



Awareness & Accountability Journal

Create your Life,
One Day at a Time

Leah Marmulla

Thank you to all those people who have gone before us, guiding the way towards understanding and awareness. Without these brave people to explore and consider alternative ways of thinking and expressing, we would be still stuck in the dark ages, or worse.

Other books written by the author include:

- Ditch the Weight and Gain Your Life
- All You Need to Know to Protect Yourself Against Gluten
- What the Mind Sees, the body Feels, Creates and Attracts

Leah is also the author of online ReclaimME! Spring Clean (Self-Paced), and Bridge the Gap (individual and online) programs. Each support the participants through the phases of awareness, deep healing of past wounds, hurts and fears. By doing the inner healing work, results in the participants also being able to declare

“I create my life more on MY Terms!”

For more information on these and her work go to leahmarshallmarmulla.com

The Awareness and Accountability Journal is designed to help you assess where currently are in life, and where you would rather be on your journey to your fullest potential. This Journal works in conjunction with the Diabetes, The Guts of It Program, or any other stage of dietary or life changes. It is a daily reflection, and record to monitor your daily progress. Blood Glucose Reading is prompted, but only for those who have diabetes, and this can be ignored by those who don't have the condition.

The focus of the Journal goes beyond the physical aspects of health/wellbeing and material acquisition; it goes into the real influencing factors of emotional blocks, beliefs and behaviours which sabotage our life and actions. By transforming limiting beliefs, while supporting your physical health, you are giving yourself a wonderful gift helping yourself move towards self-acceptance, love, to be more present in the now and experience deeper relationships with yourself, friends and family.

The overall end result is unpredictable, yet people become *clearer* than when they start. Since the program covers *nutrition, lifestyle, and subconscious limitations/ anchors it is truly a mind, body, spirit* program to help create a more balanced, well rounded life.

This can be translated into

- ✓ Improved physical health;
- ✓ Increased sense of wellbeing;
- ✓ Clearer vision of self and the future;
- ✓ Decreased stress, more peace and serenity;

- ✓ Increased self-belief to achieve any goal you choose;
- ✓ Deeper personal, friendships and intimate relationships;
- ✓ Deeper insight of the way we see ourselves and project this to the world;
- ✓ A gentle healing of the mind, body and spirit allowing you to live life to the fullest;
- ✓ Who knows what else is possible? It is guided by you and your deepest truth that wishes to be realised.

To use the journal, it is about working through it each day, monitoring the steps made towards change, insight gained as things came up for you. Emotions, thoughts, wisdoms, words etc. then, with this knowledge celebrate your wins and see your life improve. You may like to purchase a separate book to write the more personal things and stories in, using the explorative questions as prompts. Don't panic if you don't get an answer immediately for the explorative questions, they are just that asking you to explore your thoughts, beliefs etc around the topic at hand. By reading them, you are planting the thought seed, from which the subconscious can sprout forth the answers and details the conscious mind requires to know

We are not isolated being, just health, just symptoms or just We are a combination of all of this, and much, much more. We are friends, family members; we contribute to our community, work, life. We act from our beliefs, see through our perspective on life, and interpret everything through our filters we have either inherited from our childhood, or taken on with maturity. If you haven't already started to challenge yourself to be the best

you can be, truest highest self, then, this journal is designed to begin, or sharpen the process, depending on where you are at this time.

The material has been gleaned over decades of self-awareness progress, and the multitude of books read, seminars and training courses attended. Therapy sessions undertaken to help myself become clearer as to who and what I represented, and to help me clear away as many limited beliefs, actions, and filters that has been keeping me small. I have some way to go still; however, I am not the person I used to be.

I wish you well on your adventure forward from this point, to achieve the desired outcome in self-awareness, choices and ultimately less dis-ease and comfort. Your health may not be reversed, and certainly you will not be a baby again, but certainly a happier and more content person who helps to keep us all young at heart and mind.

How do you know you are ready to make changes, to craft the life you want and were destined for? This type of work, when you are willing to dive into the depths of your own shadow to help this side of yourself come forth and make you whole is often a slow rumble. We have seen and heard things growing up and as life has evolved. You have met people who are different to you, and your family, where you have come from. As a human, you start to notice the differences and start to think 'I want that too' or maybe you had a surprise such as a redundancy, an accident, a relationship breakup, or a close friend or family member get sick or pass on. You might realise you are becoming more and more disgruntled or delusional by what you see, feel and hear in your current life circles. This is good, you are starting to wake up and see things in a different way. Now you have the opportunity to own your life choices and not act them out on auto-pilot or knee jerk reactions because you have been asleep. Acknowledge your progress, even if it has been a

painful wake up call, your destiny is calling for you to be true to yourself again, and do the work you have been called to do... Transform heavy and challenging parts of you into light and love, to reveal more of spirit, your Godself or what you call the seed of your being that connects you to all things and people.

If you have been travelling this path for a while, you know what I mean, but if you are only starting this process, you are in for a ride. Sometimes you may beg to get off or it will seem it is going slow as your carriage slowly edges up the mountain to be let loose at full speed downhill again. Be sure you are strapped in and your life to God and Self is as tight as possible. If God doesn't feel right for you, then spirit, Universe, Allah or other Love names works too.

So, Let's begin.....

The Signals that self-discovery has Begun.¹

- A growing discomfort with your familiar environment, which and manifest as feelings that you are no longer satisfied with your occupation or even with your primary relationship.
- The inability to identify why you are saturated with depression or exhaustion.
- A penetrating sensation of loneliness, often accompanied by anxiety that your isolation will never end.
- An absolute awareness that something in your life has changed and that, although you may not be certain what the future holds, you definitely cannot turn back and live as you had before.

