



Three Keys to Jump Start Your Life! Part ONE

By Reverend Barbara Marie Babish

Have you ever felt like you were stuck? Do you just plug along day by day with no joy? With three simple keys you will move forward towards your dreams and goals. You will revive your zest for life!

What I will share with you in this article are three keys taken from some of my course material. My clients use these three simple keys and they have experienced dramatic life changes. Don't be fooled by their simplicity. They are powerful tools. I share them with you now in the briefest form possible, to give you the jumpstart that you might need right now.

Key #1 – Support

Everyone needs some type of support to realize full success. It is important to you because it will be a bridge between you and your dreams and goals. Your support team can be the glue that helps you stick to your path and accomplish more than you ever have before. You will never feel lost and alone when you have a support team.

It is possible to take steps today to form your **own** support team. It is wise to gather a team for each goal or project that you are working on. You may need a team for your personal life or your business life, for a short time or a long time. This team can shift and change depending on your own needs.

Family and friends, who truly do love you, can be part of your support team. These are the people who can give you encouragement to move forward. They are the people who truly want the best for you and are willing to **support** you rather than protect you. That protection usually holds you back from success. Choose the people who will support you in your new choices and possibly even have similar dreams and goals to yours. You might want to support each



other. The team members can be from any area of life as long as they do truly connect with you at the heart level. Many people even use a life coach as part of their support team.

It is important to **ask** the team members for their support. Ask them to be part of your support team so you are both conscious of it. In this way, you are able to ask for help when you need it. They might be able to give you ideas or even run errands for you. You might be able to bounce ideas off them. Check in with them regularly to talk over your progress or help you set goals. Share your small successes with them along the way. Let them share in your joy. Everyone likes to feel that they have someone on their side wanting them to be the best that they can be.

Just as you have a support group with you on the **physical** plane, everyone has a support group in the **spiritual** plane as well. Spiritual Guides are ready and willing to help you. In fact, you have a whole team of them ready and available right now. If you ask them for help, they will start immediately. They may arrange for you to meet the right people, find the right book or find another way to give you what you need at that moment. Your spiritual support team can help in ways that you are not familiar with. Be open to receiving their help in all forms.

By having the physical and the spiritual help on your support team, you will start to receive information that will save you time, energy and money. You may ask for guidance on various issues and know that this advice will be in alignment with your goals. Your support team **loves** you and will help you succeed. By being aware of your own support team, you will start to feel more confident. You will know that you are not alone. You will know that you are honored and valued for what you are trying to accomplish. This will make all the difference in how you feel. You will feel that you can succeed in all of your goals. These feelings will grow and you will start to feel your



own personal power. It is really quite remarkable to really **know** that you can accomplish anything you want to.

In order to fully benefit from your support team, you must ask them to be part of your day. With the physical team members, you can check in with them daily. Ask for the support you need for that day. If you need the courage to go forward in something that you fear, they can give you the boost you need. They can celebrate with you later, after you succeed. They can also be there to sympathize and encourage you until you can conquer your fear. They can hold you accountable for your actions or lack of action. Your spiritual team can be invited into your energy field every morning. Tell them what you need for the day. If you don't know what you need, ask them to show you what you need. They will know better than anyone. They will get the message to you one way or another.

Start today to form the habit of relying on your support team. It really does help build strength and confidence. It leads to your success. You will be shown that you are not alone and that you are loved and supported the way you **need** to be.

Using Key #1 by itself can jump start your way to success and happiness. Several of my clients have made major strides in reaching their goals just using this one key. Just think of how two more keys can help you! If you are sincerely ready to make changes in your life, start with this one key. See for your self, the results that will become evident in your life. **Let's see what Key #2 holds for you.**

Key #2 – Gratitude

Gratitude is one of the easiest changes a person can make in stepping up the quality of their life. You can go from “poor me” to “lucky me” in a few short moments. When you take the time to look at all areas of your life, you will always be able to find several things



to be grateful for. Many of you may disagree with this, but I assure you that we all have things to be grateful for.

