS FINE

You know I love our Enjoy weeks where I share small mindset shifts that have made a huge difference to my life.

Today I've got a doozy.

I remember hearing it for the first time and feeling VERY frustrated. I wanted to yell and scream and disagree, but the more I've sat with it, the easier it is to see that it's truth.

I remember being told that everything always has been, is now and always will be, fine.

GAH! What!?

Things most certainly didn't feel fine at the time.

But as I've realised - there are no mistakes, no coincidences and there's certainly no point in getting worked up when things are panning out the way I wanted them to.

I say it to myself always - everything is fine. And weirdly so it is.

Watch the video as I explain a little more. And I'd love to see what comes up for you.

# VIDEO TRANSCRIPT

It's Enjoy Week in the Membership, and this is where we always bring a simple little mindset hack that can really dramatically change your life. I don't know about you, but I've realised that pretty much everything is going on up here. My food choices, my ... like who I spend my time with, how I parent, all of that stuff really comes down to how I'm thinking, and one huge thing that I've worked on in myself is to find a place of peace in myself.

There can be so much going on. There's so much to worry about. There's our children and where they're at. There's our relationship. There's our work. There's what we feel like we're doing for ourselves and what we're not doing. I mean, there's just so much, right? The more that we can bring ourselves back to a state of peace, everything feels different. It's literally a signal for our body to just calm right down. Our hormones loves it. Our digestion loves it. The people around us love it because we're actually not acting like crazy people. We're finding peace in all the little moments of our day like our life just starts to become more peaceful.

What I wanted to share with you today is something that I found really hard to hear from a mentor of mine. He said once, "Everything always has been, is now, and always will be just fine." I was like, "Fine?" It was at a time when things in my life certainly didn't feel fine. They absolutely did not feel fine, but I just ... I sat with it, and I thought, "You know, things are fine or not fine because we make them that way, even the toughest times."

In fact, I've just realised the toughest times are the times that we learn so much and we grow so much. I think about having three children, three and under for a while and starting a business at that same stage, and I think about then. It certainly didn't feel fine, that state of chaos, but without that experience in my life, it actually was fine because I was learning so many lessons. I was growing so much as a woman, and I found a fierceness in me that I wouldn't have known existed had I not gone through those years.

When my kids aren't feeling good, if they're feeling anxious or upset about something, I keep thinking in my mind, "Everything is fine. They're going to find a way through this. This is a part of their story. If I make this a really big explosive deal, I mean, I absolutely give attention where attention is required, and we find solutions, and we move through things. It's all fine. It's fine to have those tough times. It's fine to be lent on a little bit more or for things not to be like this linear kind of process."

# VIDEO TRANSCRIPT

While everything always has been, is now, and always will be fine, life still goes like this, but how different might it be for you if throughout all of that time, there's this place inside you that knows that it's all fine? I know how confronted I was when I first heard this because I'm like, "FU. It's not fine. It definitely doesn't feel fine. What are you trying to say that my situation is fine?" It actually was, all leading in perfect order to life events that just continue rolling on, and everything is working out for me, and it gives me the sense of peace to know that, to look for what's okay about a certain situation. "How is this fine? How is this okay?"

I'd love to know what you think if this resonates at all for you and whether we need to do a little bit more talking about it because I know I did, but think about particular parts of your life. Are you labelling them as something terrible when in fact, it's okay? These things are happening, and it might feel really hard. It might feel sad. It might feel turbulent. It might feel out of control, but that's fine. Maybe it needs to be that right now in order to get to the other side. Everything is fine. See you next week.