- A growing curiosity about your personal needs and a passion to discover what they are and to have them validated by someone who understands what you are experiences. The deep feelings of loneliness that can accompany an awakening require some level of validation, particularly if you are not surrounded by people who understand what you are experiencing.
- The emergence of skills you never knew you possessed, such as the ability to heal or counsel others and a shift in your perception of reality this frequently includes a heightened sensitivity to energetic or vibration patters transmitted by thinking. "I'm too old to start again" you can believe that age has nothing to do with creativity, love or the enjoyment of life.
- People and environments. You shift from relating to the external world through your five senses to awakening your multi-sensory and intuitive abilities. Even though survival intuition, or gut instinct, is always active in everyone, this new sensitivity reflects the emergence of a much deeper intuitive skill. It can develop into the kinds of sensitivity one needs for healing with, say, therapeutic touch or acupuncture. Or it may simply assist you in becoming a more insightful individual.

A shift in your relationship to time. Within tribal power or societal power, time is an external linear force that moves you through the stages of your life from youth to elder years. What you accomplish and how rapidly you succeed are calibrated to tribal speed. If the tribe believes it takes a year of treatment and five years of good health to be considered clear of cancer, then that is the timing that a tribal believer will expect. Within individual power, however, time becomes increasingly relative, as you discover the power of your conscious mind. You no longer need to be controlled by

group timing; instead, you have the option of pursuing how self-empowerment and the healing go for your internal self can influence the speed or recovery of your physical body, this sense of timing extends to the speed at which you can create something new for yourself. Rather than

- An increase in sensitivities to certain foods, fabrics, environmental toxins and medications such as aspirin and common cold remedies. You may develop allergies to substances that previously did not affect your system, such as wheat, dairy products and caffeine.
- A growing curiosity about areas related to self-development either by choice or necessity.
- An emerging sense of a new identity which can include discovering new ambitions or desiring to live an entirely new lifestyle. You may choose to leave city life for the country, or take a pay cut in exchange for more free time and a chance to pursue other interests.
- Sensations of liberation unlike any you have ever known before, as if you have broken away from invisible chains that had attached you to repetitive patterns of behavior that no longer suit the size of your spirit.
- A need for more contact with nature or more time alone.
- A growing dissatisfaction with institutional religion and a need to seek out spirituality. You may also begin to have spiritual experiences such as deep states of meditation, a call to a new path in life, or even a kundalini awakening.

- Endless boredom and a loss of appetite for everything that once brought you satisfaction and contentment.

First Things first.

Anyone working with me knows that I look at where a person is in their entirety, not only their health. See, our health is a symptom of the deeper picture, What's going on inside our body, its chemistry and emotions. You will learn while going through the intricate inter-relationship between emotions, biochemistry, nerve, gut, hormones and then the symptoms that can occur. If you want even more information, there will be more courses created over time that details these even more.

"You're braver than you
believe, and stronger
than you seem, and
smarter than you think."

- Christopher Robin



So, let's first see where you are in your life, as you see it. Throughout this journal, you will be asked questions, prompted and prodded. As challenging as it can be, it is invaluable to be honest with yourself.

The first step to any change is awareness, so to become aware and open to the first thoughts that come to mind when you ask questions.

Be truthful to yourself, with as little judgment or self-criticism as possible, remember, your life experiences have brought you to this point, and you have learnt some very useful lessons along the way, even if it is a lesson of not doing something again. Yes, some have been painful, embarrassing, confronting, but from the mouth of Christopher Robin (a favorite of mine)

The wheel of Life

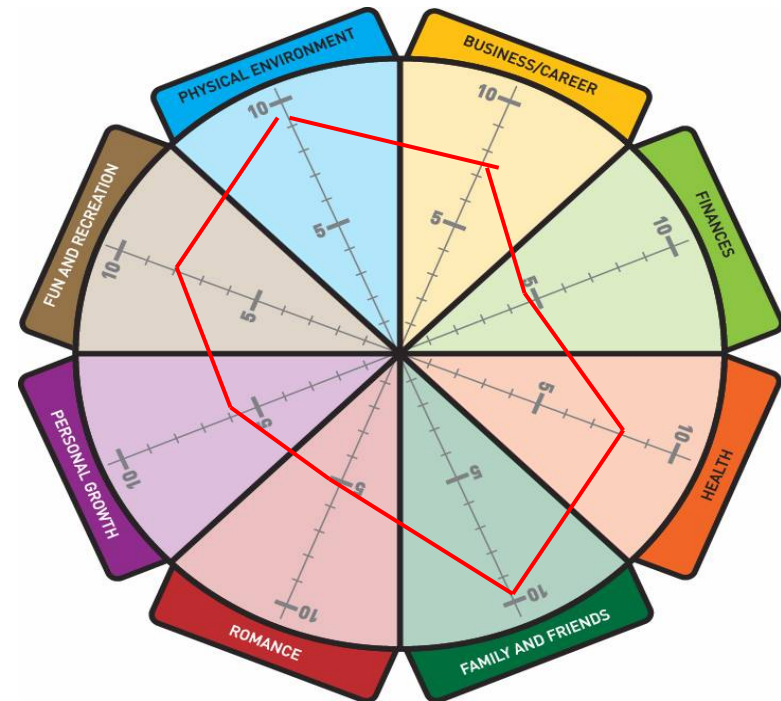
For a detailed activity, download your copy here

leahmarshall-marmulla.circle.so/c/articles-and-blogs/wheel-of-life-activity

This tool helps you to gain clarity where you feel you fit in your world. As you can see, it covers the main aspects of one's experiences, from work, relationships, health, and relaxation. To complete:

1. Mark on the scale between 1-10 for each sector; 10 being absolutely spot on wonderful, and 1 being totally blah.
2. Link the marks you made on the scale in each sector by drawing a line going around the wheel.