Using a pen and paper, I suggest you start making a list of five things that you are currently grateful for, in your life. After that, add five more. After that, add ten more. Eventually you will make a list of 100 things that you are grateful for. This can take a bit of time, but it is really worth the effort. You can make it a game and play it with your family. You can include large things and very small things. You might want to include everything you see when you walk outside. You may include the love of family members. There is no limit! If you appreciate it, put it on your list.

Making this list shifts your energy to one that might be negative to one that is positive. Even if your list has only ten items, it can shift your energy. If you have read the book “The Secret” or others that give information on creating what you want in your life, you will find they ALL mention gratitude, even OPRAH does!

Once you have your list then take the time to read each item again. Take the time to really feel the gratitude come through your heart. Do this with the first five or ten items. Bringing up the emotion of gratitude is important. Feeling the gratitude is what will propel you forward to receiving more.

What you concentrate on, is what comes to you. If you stay in negativity, more will come to you. If you are thinking positively about your life, more positive things will come to you. The foundation for this is called the Law of Attraction.

Making your gratitude list can be done once and then reviewed daily. I suggest the first thing in the morning or the last thing at night. Keep it focused in your mind to keep the energy of gratitude in your heart. You need the mind and the heart working together on a continuing basis.



There is power in your thoughts, attitudes and actions. It is up to you to become aware of them and change them if needed. Shifting to being positive about your life is a major step in changing the energy of your life. More good things will start to come to you, once you realize all the good you already have.

Using Key #2 by itself can jump start your way to success and happiness. Several of my clients have made major strides in reaching their goals just using this one key. Just think of how these first two keys can help you! If you are sincerely ready to make changes in your life, start with the first key of SUPPORT and then add the second key of GRATITUDE. See for yourself, the results that will become evident in your life. **Let's see what Key #3 holds for you.**

Key #3 – Intentions

Create the life you desire by knowing what you want and letting it be known. Start using the power of intentions. You have the power to intend everything you want to do, be and have. It starts with a thought and then grows into physical reality. In writing an intention write what you would like to accomplish and what you intend to accomplish. You might want to look at your day in the areas of what you would like to be, do or have. Take out your pen and paper and intend your day! I am giving you some examples that you might use in your day.

I intend to feel great today.

I intend to eat well today.

I intend to have enough time to get everything done today.

I intend to feel love for everyone I meet today.

I intend to grow in love more and more each day.

What we are giving you here in this step is the daily practice. Once you are in the habit of doing this each day then it is highly suggested



that you also do “segment intending” as taught by Esther and Jerry Hicks. It is very valuable to take your day in sections and intend how you want that section of your day to play out. For instance, if you are getting ready to eat breakfast, you might intend that the food you eat will be used efficiently by your body in order to be as healthy as you can. Before making a sales phone call, you might intend to say exactly what the client needs to hear, in order for them to make a purchase. At bed time you might intend to have a restful sleep and wake up refreshed.

Using Key #3 by itself can jump start your way to success and happiness. Several of my clients have made major strides in reaching their goals just using this one key. Just think of how these three keys can help you if you use them all! If you are sincerely ready to make changes in your life, start with the first key of SUPPORT and then add the second key of GRATITUDE. Add the third key of INTENTIONS when you are ready. See for yourself, the results that will become evident in your life.

We hope The 3 Keys to Jumpstart Your Life has been a benefit to you. We provide the information and YOU provide the action. YOU have the power to change your life.

Authors Bio

Reverend Barbara Marie enjoys the life purpose of assisting others in awakening and understanding their Spiritual Connection. She is successful in doing this by providing Divinely Inspired Services.

Reverend Barbara Marie is most passionate about spirituality and spiritual growth. Her own gifts, such as the Language of Light are used in all her services. She is in harmony with her Spiritual Team of



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