

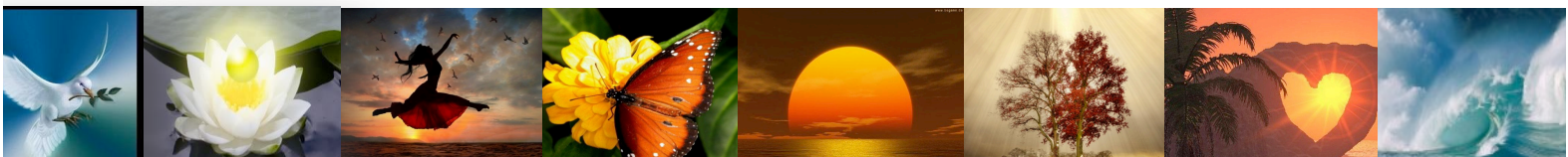


Shelly's Eye-Opening Words of Inspiration!

LIFE

Live, Love, Learn, Laugh & Let go!

Shellyann Siddoo





Shellyann believes when we work with love we break down barriers that cannot be broken down otherwise. Through her work she is dedicated towards empowering others to live their greatest lives. Over the past year Shellyann has transformed the lives of thousands through her inspiring words of wisdom. As a token of her appreciation for your love, support and blessing she has put together some of her work for you to enjoy.

Testimonials

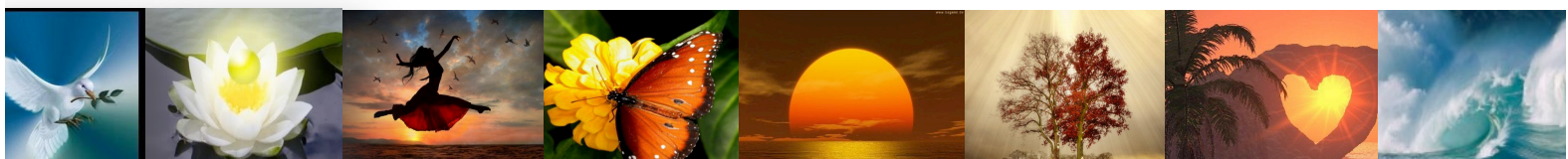
“Shelly your words inspire me when I need them most.” -Madeline

“So beautiful words and so encouraging, very inspirational!! Shellyann I love all your beautiful words that you share with us and I know it's coming from your heart with love!!” -Vivienne

“Shelly u really know how to touch our souls and lives in such a deep way, u are truly an intelligent, lovely and beautiful person you have touched me in so many ways with your words so please always continue” -Mellissa

“Thank You for uplifting me every day. I pass on your wonderful thoughts to others that need it!!” -Kathy

“You inspire and empower us every day by giving us your unconditional love and support, and by sharing your knowledge, wisdom and kindness with all of us. You bring out the best in all of us and you make our world better, brighter and so much more beautiful...just by being YOU!” -Nasim





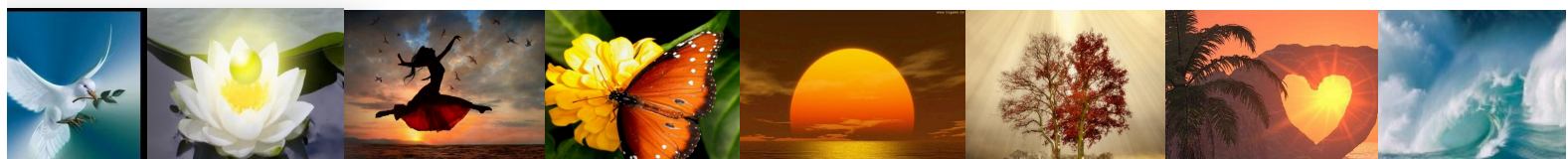
Never regret anything that has happened in your life because it was the lessons you needed to learn at time in your life's journey. Live, Laugh, Love, learn & Let go!

Forgiveness is the key to unleashing the past and opening doors to new possibilities. It is time to forgive yourself and others for all the hurt, disappointments and setbacks that you have held onto for a long time. Today is a NEW day with new possibilities! Are you ready to live your greatest life and set free for all of the baggage you carried for years? It is not too late to have the life you want. You are worthy of great things; feel it, know it and believe it!