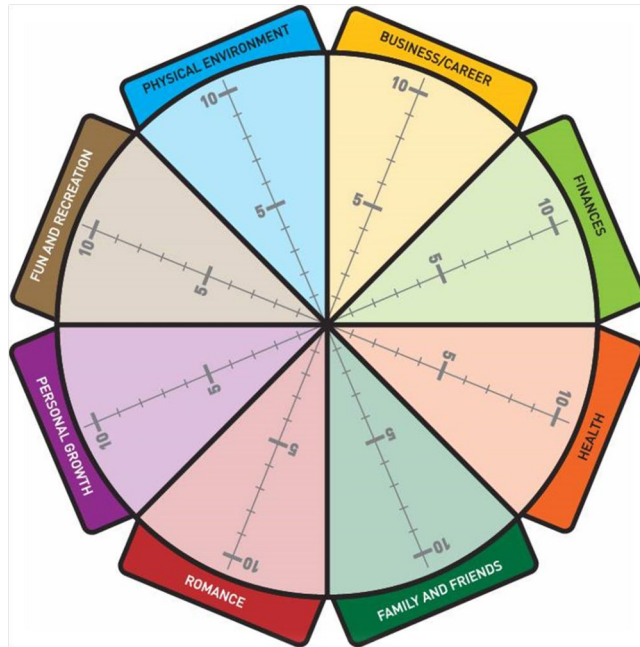
For example: This is one I filled in a few weeks ago. Yes, it really is mine on that day. I was quite disgruntled with a few things, which I then used to ask the questions I am going to ask you soon, to make changes in my life. Today's wheel would be quite different as I took the time to gain clarity,



some honest questioning and energy, release work to help me remove more limiting beliefs and blocks that showed up at the time.

Back to you. Now that you have identified a few potential gaps in some areas of your life between where you currently see yourself, just ask which sectors are important enough to seriously look at and change. Remember, there is no right or wrong answers here, as if you ask yourself the same

question tomorrow, or next week, you might give yourself a different answer based on What's happening at the time.



Awareness is the first step.

This time on the wheel, mark out where you would like each of the segments to be. Let your imagination run, be a kid with this stage, and be honest with yourself. It will give you things to consider, explore and work through, not goals as such, but some really meaty topics to play with.

Now, for some targeted health awareness

The fact you would have received this book from a health site, suggests you are interested in your health, or, you have a health concern and would like to make a difference. Here, I am going to ask you to acknowledge where your health currently is. Again, right down the answers so that you can reflect back and see how far you have traveled since starting your life transition.

- What's/are your current health concern/s
- What are your latest pathology results that are outside the normal range?
- If weight is a concern, What's it now kg;
- What would you like it to be ?
- What time frame do you want to achieve this? Months/weeks
- How many times a week do you move/exercise?
- What's your preferred style of movement/exercise?
- Are you open to doing things differently to create the outcome you desire? Yes/No
- If yes, who do you need support from? What type of professional can help you? (circle the one/s you feel will help)

GP; Specialist; Dietitian; Psychologist; Exercise Physiologist; Chiropractor; Social Worker; Counselor; Energy/light worker; Masseur; Accountability partner; Health Coach; NLP Therapist; Reiki; EFT Therapist; Acupuncture, Physiotherapist Other_

Now you have some ideas, it is time to gain clarity as to what you want and what your life could be like when you get there.

Awareness is the first step,

but having the end in mind is the second.

Explorative questions:

- What are the things in each of the segments that ‘aren’t quite right’, or ‘not working for you’?
- What would you like to change?
- If you couldn’t fail, and your dreams could become a reality, what would your reality look like for you?
- What would your life feel like with these changes?
- What would you hear, see and smell after the changes were made?
- What would be happening in your life and around you when you reached your ideal world?
 - What’s your ideal day, weekend, holiday, work day?

- Who is there, where are you, what are you hearing, doing seeing?
- What aromas are you smelling, the sounds you are hearing. What are you exploring, thinking about and experiencing?
- What’s giving you goosebumps, and a thrill of excitement, joy, bliss etc.
- What could be done, said, shared with whom to make the time 1000 x more exhilarating?

Let the ideas be on the page. When a negative, questioning or “no” voice is heard in your head thank the thought, and ask what it’s real message, then write this down too, on a separate page. These ‘voices’ are jewels along the way that when cashed in give you what you want in life, just like gems found in the mud when panning can make you a fortune when cashed in.

If it is helpful, I dare you to take the challenge of looking at yourself in your most honest light. It is a true gift to yourself and extremely self-honoring to allow the gems to come to the surface along life’s journey.

By being honest about yourself to yourself, in relation to your desires, wants, food you eat, how you feel, you are in an easier position to make change. Remember the old saying [“What you resist persists”](#) (Carl Jung). Why resist any more. You have come this far, so your Deeper Self is searching for change; Its goal is to help you become aware where you are in the now, be accountable to yourself, and then use the tools to explore the emotions and memories that may arise during this time. Exploring creates an opening for change at any level towards the release and healing of past hurts and shutdowns to make way for a wonderful, fulfilling life.

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.

