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"Ten days in to 2021.

Sitting here drinking my pre-workout. I was up at 2:45 am & slept on the couch until 6 am - with Archie. I got Dexter up, fed & napped. Everyone else slept in - good for them.

Resentment comes up some but I stuff it down. Why would that upset me?

The book I'm reading: Connected - that's the name I think, talks about depression and it's causes. People used to think depression was caused by a chemical imbalance, not always. Today's chapter talked about how they're finding that the longer you're in that space of depression, you're rewiring your brain to reset into depression.

OLD RAINA...

The parts of your brain that spark joy and happiness are then harder and harder to get to because they're not being used.

"Fight" becomes the norm.

Like a skill you don't practice, it's gone to save energy until you start to retrain it.

Intention.

I chose my word of the year correctly, I'd say.

It solidified to me that it's a daily choice I have to make to get out of this, what feels like, a constant funk.

My head goes negative too quickly.

I start to worry too soon.

I let overwhelm paralyze me & I let my mindset break me.

I want to react today. It's not - yet - going to come easy, you're not going to wake up happy, yet.

You need to work on your tools, sharpen them, polish them, and store them in a safe place inside because -

There's no war.

You're safe.

You have enough.

You are enough.

You do have joy & hope.

You do have a vision for the future.

And that vision looks nothing like your current state on the inside.

However, it's quiet similar to everything I have on the outside.

Gratitude today.

ALIGNMENT.

I am so freaking glad that I kept the journals I started my journey with. I mean, I get chills when I flip back through those tear-stained pages and read the words that Old Raina released.

Fuck, she was so sad.

She felt so insanely stuck - in life and in business.

She questioned her existence & every single choice she made, doubting that it was the right one.

I can feel it like it was yesterday.

January 2021 in reality, was the 100th time I'd had those feelings. I can recognize so many versions of "me" in her. Feeling stuck in relationships that no longer aligned, jobs that completely drained me, phases of parenting that felt like they'd never end...

This darkness was one that popped up every year or two as I tried to navigate life.

I had a moment while I was driving the other day.

Do you ever have those moments when you get to your final destination and look up from the steering wheel thinking *how in the hell did I just arrive here?* Like, you drove for 10 miles just completely zoned out? Well this was the opposite of that.

The windows were down, music was on, and my hair was blowing in every direction as the open sun-roof let the sun kiss my scalp.

I had a smile - one of those ear-to-ear cheesy ones - pasted on my face.

If you were driving next to me you would have smiled too because of how contagious it was.

I had caught myself & remembered how many times this week that had happened: several. I was almost annoying *myself!*

I let it flow - all the gratitude and amazement for where I was in that moment in time.

I was on my way back from the ranch and we had just spent the last hour or so working with baby Joey.

If you've missed it - I adopted a horse.

When I met Joey in September 2022 after he had just been born, I fell in love & knew I wanted to make him mine. I named him Joey because he is "Joy, slowed down". His mom is a Mustang & was rescued from a kill pen while she was pregnant. For the first 6 months of his life, I spent time with both of them, getting them used to me. When we weaned Joey, I whispered a promise to his mom, *Honey*, that I would take the best care of him. We moved him to the ranch where I take riding lessons in March and I spend every single day with him.

On this particular day, we had finally put a lead rope on him and took him out of the pen he'd called home for a couple of months. I got to lead him around the property watching his big eyes take in the whole sky that covered his surroundings. He'd neigh at other horses we passed by and widen his eyes as he observed the chickens and goats that stared at him while we walked.

I got into my car and just melted into the seat as pure joy oozed through my veins.



When I got home, Archie & Dexter greeted me with giant smiles & we sat outside while I let that feeling take over.

Minutes later, I got up, grabbed my green juice, and sat down to continue my work day.

I clicked *START VIDEO* and sat to connect with a couple of my Life Strategy Coaching clients. As I sat listening to the struggles & thought processes they were stuck in, that little tickle in my gut made itself known as I put a gentle smile on my face acknowledging that I was right where I needed to be.

DEEP-ROOTED VISION

When I work with clients one on one, the first thing we typically talk about is vision.

I'm not talking about houses on dream boards.

I'm talking about feelings, energy, and emotions.

I'm talking confidence, choices, and thought processes.

It's the same process I take myself through every couple of years as life builds and pivots.

Think ahead, two years. What does life look like? Don't think about the things you want, more so focus your energy on how things will feel.

What time do you wake up?

How do you feel when you wake up?

What does your morning flow look like?

What time do you start working?

What do you do for work?

What do you eat for lunch?

What do you do to turn work off?

How do you feel at the end of the day?

What's your go-to habit for turning work off?

What do you buy at the grocery store?

What do you do for fun?