Do you know that how you handle the "small things" will determine the life you live? Are you getting upset over the insignificant things? Ask yourself, "is this really worth me losing my joy". Many times it's not worth losing your joy over small things. Let things go. Don't sweat the small stuff. Learn to brush things off. Focus your energy on what really matters. Life is too short to get upset over the "small things".

As you begin your day today, dance to the beat of your song. Listen and you will hear the birds singing your song, the leaves cheering you on, the wind caressing you and the world is showering you with unconditional love. Today you were given the beautiful gift of a NEW DAY!

Do not allow yourself to be judged based on what you do, what you earn or what others think of you. The reality is that nothing last forever. Everything in your life today is on loan to you, even your physical body. You are a divine being and you came from an infinite source. After your journey here on this planet you will go back to your source. Make your vacation here on earth a memorable one. Spend less time worrying about things you cannot change and more time exploring our beautiful world.





Do not allow others to dim your light with their words and actions. Let your light shine. You are PERFECT just the way you are. Be all that you can be. Life is too short to be wasted on trying to please everyone else. Stand in your own power. Follow your heart. Our world needs your gifts, talents and light.

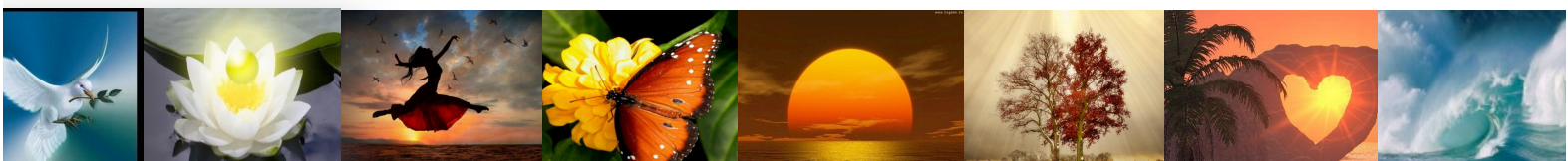
Are you focusing on your promises or problems? In every moment you have a choice. You can either magnify your promises or your problems. The choice is yours! You get more of what you focus on.

Do not allow the pressures of life to push you down. Your life is not based on your circumstances, but it is based on your choices. Make a decision to enjoy this day right now for ALL that it is because if you don't, there will always be something to keep you from being happy. Celebrate today and enjoy the simple things!

You have to truly love, and accept yourself before you can love and accept others. Embrace this world for all that it is. Look for the good in every situation. No one is guaranteed tomorrow so go out there and make the best out of this day. Live each day as if it is your last day so when it is your last it will be your best day.

This present moment here and now is all that matters. Within this moment there is abundance of pure love and potential. Feel worthy of receiving all of the blessings that surrounds you. You are apart of this universe and not just a fragment. You are greater than you think. Believe you have the power within you to accomplish great things.

You become what you believe. Program your mind for victory. Just be confident in YOU! Love and accept you for all that you are. Nobody is perfect. We all make mistakes. Forgive yourself and move forward. You already have everything you need to fulfill your destiny. Now it is up to you to believe in yourself and your dreams.





The more authentic you are the greater connections you will have with yourself and others. Be true to yourself. Utilize your time on this planet to be all that you were created to be. You can choose to make your vacation here on earth a happy experience or a miserable one. The choice is yours! Make the most out of all the opportunities that come your way.

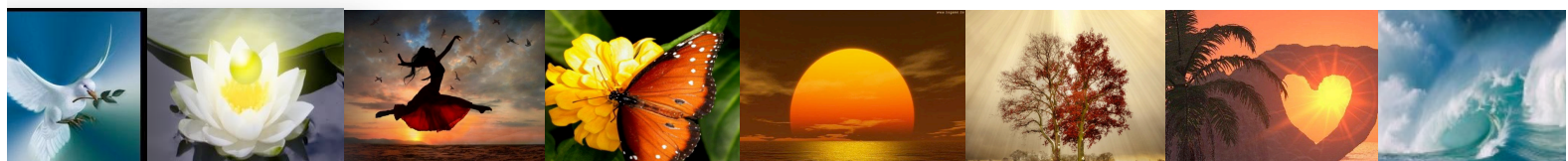
You are put on this planet to solve a problem. Your greatest freedom comes from stepping into your own power. Put your fear into action. What makes your heart sing? Don't worry about what others think of you because when you step into your greatness you invite others to be all that they can be. People who truly love you will support you.