Mother Teresa

Section 2

The Daily Explore



This section is designed to be an accountability activity. Now that you have awareness of areas you would like to be different, defining the differences in detail is similar to creating the end in mind, as so brilliantly described in Stephen Covey's books. This creates a goal post to work towards, knowing that it will continue to be moved polished and refined as you get closer to it. Often in the beginning, the vision is likely to be hazy and too far away to see, this is ok. Even a 'knowing' of what you want is better than refusing to consider anything beyond the fog. Weekly planning helps to map out the practical steps to achieve the goals for the week. This isn't only about your health goals, but to include aspects of your entire life. We do not live in isolation of ourselves, our needs and desires, even if at times we may need to. Be live in family, communities and most have outside commitments. All of these must be considered to help prepare the way to fit it all in. Then, the daily reflection and recording provides the space and time to see all the good things you have been able to achieve. To reflect and see and feel the progress you are making, especially on the days or weeks when it seems *nothing* is working. It is, usually on the inside that will be reflected on the outside when things come back in alignment.

This section is also divided, into to take you through each day so you can

- See the bigger picture
- Daily reflections on what you have eaten,
- The type and amount of exercise you have completed,
- to. These can be rotated to develop a snapshot of your body reactions to food; and to
- increase your awareness and make change.

To expedite your awareness, it is invaluable to explore the day's events and feelings. The benefits are you have the opportunity to acknowledge how well you are going,

- Your wins, small and big changes made;
- Gratitude, no matter how big or small
- Identify hidden emotions, whether positive or negative.
- Reflect on what you would like to be different
- Create a different plan if needed to move towards the desired outcome.

Sometimes, this is all that is needed to access the wonderful insight our unconscious and spiritual self can provide us. It also helps to see patterns, or reoccurring thoughts, behavior, and outcomes which suggests there is a hidden jewel waiting to be discovered and released, though it may require a bit more effort to open up to it.

Let the adventure begin. Remember, first thoughts, without judgment let everything that wants to be here, **be** here, as hard as it can be. Welcome each insight as a treasure, a message in a bottle, if you will, for each emotion pleasant or painful, is just that a message for you to hear, learn from and then let go so that you get to the core or your true self quicker.

The next couple of pages is for you to go wild. Put your favorite music on, or go to 'your' place. Close your eyes and give yourself **permission** to dream,

as you were a child again, and the world is your oyster. *Allow* whatever to come up be there, no boo hooing, or shutting them back down. All things are to be written here either neatly, messily, in pictures, words. Whichever way you relate to works; there is no wrong in this exercise. The topics are only for prompts and you can add or delete as right for you.

When a 'negative' thing comes up, a criticism, a feeling, uncomfortable, hidden excitement, or you think "I couldn't do that, put these things on the next page. We will have an exercise for them too. You might like to pull out some colored paper, or A3 or bigger, texters, crayons, type it, again, it doesn't matter the mediums you use, it is about allowing your imagination to be unleashed.



- Health, Fitness and Energy
 - Family
 - Friendships
 - Finances/Wealth Amount, by when
 - Holiday,
 - Possessions - car, boat, homes etc
 - Sense of security, freedom
 - Helping others/charitable actions
 - How you make your money (it doesn't need to be work)
 - Relaxation, how, how often, with whom etc.
 - Self care and happy place actions

Then, to help shift the emotions and memories coming up during this exercise, TAP it out.

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in. Download your own copy here: bit.ly/3Ystqbs

The image shows a hand-drawn weekly planning template. At the top center is a banner with the text "Week's focus". Below this, the page is divided into several sections:

- Tasks towards this week's goals:** Located in the top left, with a red vertical line on its left side.
- Wish list ...:** Located in the bottom left, with a red horizontal line above it and a red vertical line extending downwards.
- Affirmations:** A large central box with a thick orange border.
- Important activities this week:** A yellow-bordered box in the top right.
- Self Care Ideas:** Located in the bottom right, featuring four hand-drawn orange hearts of varying sizes.

WEEKLY PLANNER

THIS WEEK GOALS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

APPOINTMENT

- _____
- _____
- _____

REMINDER

- _____
- _____
- _____

NOTE

- _____
- _____
- _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us, and make us kinder. We always have the choice.

Day 1 In your Journal record your eating pattern

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

| | | |
|----------------------|---------|---------------|
| Cardio minutes | Weights | Strengthening |
| Stretches/relaxation | | |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What's the lesson for today's 'interesting' experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"As you practice these precious teachings, slowly the clouds of sorrow will melt away, and the sun of wisdom and true joy will be shining in the clear sky of your mind."

Kalu Rinpoche

“Feeling Gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward

Day 2 In your Journal record your eating pattern

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

Some people come into our lives and quickly go. Some people move our souls to dance. They awaken us to a new understanding with the passing whisper of their wisdom. Some people make the sky more beautiful to gaze upon. They stay in our lives for a while, leave footprints on our hearts, and we are never, ever the same.

Flavia Weedin

“Prosperity is necessarily or even usually to be conceived in monetary terms, but by the blessings of life. Friends, happiness, contentment, sharing of abundances and the like”

Anon

Day 3 In your Journal record your eating pattern

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

| | | |
|----------------------|---------|---------------|
| Cardio minutes | Weights | Strengthening |
| Stretches/relaxation | | |

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

Many of us suppress our emotions unconsciously as a protective mechanism, because on some level we believe that we cannot handle the pain and multitude feelings we are experiencing

Inna Segal

“Good thought bear good fruit, bad thought bear bad fruit – and man is his own gardener.”

James Allen

Day 4 In your Journal record your eating pattern

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes Weights Strengthening
Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

“Though we travel the world over to find the beautiful, we must carry it with us or we find it not”

Ralph Waldo Emerson

“Prosperity is necessarily or even usually to be conceived in monetary terms, but by the blessings of life. Friends, happiness, contentment, sharing of abundances and the like”

Anon

Day 5 In your Journal record your eating pattern

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

“The only reason we don’t open our hearts and minds to other people is that they trigger confusion in us that we don’t feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else’s eyes.”

