

# Happy Friday

I hope your day is off to a happy start because in my humble opinion that's the best way to have a great day, and well, because it's Friday and 8 degrees in February!

Thank you for being a part of Cheeky Girls, thank you for attending classes or parties, thank you for spreading the word about a place that is very special to me and I hope to all of you.

It's been a while since I've written, and I wanted to share a few things I've been learning over the past while in hopes to inspire you in some way to continue living your best life. Cheeky Girls is a place for women to come together and celebrate being a woman, supported by other great women and to have fun while getting fit. It's a safe place where you learn to accept and celebrate yourself more. It's about fun, fitness, camaraderie, sharing and supporting. We have wonderful routines we've created for every level and beyond, and while it's a thrill to complete a full routine, it's only a part of what makes you amazing. The routines themselves can be challenging, especially coming once per week, and most require a minimum of 12-weeks to complete and feel confident enough to perform. Be kind to yourselves while learning anything new and know that while it may not be your genius area, you are expanding your awareness of what you are capable of, and increasing the confidence in your own abilities to do things that challenge, the mind, body and spirit.

I've been going through an intense period of self-discovery, releasing old wounds and stories, forgiving and finding the lessons from my past. While I confess that I'm not an expert at living a great life or what I write about all the time, I do my best to live true to the words I write...I am after all imperfectly perfect and human.

I've come to know that I'm not you and I don't walk a day in your shoes or your head. What's right for me is not necessarily right for you. I'm not able to determine for you what your best life is; only YOU can do that...and that in my mind is a very good thing. While feedback can be a good thing, remember to consider the source and know that we all have a perspective based on how we live our life and what's happening for us at the time.

I had a good friend say to me just yesterday as I was pondering yet another thing for me to grow "Steph, you're not broken. You're you. Whoever is in your life knows this and accepts it or their not in your life because they are unable." I consider this, just for a moment lol...hmmm I'm not broken, and not sure I said I was though. Perspective is interesting and personal. While I did take the feedback to heart because it came from a loving place I tweaked it to mean: when growing comes from a place of self-acceptance and self-love.

I've come to know that my life is mine, and I'm the one living it. I've spent lots of time and countless hours observing how others live their life and asking why...now I see it's up to me to figure out my own truth and live it...no matter what happens, knowing I will always be okay and there are no mistakes in life, only lessons and experiences. I can continue to wait by the sidelines for the perfect life to come along, or I can live each moment, each day and take a step in a direction knowing that I can make edits, deletions and additions to the movie of my life whenever I want.

How can I live the life I want?

Who am I?

What are my conversations about? What do I want them to be about instead?

Is what I'm thinking or speaking 100% true and fact, or is it made up?

Is what I'm thinking, speaking, or asking empowering me and making me feel good, and find solutions?

What could I be happy about now?

Instead of looking at what's missing, let's look at what we have right now and give thanks. Let's look for our and other's greatness, rather than flaws. Let's live a life with less rules of how to be unhappy and more freedom to be happy. Is it really important to have a spotless car and cause frustration with your children for eating in it or dirtying the seats? Is it really important to have the house spotless causing you frustration and arguments with those you love, do you have to married or have the right job, the best car or certain income before you can be happy? Let's create rules that help us be happy and that help others around us breathe easier and know that it's okay not to be perfect. Let's look for the gift in everything and appreciate our talents and what makes us unique.

You're amazing and thank you so much for letting me share with you. My hope is that you are in some way inspired and know that we all can be happy if we choose to focus on happiness. I want for you the best life ever and all your dreams come true. From my heart to yours...thank you.

All my best in love, health, wealth and happiness,

Stephanie