Always come from a place of love when connecting with yourself and others. Love is the universal language that unites us all. When you come from a place of love you break down barriers that cannot be broken down otherwise.

On this journey we call, "life" some enter this world for a few minutes, others a few days and for many a few years, but no matter how long your journey is on this planet, make every moment count. You are only here for a short vacation so make the most of out of each day that you are blessed to be on this planet.

The greatest thing about arriving at your destination is looking back at your journey and all of the steps you took along the way. Take the time to stop and smell the roses. Don't let precious moments pass you by without taking the time to appreciate all of the abundant blessings in your life. Make moments into memories that will be cherished for a lifetime.

If you were given six months to live, what would you differently than you are doing now? You are not guaranteed tomorrow so make the most out of today. Stop complaining about what's wrong and start finding a solution to what's right. No one can help you unless you are willing to help yourself. You are a WARRIOR and you can fight any battle that comes your way.





Do not settle where you are. The things that you fear the most will give you the greatest accomplishments once completed. Step out of your comfort zone, take chances and be unique. Do not die with your music still playing inside of you. Quit finding the flaws and start looking for the blessings.

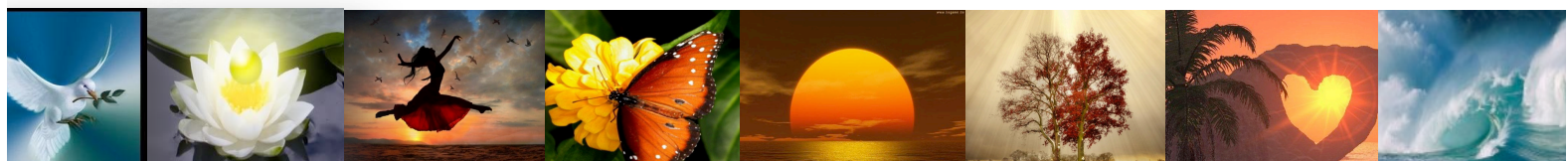
Do not wait for something to change in order to be happy. Make a conscious decision NOW to be happy despite your current situation. Declare that today you are going to have a great day no matter what. Don't let the words of others steal away your joy. Keep in mind people's opinion of you do not influence who you truly are.

Give yourself permission to let go of all the negative baggage that you have held on to for many years. The past is just a memory that you keep repeating in your mind. It's time to create new memories by letting go of the blame, self-pity and disappointments.

Whatever obstacles comes your way, just remember it's only there to help you reach new heights. Nothing is happening too you, it's only happening for you. Stand tall, put your shoulders back, hold your head high and go after your goals. You can only get the fruits once you plant the tree.

Everyday we are putting together a piece of a puzzle we call "life". At first the puzzle will seem overwhelming but as the pieces come together a beautiful mosaic of colors, love and abundance will appear. Trust that everything will unfold in its own divine time.

Do not criticize others without looking at yourself first. Every person has their own unique talents and gifts. Be proud of yourself for who you are and love others for who they are. When you point a finger at someone, three fingers are pointing back at you.





Your life on this planet is like a vacation. You get to wake up every morning and experience a new day. No matter how much time you visit the same destination the experience you gain will never be the same. Everyday is a new day with new beginnings. Take the time to be present in the moment and indulge in our beautiful world.

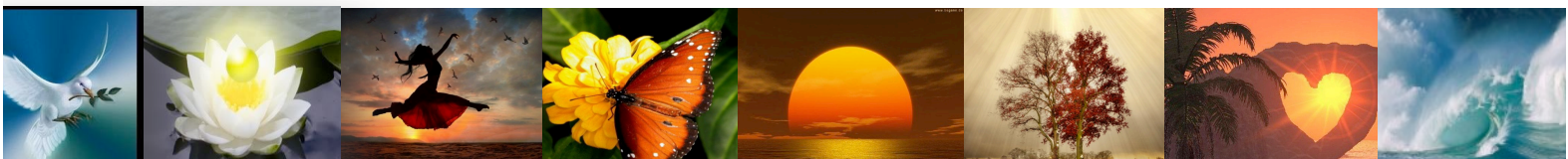
Do not judge a person based on their outer appearance. Take the time to hear their story. You don't know what that person is going through. Come from a place of love when connecting with others. A hug, smile, touch or a kind few words can make a difference. Be the catalyst for change.

Do not follow the path of others. Be in congruent with your path and have confidence in yourself. Trust that where you are is exactly where you need to be. Do something everyday to get you one step closer towards your dream. Always serve from a place of authenticity.