Ane Pema Chodron

"When I loved myself enough, I quit wishing my life looked some other way and began to see that as it is, my life serves my evolution

Kim McMillen

Day 6 In your Journal record your eating pattern

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What's the lesson for today's 'interesting' experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"Do not pursue the past. Do not lose yourself in the future. The past no longer is, and the future has not yet come. Look deeply at life, just as it is arising in the very here and now. Recognise it - invincible, unshakable. Care for it with your heart and mind."

The Buddha

“Life Consists of what a man is thinking about all day”

Ralph Waldo Merson

Day 7

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

“We need our dross as well as our gold, because it is out of the dross that the gold comes; it is the blackness with the light that creates it and makes it not just light, but gold.”

Jay Ramsay

Done and Dusted

Ok, my friends, you are doing marvelously. You have worked through an entire week of self-discovery and that has been an interesting journey. It gets easier as you learn what your triggers are, how your body responds and what's hidden away. I hope you have started to really look after you, not only on the food and exercise front, but also your thoughts, insights and awareness.

Tapping or EFT Emotional Freedom Technique

Tapping uses acupuncture points to help release the anchored emotions attached to memory, belief or thoughts that come up. By acknowledging the feeling and/or situation that comes up and finishing the statement that you unconditionally love yourself, or forgive yourself, or honour yourself, or even all three, that you unconditionally love, forgive, and honour yourself, no matter what. Allow the associated feelings, thoughts, memories, sayings, or voices to come up as you tap your way around the points. There may not be many at first, or there could be a lot. Either way, it really doesn't matter, and there isn't any wrong way to do this. The power of intent is magical, and often starting the process of working towards self-care opens up the opportunities and lowering of the anxieties around it. For more details of how to use this technique fully, go to bit.ly/3KSJOUH

***Holding on to resentment is like drinking
poison and expecting the other to die.
Anonymous***

The second is the Ho'oponono forgiveness mantra.

Again, this process is about forgiving yourself for your part in actions or thoughts playing out. You have only been doing what you have been programmed to do, and you have been doing a fine job at that. However, you now can change the belief or the actions to help you live in a way that is authentic to you and what you choose for you.



The mantra is

I forgive you

I'm sorry

Please forgive me

I love youⁱⁱ

It is suggested to really move into the experience by visualising the person/s or situations that come up in memory and feel the feelings that were there at the time. Repeat it until you feel full and lighter and hold your self-image in your mind's eye and repeat it again as many times as you feel it needs to be said directly to yourself.

Some of the things that can occur doing these exercises are as follows:

- Feel of being happier, lighter
- More calmness and peace about past events
- Improved communication or acceptance with those who came up in the event's memory
- Better sleep, easier to choose self-care
- Easier to complete the tasks that are important and be OK to postpone the activities that don't serve you

Allow the feelings to come up and acknowledge them without judgement. They will leave easily the more you see them, thank them, and forgive the situation they were attached to.

The magic of the mantra comes from the energy and intent of the words spoken:

I forgive you – transforms resentment and similar emotions you have towards the person

I'm sorry – ignites compassion for the story generated to keep the belief and associated actions in place

Please forgive me – requests compassion and forgiveness from others or yourself for the situations and the harm experienced over time

I love you – is the healing balm to all involved. How relieving it is to truly feel love and connection with others when you have honestly resolved a conflict or supported them through a difficult situation. To say I love you to someone, including yourself, is the most healing feeling, pouring peace and connection through your entire body. Who doesn't love that feeling?

Another version of this is also very powerful.

I forgive you

I forgive myself for what I created, co-created

Free you to be who you are

There is power in acknowledging we make our situations by our choices and what we attract. There is a fine line, and one that needs to be considered carefully. Is the situation by our doing, or are we facilitating someone else's learning? Either way they are lessons, but my experience has been when we can see that sometimes things are happening to trigger and support another person's lesson, we are doing our job and we can be gentle on ourselves. We

need to be gentle either way, but I think compassion seems to come easier when we help others through their stuff. If it is yours, 110% step up and look and heal it, if it isn't then check in and see how you can be present without rescuing or manipulating the situation to suit you. That, is a lesson in itself.

Detox and Our Emotions

Emotions alter cell function by their chemical nature. By undergoing a physical detox, we change the chemical environment in the cells, tissue, and organs and encourage the release of waste products. This also alters the chemical environment and affinity for the heavy emotions to stay attached to the DNA, cells, mitochondria, etc. A detox enables emotions to come 'free' from the DNA, and one reason why people feel different when they eat well is that their body is undergoing both physical and emotional releases. The simple act of cleaning out the body enables the mind and body to also let go of 'stuff'. This side effect often isn't spoken of but addressed by encouraging people to incorporate meditation, exercise, or other stress management techniques into the treatment protocol. What you do or engage in will be influenced by your personality and what you feel comfortable doing. Whichever method you use to support your emotional healing, it is better to start than not.

In the metaphysical world of mind/body relationships, each organ has its own energy/emotional vibration and hence holds the emotion that matches them: liver – anger and bilious feelings, pancreas – joy, legs – moving forward, and so on. So, when parts of the body are out of balance, we can go in with a general awareness and ask questions more directed to the situations or patterns showing up in your reality.

By the end of this week, I suggest you do a self-care activity, and build the frequency of self-care to a daily event. Small things like stopping for 1 minute

to notice the cloud formation, a flower, or a child playing or lovers kissing. Little drops of time out can quickly reframe your mood and bring it up. It may take practice, but practice it and remind yourself in your Life Journal what you felt. It may take some time to get into the hang of this critical aspect of life and self-loving. You will get there. Self-care is essential care and tells yourself

“I know am worth looking after me, and doing What's important for me to be me.”

