

**When you feel the ground beneath you fall away, there is a formula to find your compass, your stability.**

Our **INTERNAL STABILITY FINDER** is a process for empowering yourself with courage and strength through difficult times. It is important to stay grounded so that you remain composed, drama-free, productive, and fulfilled.

Freedom of choice and ownership maintains your stability within. Focusing your energy to positivity will be more fulfilling.

You can't control others, but you can control you. Locating stability within you by staying open and taking ownership will empower you to be happy and solid not matter the chaos around you.

There are steps that we find most reliable to find solid ground when times are tough. All together, they provide a strong, stable ground. However, any one, taken on its own, is a catalyst for internal stability. These are your stepping stones.

Using the Internal Stability Finder as a part of your life will discipline your being and keep you in the present—in your “zone of genius.”

This exercise works no matter what is going on, and will free you from drama, allowing you to focus on performance and fulfillment.