Believe in yourself. There is nothing too great for you to overcome. Whatever you set your heart and mind too you can and will achieve it. Stand up for what you believe in. Never stop dreaming. Ignite the fire within.

Doubts rob you from your winning spirit. When you walk with courage, faith, belief, love and determination, you break down barriers that cannot be broken otherwise. Do not allow your fears to hold you back from soaring. There are open doors of possibilities all around you. If you want to reach new heights, you have to TAKE RISKS! Be BOLD! Be YOU!

Do not dim your light in order to seek approval from others. You are a masterpiece and one of a kind. There is no other person with your unique talents and gifts. Our world needs your love, light and gifts. Be proud of you! Allow yourself to be all that you can be.





Trust your intuition and stand in your own power. You are in complete control of your own destiny. You are the **ONLY** person who sits in the driver seat of your life. Don't worry, if you make a wrong turn there is always an alternative route. Have fun and enjoy your life's journey.

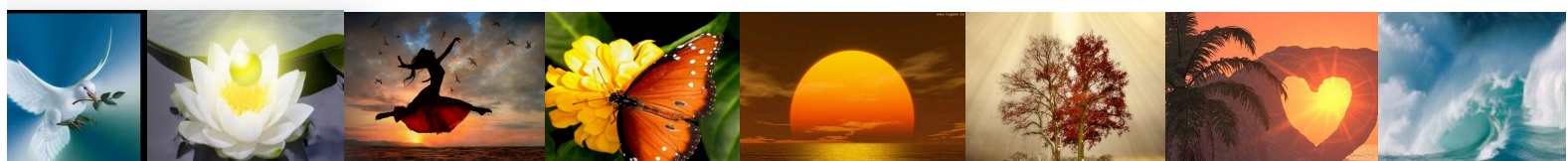
Go out each day with the expectation of great things heading your way. Do not allow what you see with your naked eyes to hold you back from your vision. Stop complaining and criticizing and start celebrating and contributing. Don't sweat the small stuff. Lighten up!

The events in your life are nothing more than a series of choices. Your life is not based on your circumstances or situation; it is based on the choices you make about the situation. If you don't like a situation in your life you have to the ability to change it. Everything begins with a choice. Choose to look for the good in everything and everyone.

Your legacy is **NOT** based upon the material things you have accumulated over the years but rather the **LIVES YOU HAVE TOUCHED!** You're in this world for a short period of time. Appreciate each moment and find ways to be of service to others.

Leave a legacy within others rather than just for others. Do what you can to help others rise to the top. When you help others succeed, you will succeed. Go out each day and purposely look for ways to be a blessing in someone else's life. Give wholeheartedly without expecting anything in return. Be a catalyst for change.

Do not allow the **FEAR** of **FALLING** to hold you back from the **POSSIBILITIES** of **SOARING**. Your **ATTITUDE** and **ACTIONS** will determine your **ALTITUDE**. How high do you want to fly? You have to take risks and be willing to step out of your comfort zone. Trust that you can and will Soar Above All Odds. Everything is possible.





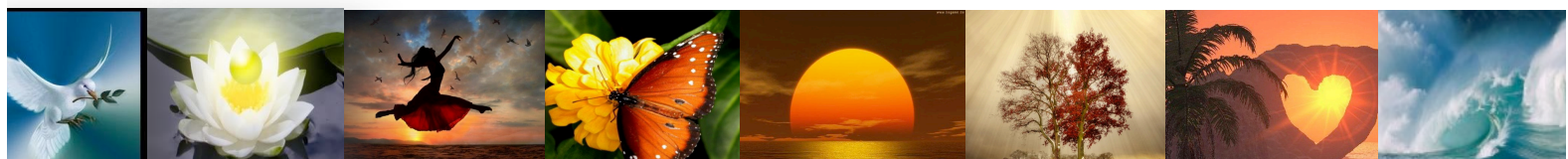
Material things will give you temporary satisfaction but when you help someone it will leave a lasting impression. At the end of the day what truly matters are the lives that you have touched. Be willing to go the extra mile to help someone. When you make one person smile you make the world smile.

Have the COURAGE to go after your dreams and goals. You will not know what you have waiting for you unless you try. Many times you let your limiting thoughts keep you back from being all that you were meant to be. You are a powerful being. You can be and do ANYTHING because EVERYTHING IS POSSIBLE! Don't allow fear to hold you back because fear is nothing but false evidence appearing real.

