



HOW TO SOAR WHEN YOU FEEL DEFEATED

by JAKKI GIOIA

Things not go the way you wanted or hoped? We've all been there. How do you continue to move forward when you feel this way? How do you dig yourself out of this perceived hole? Here's 20 real practical strategies for getting the life you want.

1. Reach out! Ask for help, Lean on someone. We all like to think we can do



this 'life thing' on our own, but reality is, we all need someone to lean on from time to time. It is not failure to ask for help, although it may feel like it. In life we are often given opportunities to take it easy, or to learn other ways of

doing things that would require guidance of another. We were all blessed with different ways of thinking and you never know when someone else's inspiration will lead us to new ideas of our own. It is necessary and essential to our development to receive help from others and to support each other. As they say, there is no 'I' in team! Let yourself be carried when you're tired. It's going to be ok! You are NOT a failure!

2. Stop judging yourself, blaming others or your situation. What happened, happened. All you can do is learn from it. Accept it, Understand why you are where you are and work daily on your plan to improve it. Some things that happen can be karmic lessons that we had no control over so please don't be hard on yourself. Remember, no negativity! It can be a challenge, but you are worth it! When you are hard on yourself, energetically it gives others permission

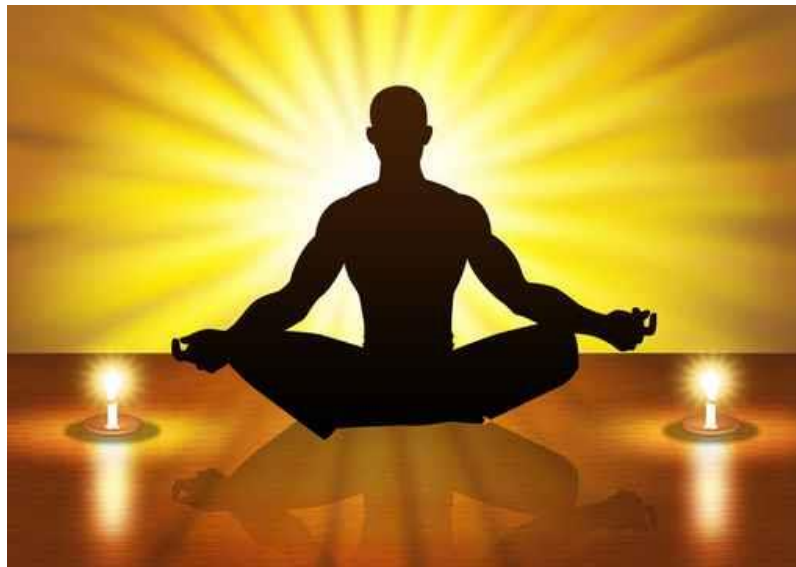
to be hard on you. Is that what you *really* want? When you blame others, you isolate yourself further and you give them power over you. We always have choices, and if we are not happy with our choices, we can CHOOSE a different path. At every moment there is a choice. Your next one is, how do you choose to live the next chapter of your life?

3. Journal your thoughts. Journaling can be like talking to a best friend, except without the sarcastic, "I told you so's!" :-) We often get clarity when we write out our feelings. It is a cleansing of the negativity that makes room for the new, fresh ideas to flow. Being alone in this way is more like being "with yourself" as opposed to "by yourself." You might be surprised how much you enjoy your own company!

4. Pray/meditate- ask for guidance. Whatever it is you believe in, spend time every day quieting your mind, asking for guidance and listening for inspirations from your higher power or Divine support team (angels, guides, ancestors etc.). If you believe in God, ask for his/her's healing mercy to heal your wounds and restore your energy and peace of mind. Archangel Michael is a guide for your

life's
always

in your



purpose and
ready to
assist. Write

journal whatever thoughts come into your head; chances are they are the answers you seek. Follow them and soon you'll see your life evolving before your eyes!

5. Listen to your instincts (intuition). Have you ever said, "If only I had



listened to my instincts!" That still small voice that likes to leave often as soon as it comes is your intuition. It is your soul speaking through your heart that we call this inner voice, this knowingness. It is invaluable to getting you through these tough times. Don't

devalue these voices or second guess them! Learn what they sound like compared to your worries and doubts. They are the positive thoughts that make no sense to your human ego mind. If you listen to them, you will be rewarded with wonderful things you never thought possible, including a sense of confidence, strength and pride. You will undoubtedly hear your intuition while journaling, so keep that in mind as you write. You may even find yourself arguing with yourself inside as your heart starts to become louder than your head's fears, worries and doubts. It's ok. Go with it!

