

Happy 2022!

22 Ways to “Be” in 2022



1. **Be Active.** Move your chi every day. Just walk.
2. **Be Adventurous.** I can't wait to trade my first-class luxury for third-class clarity and travel to the acupuncture point on the globe.
3. **Be Compassionate.** Find a way to serve something bigger than yourself. It will open your mind and your heart.
4. **Be Creative.** Perceive the world in new ways, find hidden patterns, and be innovative.
5. **Be Comfortable with death.** We have created societies that satisfy basic needs but eliminate recognizing death as a part of life. Learn your way around death and sadness.
6. **Be Courageous.** Everyone has dreams but very few people have the courage to pursue them.
7. **Be Expansive.** Don't hold on too tight to anyone, anything, or any idea.
8. **Be Flexible.** If you're selling water in the desert and it rains, stop selling water and sell umbrellas.

9. **Be Grateful** for everything that happens in your life, it's all apart of the human experience.
10. **Be Grounded.** Be the one in the storm that stands strong. Nothing pulls you off your center.
11. **Be Humble.** My father used to say people will wish you well, but not too well. Have enough self-esteem to just be humble.
12. **Be Joyful.** I feel happiness is an outside job, circumstances can make you happy but joy is cultivated from within. So no matter what you can be joyful.
13. **Be Limitless.** Live as if anything is possible because it is.
14. **Be Passionate** with whatever you do. Your passion will always point to your purpose.
15. **Be Present.** Whatever you are doing, learn to focus completely on doing that one thing.
16. **Be Still.** Just stop. This will get your mind to a stage when you stop reacting mindlessly.
17. **Be Truthful** mostly with yourself, which will allow you to be truthful to everyone around you.
18. **Be Vulnerable.** This will allow you to be open to change.
19. **Be You.**
20. **Be Healthy.**
21. **Be Love.**
22. **Be One.**

I hope that the light of inspiration finds you and the warmth of love embraces you. Always. Happy New Year!

Have any Feng Shui questions? Feel free to contact me at michelle@michellecromer.com and sign up for your Power Color MichelleCromer.com or [visit me on Facebook](#) at Michelle Cromer Feng Shui.