Be thankful for all the abundant blessings in your life. Treat others the way you want others to be treated. The next time you get stuck in traffic instead of complaining, look around at beauties that surround you. Be grateful that you are driving the distance rather than walking the distance. Have an attitude of gratitude.

Do not live your life trying to please others because in reality you will only be hurting yourself. Follow your heart. Do what feels right to you. You are a masterpiece and one of a kind. You have your own unique talents and gifts. Believe in your power. Go after your dreams and goals. Whatever you set your heart and mind too you can and will achieve it.

Life is all about taking chances. You never know what great things you have waiting for you unless you take that leap of faith. Trust that where you are is exactly where you need to be. The greatest breakdown leads to the greatest breakthrough. Creativity is the doorway to endless possibilities.



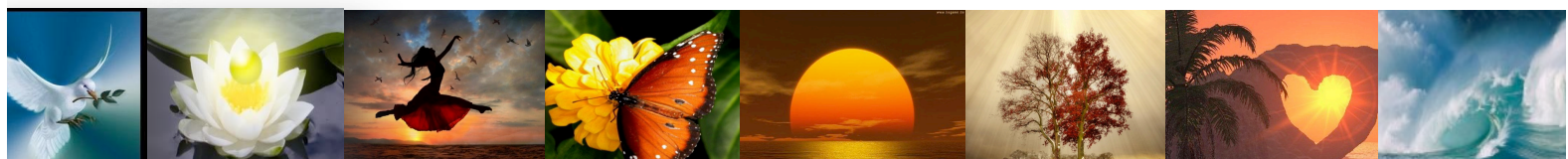


Do not allow your circumstances to define who you are and hold you back from being authentically happy. Make everyday a great day. Sculpt your day exactly how you want it to be because you are given an opportunity to be apart of our magical world for another beautiful day. Appreciate the day for ALL that it is. Be inventive and creative. Have fun and allow yourself to indulge in the beauties of our world.

I believe life is a journey. Are you enjoying your journey? Do you exist or are you living? Many times throughout your life you focus your attention on putting others first rather than yourself, but in reality you're only hurting yourself. You have to love and appreciate yourself before you can truly love and appreciate others. It is time to take off the mask and let others love you for YOU! You are deserving of all great things.

Many times when we are faced with a challenging situation, we may sometimes ask, "Why me?" Every obstacle is an opportunity in disguise. You are given those situations because there is lesson you need to learn in order to reach new heights. No matter how bad your situation is right now, have faith because you have great things coming your way. You never know what you have waiting for you right around the corner. Make the most out of your situation right now because I know there is something for you to be grateful about.

Many times throughout our lives we focus on our beauty (physical appearance) and spend less time focusing on our inner beauty (our divine qualities that were gifted to us). Your outer beauty is a reflection of your inner beauty. Your true beauty shines when we are compassionate towards all of creation. When last did you allow yourself to focus on your inner beauty? Take a few minutes a look within and you will find an extraordinary being.





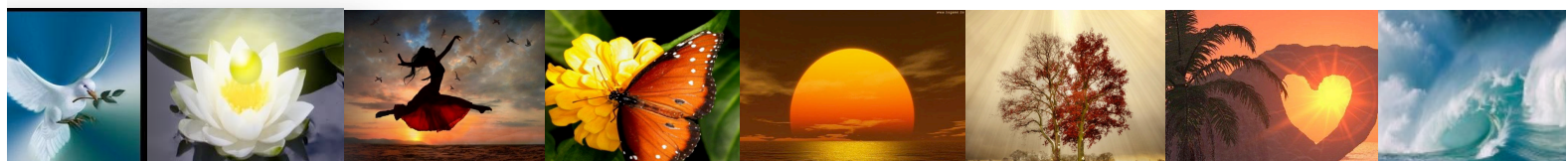
Sometimes in life you may hit a roadblock and when you do, it is time for you to reinvent yourself and be creative. You can take a bold leap of faith and jump the fence to the path that awaits you or you can walk around the fence. Trust that where you are exactly where you need to be and surrender to what is. Nothing is happening to you. It's happening for you. Every roadblock teaches you a lesson. Learn the lesson and move forward because there are infinite possibilities that await you.

