



ANDREA MEIN DEWITT

THE GLOBAL AUTHORITY ON COGNITIVE REFRAMING

Andrea Mein DeWitt is a leadership expert, author, and Professional Certified Coach who unlocks hidden potential in high-performing professionals. Her bestseller *Name, Claim & Reframe: Your Pathway to a Well-Lived Life* — named TODAY Show's best motivational read of 2023 — offers transformative tools that reshape self-perception and approach to personal change. In April 2024, she expanded this philosophy with *The Name, Claim & Reframe Workbook*, distilling powerful exercises from her coaching programs.

With an M.Ed. from UC Berkeley and an inquiry-based coaching approach, Andrea creates safe, empowering spaces where clients uncover core values and life purpose. She challenges leaders worldwide to trade comfort zones for courage zones — because that's where the magic happens.

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Divine Detours: Plot Twists By God

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If we choose to live within our integrity, God will most certainly conspire to assist our evolution by sending us divine opportunities to harvest new learning through life's challenges, strife, and unexpected setbacks.

We have all heard the expression, "*Life is about taking lemons and making sweet lemonade.*" What if the unforeseen "plot twist" in your life is a blessing in disguise sent specifically to help you evolve into a better human? Maybe life's speedbumps, crevasses and brick walls are just hidden opportunities to help us learn; we are not in control, there are obscured options available or we might be going down the wrong path. As a "Professional Life Coach," I believe your life will go a lot smoother, and you'll be much happier, if you can learn to open your mind to the divine guidance before you.

The first step towards experiencing God's guidance is to "reframe your mindset." When you encounter something negative, it is your internal dialogue that creates your emotional response. Your emotions have nothing to do with the situation and everything to do with how you have interpreted it. Negative thinking causes you to feel closed-minded, stressed, fearful and overwhelmed. In contrast, positive thinking allows you to feel open-minded, curious, resourceful, and optimistic. This is your opportunity to become *the screenwriter for your life's movie*, co-creating with God to reframe the plot twists while gleaning the learning that God is offering.

Resistance creates internal conflict, so why not "*lean into acceptance*"? Instead of swimming upstream, accept full responsibility for the role you play in the challenge. When adversity strikes, let go of your expectations, as God may have something else in mind for you. Try to listen to what God may be "whispering" to you. In life, success isn't always a straight line and often, the stories which we "thought" we knew exactly what was going on, often reap pivotal turning points that are available just beneath our struggle.

Remember that when God "gifts" us a plot twist, nothing is predictable, and we are not in control. No matter how well you think things out, diagram and strategize, there will always be unexpected glitches that derail your original plan. A wise person once said, "*People plan, and God laughs.*" Sometimes it's the sudden twists and turns that create the most growth and the best outcomes! Learn to manage your emotions, knowing God is always with you. Let God know you have faith in where you're being led.

When you decide to accept the plot twist as a divine gift, the best part is that a world of possibilities opens for you and your future. New perspectives emerge and when they do, thank God for the role He is playing in helping you to elevate to a new way of being.

You may ask, but where's the proof?... I say the proof is in your humble trust that God is helping you to write your best story.