

# Sanity Saving Tips When You Are Kicking Karma's Ass

## When Starting Over

After losing my parents, my brother and the love of my life, my husband Ray in a few short years and then nearly losing my business, I know a lot about starting over. It isn't easy. It may not work out how you hope. Sometimes it works out even better. Here's what I learned to make it through.

- 👊 **Be Strong.**
- 👊 **Dig Deep.**
- 👊 **Work Your Network.**
- 👊 **Stay Determined.**
- 👊 **Ask for Help.**
- 👊 **Remain Confident.**



## When Dealing with Labels

Having spent the last 30-plus years working as a woman in a man's world — construction, I've dealt with more than my fair share of being put in a "box." I can't tell you how many times I've been the only woman on a job, the challenges I've faced and what happens when everyone realizes not only am I the boss, but I own the construction company. Here's how I have dealt with being labeled.

- 👊 **Tell people who you are. Always.**
- 👊 **Let people know it isn't acceptable for them to define you based on their own limited experiences.**
- 👊 **Set boundaries with people who don't or won't respect you.**

## When Looking for Signs from Above

As I was starting over, I kept asking my loved ones to send me a sign that I was heading in the right direction. I was frustrated that I didn't seem to be getting any. But then I changed my perspective. I realized that I was so caught up in my struggles that I may have been missing the signs all along. Here's my approach now.

- 👊 **Keep asking for signs.**
- 👊 **Be open to receiving them.**
- 👊 **Pay attention or you might miss what's right in front of you.**

### Three Pieces of Advice for Kicking Karma's Ass

1. **Choose to move toward the positive and leave the negative behind.**
2. **Know money is best spent on making memories, not acquiring stuff.**
3. **Keep pushing forward and let the universe take care of the rest for you.**

Learn more about how I used these tips in my new best-selling book *Kicking Karma's Ass: Unbelievable Stories of Strength, Resilience and Perseverance, All Told with a Twist of Humor*. Get your copy today: [www.patmiller.net](http://www.patmiller.net). Follow me on social @thepatmiller11.

