



Self

Above all, and related to all is self-actualization. SAGA PREP = Self-confidence, Authenticity, Gratitude, At Peace, Present, Relaxed, Energized, Positive.

Think about how these concepts are all tightly interrelated. When you have TRUST in your authenticity, Self-confidence comes naturally. When you accept your fate (our inevitable end), then gratitude comes more naturally. Being at peace with your and the world requires that you TRUST in the perfection of the moment - knowing - truly knowing that everything is exactly as it should be.

S = Self-Confidence (related to self-esteem)

A = Authenticity (be yourself, nobody else)

G = Gratitude (don't envy others, rather be inspired and grateful that they have increased your desire - for desire is the most basic essential element to any accomplishment!)

A = At peace with yourself and the world. Being at peace requires that you both Accept your ultimate fate and Trust that everything is exactly as it should be in this moment.

P = Personable and present. Connection with others is the foundation of true love.

R = Relaxed. To be relaxed, one must be at peace with choices made. Choices which determine our focus in the moment.

E = Energized - requires that you keep your HEALTH a top priority.

P = Positive. Seeing the positive side of every situation - knowing that every situation is like a coin - and you can choose to look at it negatively or positively. It's as simple as flipping a coin!

Acceptance



Know that our 'born on' and 'end on' date is predetermined. The best we can do is make the most of the short time we are here. Our higher self has chosen this body, in this moment, as the tool to reach higher towards true self-actualization and enlightenment. Accept that your expiration in this body is inevitable, so enjoy every moment while you

Trust

Trust in the perfection of the moment. Know and trust that everything is exactly as it should be. If trust is one of your highest values, then put it where it means the most - and that's in the present moment!