6. Remove your obstacles. Work with the negative emotion around your loss. Ask yourself if what you lost is worth fighting for or really not all that important to you. If it's not, STOP COMPLAINING!!! Then, remove the fears, self-doubt, worry, doubts about how things will turn out and other people's negative

influences. Put an end to negative thoughts- ALL of them, especially if they are about you! Tackle them one by one until there's nothing left but your desires.

When you hear a negative thought, put an affirmation in its place such as,

"everything always works out for me!"

LEARN HOW TO THINK POSITIVE!

7. Watch for signs. Listen to what is

presented through your experiences. Signs

are always all around us, in conversations, in nature, newspapers, radio, tv, ads, children playing, animals that cross our path, feathers on the ground,

numbers we notice repeatedly. Our job is to learn how to identify these messages as significant to our path. What resonates with you is the key. When something seems interesting, follow it through. Listen for the message it carries and often there you will find peace.



8. Relax! Do things to de-compress: get a massage, go for a nature walk, take a



vacation, watch movies, go to yoga, play with a dog, sit on the beach, listen to music!

Getting away from your stress clears the mind, calms anger and allows inspiration to flow in. It also helps you to realize what's really important to you.

9. Clear the clutter! Clear your energy field of other people's energies, clear your space of old ties to your past that may carry stagnant energy, clear out stuff you don't need anymore. We often don't realize the power other people's

energies have over us, especially for those who are empathic and take on other people's pain. Clearing yourself with sage (smudging), wearing clearing crystals and diffusing essential oils can help you feel more alive and energized. You don't have to believe in it for it to work. Just try it!

10. Make FUN a priority! Determine what makes you happy and do more of



that regardless of the obstacles: Sing, laugh, dance, paint, fish, play sports, cook, do whatever brings you UP! Raising your spirits is the secret sauce to getting more good stuff coming your way!

11. Do what you are good at to build

confidence. Feeling good about yourself is key to moving forward. Every time you accomplish something, feel the energy of excitement that comes with it to raise

your vibration. Positive experiences will follow a positive vibe. Make a list of your successes and add to it every day you do something to get closer to your goals. Even if getting out of bed is an accomplishment, write that! Each day you'll see how far you came and that will add to you confidence so that soon you will be conquering all your goals!

12. Determine what you want for your future. If you really don't know, start with this question, "What can't you live without?" Then ask, "what would I enjoy doing every day without getting bored?" When you get up in the morning, ask yourself, "what do I feel like doing today?" You may be good at a lot of things,

but what brings you *the most pleasure*. FILL YOUR NEW LIFE WHAT ALL THE THINGS YOU **LOVE!** Whatever you have in mind, release any negative thoughts around it, and imagine it IS POSSIBLE! Miracles happen every day, so you don't have to know the "how" it's going to happen; just free the desires. Make a **vision board and write it down**, Be hopeful like a child. *Be a dreamer!*

13. Believe that everything will work out. Blind faith is necessary to making your dreams come true. This belief clears the way for opportunities to come to you. But it is not meant to be used in place of action It is action coupled with faith that moves mountains! *Proceed as if success is inevitable!*

Here's a simple visualization to overcome challenges:

Visualize the obstacle clearly, imagine yourself jumping over the obstacle and landing on the other side smiling. Now how do you feel? Draw this out on paper whenever you need a visual aide to boost your confidence. Do this in your mind and soon it will become reality!



14. Be grateful for whatever comes to you that lifts you up and anything that resembles your dream. As opportunities come that align with your desires, boldly state how much you appreciate them. If help shows up, accept the help,

especially if it's financial assistance, even if it makes you feel like a failure or a victim. A grateful heart will always return the favor or pay it forward. Keep a gratitude journal and write in it daily all the little things you appreciate.

15. Discuss your plan with people you trust. It is important to share your ideas to breathe life into them with people you know you can trust. They often add helpful advice and lend support where they can. Plus, it gives you a safe place to bounce ideas and get the fire burning for your dreams.

