

# 5 Necessary skills for misfits to thrive

When I looked around at the people in my life and saw that not only my clients, but 99% of the people I have been choosing to be closest to me for years are misfits, rebels there was a moment of silence in my head and then the realisation that I've been doing this all my life.

I've been coaching, noticing, observing, breathing in hundreds of misfits. I know this! So my robot-mind immediately started calculations, going through the work I've done with clients, their most common feedbacks on what they got out of it, what I noticed in them when we met months afterwards, my closest friends, my boyfriends, myself.

A couple of patterns emerged and among these I identified 5 skills which, if cultivated, perfectly complement a misfits' natural qualities, causing them to thrive with ease.

In terms of order, the first 2 are the base on which the following 3 are built upon.

## **1. being honest**

This probably sounds basic, but there are different levels of honesty and even if you are not flat out lying to yourself, you are probably not as honest as you could be, because when you are, change starts.

## **2. taking responsibility**

This includes accepting that there is no one, not even yourself, to blame for where you are at, and welcoming the responsibility to choose where to from NOW on. No stories, no going in the past, no processing, just offering yourself a fresh page. Fully.

## **3. choosing consciously**

In this you are also developing the qualities of being present and able to prioritise easily.

## **4. being wise**

This refers to knowing when and where to invest your energy & having the necessary sobriety to distinguish between what's seductive and what is actually good for you.

## **5. allowing grace**

This is about letting go, being flexible, allowing yourself to receive and create with ease. These are qualities of someone who truly values and loves themselves and there isn't a sweeter feeling in the world.

If this sounds like something you want in your life, read the next page to see some of the amazing fringe benefits of expanding these skills in your life.

# Benefits of embodying these skills

As you start to develop these abilities there are some results you'll start noticing:

These 3 will be the first ones to show up

- having way more energy (without any of the agitation)
  - feeling light as a feather and crystal clear
  - your moods being more stable, and when they do fluctuate, you'll be more patient so they'll last far less

These next ones will creep in on you and it will be the loveliest surprise!

- being at peace with where you are in your life and how the world is as a whole (finally!peace!)
  - you'll direct your energy from a place of respect for yourself and your desired lifestyle rather than being drawn into projects just because they sound amazing
- you will learn to say No, to yourself & to others when it doesn't make sense for you to invest in smtg
- you'll enjoy life, the new found simplicity of it & you'll enjoy your freedom

P.S. I truly believe this is possible for you if you choose it, so if you are committed to thriving, **I am offering you one free coaching session.**

No strings attached, just supporting you in developing the skills you need to succeed to the level you know you can.

**If you want this press on Hell Yes! to pick a time.**

P.S.S. If you found value in this material but you are looking for a different vibe, **click on For You** to head to the page on my website where I have a collection of people and services who might serve you better.

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