



## Survival Mode

Survival mode is when you find yourself in life just going on day by day. You can't think past the next few hours. You're just surviving, you're not living. If you find yourself in that type of position, trust me when I tell you that you are not alone. Everybody is going to suffer from survival mode at least once in their life. Take heart and hear what I'm saying when I tell you that you don't need to be stuck in survival mode forever.

Find someone to talk to. Take deep breaths and when you can, ask yourself the question, "What can I do to improve my life right now?" Despite the situation that's around me, despite the events that are going on around me, what can I do right now that is going to improve my situation? Slowly work on whatever comes up for you. It might not even be a big thing. It might be just to have a cup of coffee. But keep asking yourself that question:

- What can I do right now to improve the situation I'm in?

If you are in survival mode and you are taking this course, perhaps a lot of the concepts I'm talking to you are a bit overwhelming. Take heart. I understand. Just do your very, very best. Make sure you get to day three. Take deep breaths and once again ask yourself the question, "What can I do right now that will improve the situation I'm in?" And do that one small step.

Okay, that's concept two. I'll see you in the next one.