When all odds are stacked against you, that's when you need to fill yourself up with faith, belief, determination, love and courage so you can take flight and soar. There is no obstacle too great for you to overcome. Your **ATTITUDE** and **ACTIONS** will determine your **ALTITUDE**. Do not allow the fear of falling to hold you back from the possibilities of soaring. Everything is possible!

Have you ever noticed that your fingers are different sizes? Each finger is unique serves its own purpose. It's the same with life. We all come from different backgrounds, we have different shapes and sizes, but we are all unique and serve a purpose. Each person has their own unique talents and gifts. Open your heart and mind to love and accept those who are different from you because we all belong. Look for similarities rather than differences.

The road you're travelling might be filled with lots of twist and turns. But if you keep focusing on dreams and goals you will eventually reach your destination. The stop signs along the way are the lessons you need to learn. Never give up because you never know what great things you have waiting for you at the end of the road. During the rough path, keep on your seatbelt and know that this too shall pass. The blessings of the divine are always there to be your guide.

You are armed with **STRENGTH**, **LOVE**, **FAITH**, **BELIEF**, **DETERMINATION** and **COURAGE** to overcome every obstacle that comes your way. You are well equipped. Recognize your gifts and use it to the best of your ability. Everything you need to fulfill your destiny is within your reach. "Seek and you shall find". You are an extraordinary being; feel it, know it and believe it!





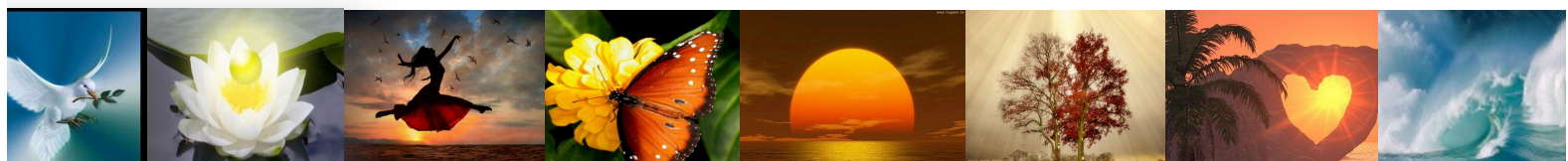
The most spectacular shows are happening right in front of you, every day. Be sure to indulge in the beautiful performance that our magical world so graciously put on for us everyday. No matter what is going on in the world right now, the sun still shines and the beautiful rainbow appears after a rainy day to let us know that all will be well.

Our purpose is to uplift the consciousness of our planet by the words we use and by our actions. It is not our duty to criticize and condemn others based on their actions. We have more in common with each other rather than differences. Take the time to get to know someone who is different from you. Open your heart and mind to ALL of God's creations. We are all in this world together. Side by side we stand and together we make our world a bright and beautiful place.

Every morning when we wake up we get an opportunity to unwrap the present of a new day with new beginnings. Every day is unique and special. Go each day with an attitude of gratitude. Know that every setback is a stepping stone towards reaching new heights and every person in our lives is there to teach us a lesson. Be loving and compassionate towards all of God's creations because we are all apart of this world together.

At various stages in your life's journey you may arrive at a crossroad and during that time it may be difficult to choose which path to take. You may feel overwhelmed, frustrated and confused. Remember, you have the answers within you. You are your best guide. Stop and listen to your intuition. Follow your gut instinct. Do not base your decision on trying to please others because you can not please everyone. Do what's right for YOU!

Are you focused on your problems or your blessings? What you put your attention on it will manifest in your life. Reprogram your mind to seek out the silver lining in every situation. Stop complaining about the problem and focus your energy on finding a solution. "Stuff" will always come up and try to hold you back from moving forward but if you look for the good in EVERY situation you will come out soaring. Just remember that everything is happening for you!



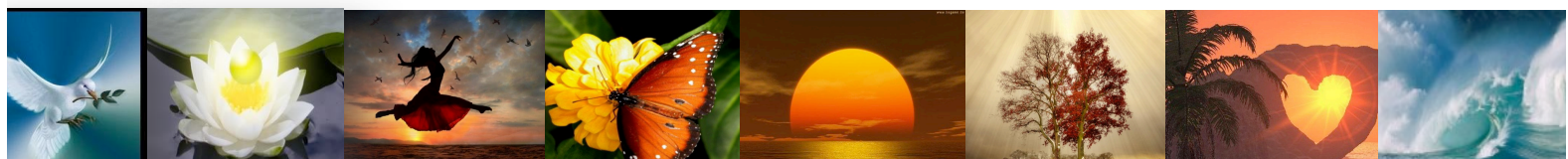



Anchor yourself in the moment. Be fully present. Appreciate the abundant blessings that surround you. With every breath, inhale unconditional love as it fills you with love, peace and gratitude. And, with every exhale send out love, peace and gratitude to the universe.