16. Develop resilience, stamina and

strength. It's what's inside that carries you through, but as you strengthen your physical body too, it helps you feel strong all around. Stretching/yoga, cardio, qi gong, dance, martial arts, sports, hiking, rock climbing, etc are great ways to push yourself to improve your skills. It is

also essential to eat healthy foods, drink water and take vitamins to fortify your body to take on anything that comes your way! So drop those sweets, soda and junk food and pick up some nuts and berries! Keep your body healthy; you only get one!



17. Use tools to assist you. Essential oils, crystals, sound therapy, talk therapy, divination cards, affirmations, brainwave retraining, books, etc help you get clarity, stay focused and release past trauma. When buying oils, crystals and cards, go for what speaks to you. You can tell which are right for you by the way they feel when you hold them in your left hand or by the

scent/color. *Essential oils* have amazing properties for healing emotions and revitalizing the body and spirit. *Crystals* carry varying properties to balance the body's electromagnetic field. Always clean the energies in them with sage or by soaking in sea salt water for a few days and dumping the water down the toilet. *Singing bowls* are healing as they carry a resonance with each of the chakras which correspond to our vital organs and emotions. *Divination cards* like angel cards and tarot are a powerful way to communicate with your higher self and guides to get answers. *Brainwave retraining* can be useful as it works on an unconscious level overriding your conscious mind's resistance. Counseling or talk therapy is always helpful when working through difficult times. Make your needs a priority and seek *the help that's available* and you'll bounce back faster and stronger.

18. Keep moving forward! We really never know what lies ahead that can be AMAZING! So keep moving forward step by step, day by day and keep the faith that someone or something wonderful is just around the corner. Take inspired action each day toward your goals. Be persistent!

19. Be Patient with yourself and your outcome. This can sound easy but is not that easy in reality. In this world of instant gratification, waiting for what we want can be painful! Use diversions to keep your mind off the pain and keep positive. Go for walks, have a pet, go to lunch with a friend, go to the movies, sing at karaoke, play video games, spend time with family, cook, bake, do whatever it takes while still working on your plans. You *will* get there if you stay focused on the goals! But as seeds take time to germinate and sprout a tree, so does our efforts take time to harvest! **Persistence + Patience= SUCCESS!**



20. Give back to others. When you give love away, it is returned to you. At any stage in your journey, remember to give back to those who helped you, give to those in need when you have something to give and teach others how to pay it forward. Energize that golden rule, *'Do unto others as you would have done to you.'*

THANKS FOR READING! PLEASE STAY IN TOUCH!

See all the ways I can help:

1. *Reach out, Relax! Learn how to decompress* ⇒ ⇒ [Schedule an appointment](#)
- 3, 7 *Journal your thoughts, Watch for signs* ⇒ [Use Follow the Signs as a guide](#)
4. *Pray/meditate- ask for guidance* ⇒ [I can teach you how](#)
5. *Listen to your instincts (intuition)* ⇒ [I can help you hear it](#)
6. *Remove your obstacles* ⇒ [I can help you with transformational processes!](#)
10. *Make FUN a priority!* [Come to a LIFT workshop, Download my guide to 70 inexpensive ways to have fun](#)
11. *Do what you are good at to build confidence* ⇒ [I can help build you up](#)
12. *Determine what you want for your future* ⇒ [I can help you get clarity](#)
16. *Develop resilience, stamina and strength* ⇒ [Join me in some Qi Gong or my dance workout on YouTube](#)
17. *Clear the clutter, Use tools to assist you* ⇒ [Find powerful essential oils here](#)
18. *Keep moving forward!* ⇒ [Use this song for motivation](#)

HOW TO SOAR WHEN YOU FEEL DEFEATED

Let me help you take this journey through life with a coaching or healing session, with my songs, essential oil products, books and workshops. Schedule your **free 30 min consultation NOW**. [Click HERE](#)

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Email: jakkigioia@journeyintojoy.com

Remember, Be Nice to Yourself!

Love & Blessings,

Jakki Gioia

A Poster with the **20 Steps to Soar When You Feel Defeated** is included here. **Print it out and post it** where you can see it every day as a reminder. Remember slow and steady wins the race, so take it easy on yourself.

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- A woman with long dark hair is captured mid-jump, her arms and legs outstretched in a 'V' shape. She is wearing a light-colored, possibly white, dress or top. The background is a bright blue sky filled with soft, white, fluffy clouds. The overall mood is one of freedom, joy, and triumph.
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