Believe it, you are! Using self-care as rewards also reduces the temptation to 'go of the rails' with food or other possible indulgences. Here are a few suggestions, pick one to do as a big deal, then a few to do during the week.

- ✓ An outdoor activity that you really miss doing – walking for adventure through the park/forest or field. With or without others/pets etc.
- ✓ Going to the movies, or other passive entertainment
- ✓ Catch up with friends that you haven't seen for a while and just allow yourself some time out.
- ✓ Create some you space in your home that is sacred for you to feel relaxed and become refreshed in.
- ✓ Create some sacred time, whether it is five minutes or a couple of hours, the rule is that the time is yours, and others do not have the right to step into it. This is a big challenge, especially parents of small children. Learn to be ok to close the door and just sit; To go outside and relax. Sit on the grass and watch the clouds go by.

- ✓ Turn off your mobile and email for blocks of time so you are not interrupted. People will soon learn the times to call.
- ✓ Book a massage, yoga class or gym

Whatever you choose, go for it. Start in small chunks of time and build up to your desired amount and enforce (gently) that others respect it. It is called self-care and self-respect to put yourself forward a little each day, and a lot on a regular basis. [Selfcare is essential not an option](#)

For more ideas see bit.ly/41RfzOF

Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list

Self Care Ideas



“There is a time in the life of every problem when it is big enough to see, yet small enough to solve”

Mike Leavitt

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

In the midst of great joy, do not promise anyone anything.

In the midst of great anger, do not answer anyone’s letter.

Chinese proverb

“When one is out of touch with oneself, one cannot touch others.”

Anne Morrow Lindbergh

Day 10

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

“When I loved myself enough, I stopped blaming myself for choices I had made – which made me feel safe and I took responsibility for them”

Kim McMillen

*When individuals change, the whole planetary consciousness also evolves.
As above, so below*

Day 11

Richard Gerber

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What's the lesson for today's 'interesting' experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

*"If you are going to look back on something and laugh about it,
you might as well laugh about it now."*

Marie Osmond

“The one with the primary responsibility to the individual’s future is that individual.”

Dorcas Hardy

Day 12

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes Weights

Strengthening Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

“The only reason we don’t open our hearts and minds to other people is that they trigger confusion in us that we don’t feel brave enough or sane enough to deal with. nTo the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else’s eyes.”

Ane Pema Chodron

"We are always complaining that our days are few, and acting as though there would be no end to them"

Seneca

Day 13

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

| | | |
|----------------------|---------|---------------|
| Cardio minutes | Weights | Strengthening |
| Stretches/relaxation | | |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What's the lesson for today's 'interesting' experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

Anon

“Most people are willing pay more to be amused than to be educated”

Robert C. Savage

Day 14

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Exercise for the day

Cardio minutes

Weights

Strengthening

Stretches/relaxation

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings did you feel with?

What memories arose during these experiences?

What theme, or common emotions, if any were there between the memories?

What’s the lesson for today’s ‘interesting’ experience/s?

What dreams or hopes were unleashed during today?

Place these on your dream board.

What future steps or actions are you to take to achieve your goals?

*“The opportunities of man are limited only by his imagination.
But so, few have imagination that there are ten thousand
fiddlers to one composer”*

Charles F. Kettering

Fantastic work. How insightful has it been for you? What types of messages have been coming up for you? Who did you ask for help with these things? How did you go with your self-care exercise? How easy was it for you to complete? Don't worry if it was challenging, like a muscle it takes practice to look after ourselves, and for others to learn the new steps of your life dance. Open, clear communication is important, and you and your partner and family may need some time to get used to the newer version of you.

Remember when working with thoughts, symptoms can increase, as the disease between the subconscious and the body can increase. It is important to let go of what's stuck there, and wanting to be recognized and let out. For many this can be scary in itself. Journal writing, walks in the park, barefoot, creative art work, expressive singing, dancing and movement all can help release some of the built-up energy.

Meditation, especially guided meditations can be extremely powerful and asking for help from trained professionals can be invaluable and speedier in letting go of the trapped energy and memories. Hand on therapies such as massage, and Tapping or non-touch therapies such as Reiki, Kinesiology, NLP, Hypnotherapy, EFT, can also be powerful in getting into the deep root issues easier, bypassing the conscious mind's tendency to 'control' the responses and reactions to memories and issues coming up.

Aromatherapy, Flower and Bach Essences activating the smell sense, which also bypasses the conscious mind, is another powerful tool. Working with the sub-conscious and body energies helps to transform heavier energies to lighter ones, and installing more positive, powerful vibrations in the body.

Reading inspiring, self-help, educational books; attending classes, seminars or other self-development groups can speed up the change process. It is amazing what happens when the mind chooses change, and the actions are

followed through with how much easier life becomes, in our own head that is. Yes, there may still be some conflict and challenges as you and others adjust, but it is worth it in the end.

Change is a constant, a given that happens with or without us being present in the moment. Just like the sun comes up and goes down without us doing or thinking anything around this. Life goes on, and unless we take stock and become conscious of our choices, the good the not so good and everything in between, the only thing we can claim is ignorance. I would also call it being an Ostridge. While it is 'easy' to not make choices and allow other people to make them for us, our parents, friends, partners, bosses, society etc. we hand over our personal power and free will. When things don't work out the way we would rather them be, we have a built-in escape route – they made me do things I would rather not do. But, you gave them authority to do so.