LIGHTS, CAMERA, ACTION!!! You are the director of your life. You get to create the life you want. If you don't like a scene in your life's story you have the option of making adjustments. Create your best life. At the end of your life's journey your movie will be played back to you. Is it going to be a movie that you will be proud of or do you need to make minor adjustments, now? It's not too late to live your best life. Today is a new day with new hopes, new dreams and new possibilities. SMILE, you're on camera! :)

With every step that you take on your life's journey you leave behind your footprints. What impressions are you leaving behind? Remember, that you are walking your own path to your destiny. Do not allow the opinion of others to steer you in their path. Even if you make a wrong turn there is always an alternative route to your destination. Just like if you're going for your daily walk, take the time to slow down and appreciate your journey. You only get to walk this path once. Why not make it a memorable and enjoyable experience?

During your life's journey you will encounter a few bumps along the way. When you reach a bump take the time to slow down, reflect on your journey so far and decide what steps you need to take in order to move forward. Every bump is an indication that you are reaching greater heights in your life and there is a lesson you need to learn in order to move forward. Embrace each challenge with ease and grace because everything is happening for YOU!





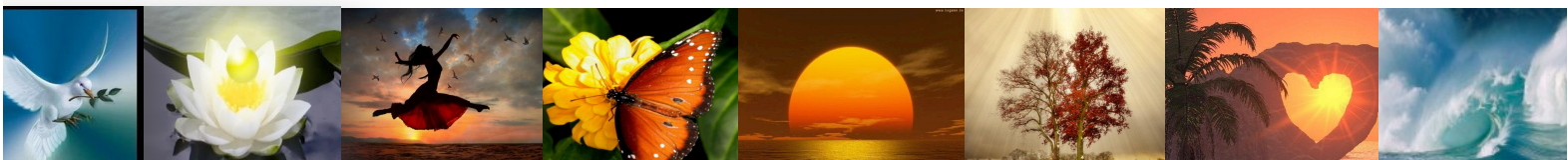
Do you know it requires 62 muscles to make a frown and it ONLY requires 32 muscles to have a smile? Have you ever noticed that when you are smiling, it's really hard to think negative thoughts? A smile reduces the "stress" hormone, cortisol and increases the "happy" hormone, serotonin. If you want to reduce some of the stress in your life, just smile! :) Have an attitude that says, "I am too blessed to be stressed". Let your joy be seen.

Do you know that ALL of your possessions here on earth are just on loan? Even your physical body is just loaned to you for a short period of time! When we leave our earthly body, we also leave everything behind. We came into this world empty handed and we will leave empty handed. Do not fight over material stuff. Spend your time being of service to humanity. Be more loving and compassionate towards ALL of God's creations. What legacy are you leaving behind?

When a grain of sand enters the oyster and the oyster becomes irritated a beautiful pearl forms. How many times in your life things didn't always go as planned? Trust that your life is divinely orchestrated. Know that with every setback, disappointment and failure there is a hidden lesson to be learned so that you can reach greater heights. The next time you get irritated know that you are forming a pearl.

Do you know that you have seeds of greatness planted inside of you? In order for those seeds to grow and flourish you have to take the time everyday to water those seeds with love and encouraging words. Know that you are unique and one of a kind. There is NO other person with your unique talents and gifts. It is a privilege that you get an opportunity to experience a NEW DAY so make the best out of TODAY!

Just wanted you to know that you are beautiful just the way you are. What you call your imperfection I call it your unique beauty. You are a masterpiece! Our world is a much brighter place because of you. Thank you for ALL that you do and for being a blessing to us all. You are deserving of great things.





You have all the answers you need within you. All you need to do is be willing to listen and receive.

“Be the change you want to see in the world” –Mahatma Gandhi

For more of Shellyann’s inspiring words of wisdom
you can visit her page at

www.facebook.com/visionwithheart

Thank you for visiting

www.visionwithheart.com

*Wishing you and your loved ones a beautiful and
blessed day filled with abundance of love.*

