

Life redefined

Industry veteran Grace Daly inspires attendees with impassioned insights

When Grace Daly was asked to share her insights as the keynote speaker for the Commercial Construction & Renovation Summit in San Antonio, she admittedly wasn't sure what she was going to address.

Growing up in the industry with so many of her colleagues in attendance, what could she possibly share that they didn't already know, she thought to herself.

And then it dawned on her – why not share her experiences of learning and growth? Share the thought and personal insights that drive her every day. Her insights came from her personal and career transformations she experienced over the past six years, including



three key principles that have inspired her during her journey, as presented in her words:

Always Trust Your Intuition

“Intuition is the soul’s knowing, your soul’s feeling. There is no need to justify this to anyone, just trust and follow your intuition’s path.”

This is worth repeating: Always, always, always trust your intuition. The times I have gotten in trouble were when I have not listened to this little voice that gently tugged at me. One thing I’ve experienced about intuition is that it is clearly heard when one is calm and still; when there is no mind chatter or outside distractions. Be aware of the day to day noise, other people’s drama or even your own – so that you may gently release it to be in touch with your innermost selves – your intuition.

Be Bold, Providence Follows

“Feelings create thoughts, thoughts create decisions, decisions create actions. The universe simply follows to support your direction.”

Whatever it is that you wish to accomplish – your decision in that endeavor will bring about a whole set of people, places and things to support it – the key is you need to have your eyes wide open to see and catch these miracles. Also, conversely, if you choose to not take any action or proceed with doubt and uncertainty, there will be inactivity or activity to match that energy. We’ve all heard that expression: Like Attracts Like – this is the universal expression of it.

Create Healthy Relationships

“Go where the love is. Where there is love you will flourish. Where you flourish your miracles will manifest.”

Whatever it is that you wish to accomplish – your decision in that endeavor will bring about a whole set of people, places and things to support it.

Now this is the last and most important key. I’ve coached hundreds of people, both inside and outside of our Industry – and the No. 1 challenge I see are that many people continue to remain in an unhealthy relationship or environment after exhausting all measures in attempt to improve the situation. They have been in this negativity for so long that they have learned to identify themselves strongly with this and have accepted it as their life’s path,



as a norm. To move on, away from negativity is not only a sign of strength – but it is a true sign of self-love. When we free ourselves to a flourishing environment or loving relationships, we grow in all ways to our truest and highest self.

However it is that you define your life, make it a great one because you deserve fulfillment, peace and love. **CCR**

For more insights, you can reach out to Daly at Grace@GraceDaly.com