As we become more aware of ourselves, people, situations and 'what we have always done' our inner feelings may start to what seems to be yelling at us. News of a disease, such as diabetes, can be a shock and if not, still a potentially confronting diagnosis depending on your relationship with it. For many, they go through the stages of grief, and it is important to allow yourself to do this. In doing so, it also gives yourself the gift of taking stock where you are at, and often it is a crossroads from which you have several choices you can make.

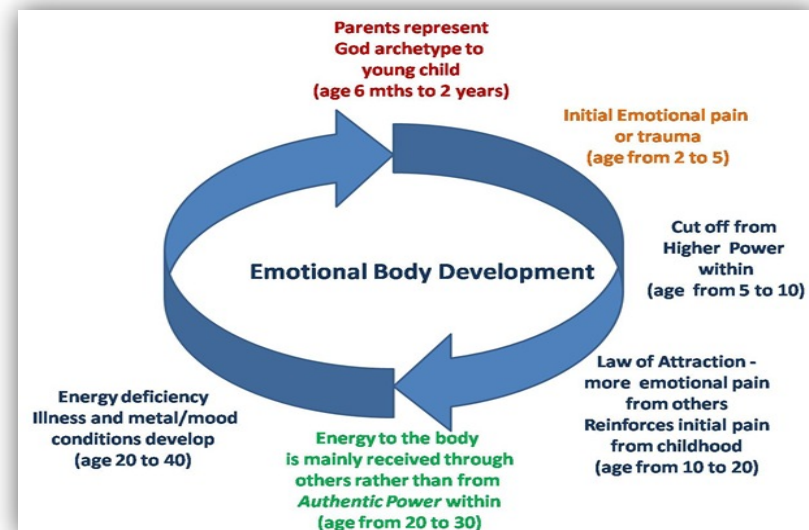
While this may seem like a harsh concept to come to terms with, I have lived with it firsthand. I made a choice in the earlier stages to go with the flow, and let other dominate the actions and end result? I quickly felt used, ignored, and not important. See the flip side of all of this is when we hand over authority to others to make choices; we inheritably say to ourselves we value another people's opinion more than our own, so I'll just follow them. Following others to learn is very different to blindly following and doing what

you are told or expected to do. The latter is an error in self-respect and care, the former is taking charge of one's own life and destiny. After all, who is going to be accountable on your death as to your life's achievement and wise use of your talents? You are!

There are plenty of books on the topics of how our character traits, values and beliefs develop. In a nut shell this is the breakdown:

- Inherited via our DNA. Yes, that is right, the genetic coding given to us at conception is the makeup of your parents. This predisposes you to all sorts of things. Fortunately, it is not a guarantee all the characteristics such as health, attitude, behavior etc will be yours. See, DNA, genes are only open and closed in response to the information they are bathed in. We have the power to choose what goes into the bathing solution. A win for us.
- Our emotional and physical imprint is altered, or enhanced very early on. During pregnancy, the Mother's emotions and her body chemistry influences the developing fetus's growth, DNA etc. If the baby is a girl, then that little one is already growing the eggs for her children and these can also be altered during this time. The message 'inherited sins' or 'sins of our forefather's' holds scientifically true. The unborn also hear words and sense things going on, good and bad, so whatever the mother is exposed to during that very early time, the memories and imprints are starting.
- Early childhood when we are so open to learning, is critical. Not only does the child hear, see, sense, but they also feel the touch, the hurt, etc. With limited insight into the nuances of relationships, and how to interpret this, the messages of 'this = that' or beliefs about the world 'should' be is started.

- As children grow older, before the age of 7, patterns of behavior and beliefs are fortified. They learn how to respond, initiate and interact to ensure their survival. To get food, comfortable etc, but for some how to stay safe and protected. Our sense of value in the world comes from this early grounding, and depending on the primary messages we hear, feel and are re-enforced will pretty much dictate the rest of our lives until we choose to take charge.
- We also learn during this time core beliefs about everyday life. Relationships, work value, money, roles, acceptable choices etc. Parents and main carers are like Demi-Gods – the center of the child's universe and learn very quickly what goes down, start to disconnect from the inherit God self, or Higher self, belief they are inherently ok, and good beings, and that everyone else is too.



➤

- This shift can result in considerable changes in behavior, depending on the child's interpretation of the experiences. For me, personally, I vowed to be the good girl, layered over my previous belief that I wasn't important enough to be looked after, and that I wasn't particularly wanted. Believe me, this still runs, deep and though it is getting lighter, patterns around this still show up. The advantage now being an adult, who chooses, is I can see it, respond and get help to move and let go.
- Pre-teen, early teen and early adult. We have all been there, many have moved through it with their own teenagers. The push and pull, the boundary lines being tested and proven, adjusted and reset. In many ways, teenagers are re-living their 0 – toddler years to see if their early interpretations and assumptions really hold true. They are asking if this me? Do I fit, is this what I want to be? Self-esteem and belief issues are paramount, and depending on the associations made early on, and reinforced during this time can create quite unpredictable outcomes. Why? It is beyond the parent's or primary caregiver's direct influence and now the child has more choice. They are expected to choose, and will often test both sides of the coin to see which is a better fit for them and what they believe.

Thank fully, these experiences don't need to be set in stone, however, it is as much about the teen as it is about the adults and peers they are interacting with. Reliability, trust, belief etc.

Generalised Stages of emotional development and adaptation of Eric Erickson. To help show how we develop our ideals of ourselves and our interpretation of the world we experience is shown very well in the outline of NLP philosophy. The filters mentioned are what we create over time. They are our interpretation, what we are told, what we experience and what we distort to keep ourselves safe and thriving.