What allows you to completely disconnect?

What do you have for dinner?

How do you wind down at night?

What time do you go to bed?

How do you feel as you lay your head on the pillow?

Write it all out as if you're taking the glasses off of that future (highest version of you) you and putting them on *your* head. Look through *her* lens.

She's you. The highest version of you is in there, we just have to start aligning actions.

A day before our one on one, a client sent me an email with a PDF of the vision she had written for her life. "2025 me" - I sat to read it with a smile on my face and occasional chills on my arms.

When we connected on our call I told her how beautiful that vision was & that it sounded a lot like my current flow. She said "*YES! That's actually why I signed up. It's like you stole the life I want to live so I knew you could help me create it for myself.*"



I've spent the decades putting in forward-acting-motion to build the life I have now.

In those decades, I chopped my vision into bite-size pieces. Every two years, I create a vision for my life.

I sit quietly, reflecting on where I am - the good, the uncomfortable, the ugly before giving myself permission to dream a little bit. I write a page or two, following prompts like I shared above, and get a clear vision for how I *want* to be spending my day & time.

The thing about manifestation, though - you can't just put it out there, sit, and wait for it all to fall into place - it's not going to happen.

You have to put it out there, and start showing up

as that person *today*.

My client had highlighted in bold letters, the things that she could start doing now. In every vision, there are little, teeny, tiny shifts that can be made. Those shifts are the actions needed to create that forward motion.

You might say that the future you is a runner - buy the running shoes.

Maybe she eats with more intention - take a trip to the grocery store.

She probably sits down to work with with direction - create a schedule for yourself.
She takes time for herself - make a list of all the things you wanna start or the things that bring you joy!

I felt so sad for that old version of Raina who felt so alone, fearful, and abandoned - *and* that was just over two years ago!

I feel like a different human.

Every two years I look back with amazement that I have created the future-vision I wrote down. Self-love, joy, friendships, habits - it's all here now.

The relationship I've built with myself feels better than any relationship I've ever had, the day I've created, the vision that I have - it makes me wonder what most people are missing?

Gratitude?

Is mine gratitude?

It feels more like an intentional acceptance of where I am in this moment with a knowing confidence that it's temporary.

All of it - temporary.

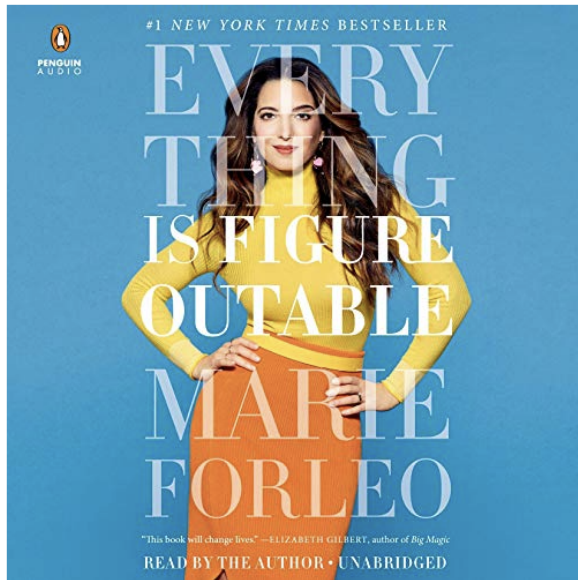
This home, these animals, my kids inhabiting my space, my health, all of it. It's like I know I can only control so much and at anytime, it could all shift.

My instinct is to be here, in it, fully. Soaking up all the beautiful moments in between the stressful ones because they **both** make up the season I'm in and the path I'm taking.

I don't know how else to describe it other than I'm right where I need to be.

"I've earned this peace. I value this peace. It's worth any price."

MUST READ.



Once you've got the vision, it just comes down to the tiny shifts. I listened to this book on Audible this month and it's full of examples, tools, and strategy to identify those tiny shifts and *figure out* how to do whatever it is you wanna do.

It talks about everything from overcoming lack mindset around time and money to impostor syndrome. 10/10 recommend.

CLICK THE IMAGE TO CHECK OUT THE BOOK.

WORK WITH ME.

Life Strategy Method

Within my one-on-one coaching, I help ambitious & motivated individuals who are feeling stuck in burnout & hustle mode optimize their time so they can start enjoying life and time freedom.

I will help you fall in love with the *time you have*, because it's not about time management, **it's about energy management.**

[LEARN MORE](#)

One day - my **vision** is to travel to your home & work with you through my Life Strategy Method. I mean, that's like 5 years down the road. In the meantime, I am helping people create transformations from the inside out in my one-on-one coaching.

It's personally, my favorite part of what I do and way to work with people because it's so individualized and custom to what you want and where you are. Let's connect.