



3 Simple Tips to Jumpstart Your Prayer Life

Hi there! I'm Rose Folsom. This handy guide gives you a taste of how I help Catholic professionals flourish in their mission and purpose—by helping them deepen their connection with God, which gives them more clarity and peace at work and at home.

A consistent, focused prayer life is the foundation of human (& business) flourishing.

Most professionals feel uncertain at times, for whatever reason. That's part of being in business. But it doesn't have to get in the way of having a closer connection with God.



Hey, I've been there, too—big time. Watch this 3-min video where I talk about that.



Knowing how to fully receive his grace and guidance in prayer—and how to find the time for it!—gives us more bandwidth to fulfill the mission and purpose that called us to business in the first place.

As author, speaker, spiritual director, and founder of VirtueConnection.com, I've helped thousands of people enjoy a closer connection with God. Like my client Yvonne, who felt God wasn't listening. After working with me for a few weeks, she said, "Game changer! This is what I've been missing!"

"This is what I've been missing!"



Are you ready for the 3 tips? Let's go!



#1

How to be "soundproof" in prayer

It's not just you—everyone has distractions. And there are so many kinds: visual distractions, a wandering mind, sudden demands on your time, anxiety, Instagram, guilt that we're not working—you name it! People who work with me discover how to overcome any obstacle to keeping their quality time with God. Below are three ways to zap distracting *sounds*—which may be the most annoying distractions of all.

- **You sit down to pray** and the dog next door starts barking or the TV in the next room is too loud. *All is not lost!* Keep a set of foam earplugs handy to dim the noise and say a quick prayer for focus.
- **You arrive at church during the day for quiet time** and someone starts up the vacuum cleaner—or ladies in the pew behind you start talking. *No problem.* In addition to ear plugs, pray softly out loud to drown out the distraction. You can also kindly tell the ladies that their talk is a little distracting and ask them to move. I've been the talker, too, and didn't mind being asked.
- **You're waiting for a plane** and the loudspeaker keeps zapping your concentration. Minimize it with white noise in your phone earbuds. Check out mynoise.net for an array of sounds that help you focus.



#2

How to let your body be your prayer partner

The Catholic faith is incarnational at its core—so, our bodies are part of our prayer life, too! Among the ways I help people work with their bodies to increase their receptivity to God's grace—is the breath. Did you know that breathing in a certain way sends a signal to your nervous system to relax and focus? *So easy!* Click here for a 5-min audio on one way to calm your body and mind for prayer, just by breathing.

✿ ✿ *And last but not least.....* ✿



#3

How to stay encouraged to pray

No one loves a lie—except the enemy, the father of lies. And, oh, how he tries to convince us that God's not listening, that we're no good at prayer, and that we don't have time for it.

Not so fast! God created us for friendship with him, which means we were created for prayer.

God created us for intimate friendship with him.

In addition to the many ways I help my clients stay inspired, there's a classic way of staying in the truth that I call "**Reveal-Reframe-Reinforce**." It's three simple steps to avoid discouragement & stay on track!

First step: REVEAL the lie to yourself. Uncover it and expose it for what it is by remembering where it came from. For example, if you have the thought, "God has felt so distant lately; my prayer isn't having any effect," start by recognizing who doesn't want you to pray and rejecting the false thought.

Second step: REFRAME the thought by saying the opposite. For example, say, "I know I draw down grace when I pray because God works in us even when we don't feel anything." Stating the truth brings our reason into play and diminishes the discouragement that brought on the negative thought.

Third step: REINFORCE the truth with evidence. For example, say, "Last week when my prayers felt dry, I still noticed I was more patient with my co-worker."



Click for my 3-min video with an invitation to discover more ways to pray like a saint!



The video includes an offer for a free gift, worth \$197—free because you've invested the time to download this guide. *Woo-hoo!*



Happy praying!

Rose