These experiences are stored in our brain/body as memories which like filing folders in a filing cabinet are called upon when similar experience is occurring at later stages of life. If the experiences are similar enough to reinforce the first and subsequent message, the file gets bigger, and more ingrained into the mind body. To give you an idea, a child is born and cherished. It is held, loved, responded to almost at whim. This child may, and more so if this behavioral message is repeated over time interpret their survival and affection relates to making noise. We have all thought at times that it is the children who rule the house and this is one way they may very well. They learn very quickly how to get attention and their needs met, because they are dependent on their carers.

On the flip side, a child who may not be cared for so carefully, can easily learn not to be important, or making noise doesn't bring out the love it needs but an unhappy parent. They can also be very resourceful, resilient and persistent. These are generalization, but the research does provide consistent evidence around these ideas.

What happens when a child or person doesn't follow this generalized pattern? I think it is because they learn fairly quickly how to look after themselves and that they were ultimately in charge of their destiny. They just learnt the lesson about 2 decades earlier than adults who grow up and start making conscious choices to do things differently.

Another analogy to work with could be how the earth has been created. The big boulders are created in our early years, with our inexperience or understanding. Early on, the various parts of life are big things – magnetized boulders. Over time, the situations and experiences are more familiar, and their impact is smaller – gravel, but reinforce the area around the boulders. Because they are magnetized, the smaller things are attracted to the bigger beliefs and boulders, layering the ideas and notion as they are experienced over time. It is possible for other big things to seemingly land in our world, the question then is, is it an older issue or belief being exposed as we have worked through our life, or has something big ‘landed’ in our paddock that belongs to someone else?



Also keep in mind that there are so many aspects of life, layers, and small details in everyday that is influencing choices. What I previously described is gross overlays to very intricate details of a person’s experiences.

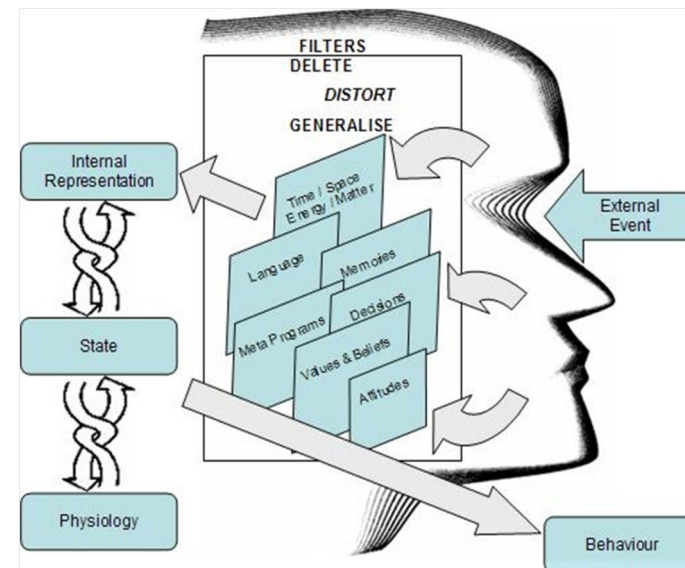
Before anyone thinks badly about their history or that you are stuck in being the way you currently are there are ways to move through the layers that have been created over time. Another way of seeing this scenario is as can be seen in the next diagram, outlining how we relate to our world and create ‘stories’ and make sense of what we experience. John Grinder *and* Richard Bandler, the originators of Neuro-Linguistic Programming help make sense of the complexity of life. The bedrock, the foundation of our lives are the deeper issues we accumulate over time. Just like in life, boulders can be discovered at various times as

1. We uncover some truths or experiences which show them up;

2. We choose to do an excavation to find the deeper issues that are blocking us from create our dream lives.

The type of fruit, trees and flowers of life are influenced by the type of soil or programs we are running. What are your ideals, values, beliefs of how things ‘should’ be? Keep in mind though there are no ‘shoulds’ in life but a string of choices from which you choose to live your life.

Indicators of what you believe your life should be like include, based on the idea the world is a mirror of our inner world:



- Relationships – the type, and quality (not number) who and why do you choose to spend time with?
- Inter-dependency – the levels of cooperation and support within relationships (Stephen Covey)

- Finances – enough, abundance, and spending habits; when and why you spend money. Pleasure, pain, punishment, reward etc.
- Happiness/contentedness – levels of being ok with life. The frequency of feeling ok with life, or that ahh relaxed feeling in the various aspects of life.
- Words and phrases, we use – patterns of speech, unless we are really aware of what we are saying and consciously choosing words; sentences, phrases and points of view reflect our inner beliefs around the topics being spoken about. How we see ourselves, others, our ‘shoulds’ views and outlook of what things are, based on our inner values and concepts created.
- What we seek out
- Desire to feel or level to feel – fear vs safety
- Everyone and I mean everyone is ‘faulty’. No one has evolved into being the perfect being, no one is fault free. I think we view or see others and see a clearer version of what we would like to be, or as we heal more and more of ourselves, we are seeing our potential in others. Remember, the world is a mirror, and therefore, what we choose to see, what we focus on is in essence a reflection of what we see in ourselves.

By now, working through the questions each day you have started to uncover some parts of yourself hiding in the shadows or under the surface. Maybe some of the parts have come up and asked you to take serious notice of them. Your feelings, body sensations, symptoms, changes in how you relate to others are all indicators of changes in your awareness. This is good and healthy. If however, you have started to uncover a few home

truths that you are surprised about or unsettling, it is important to ask for support and help.

There are several modalities available to support you; however, which one or ones you choose it is vital for you to feel heard, understood and experience an improvement in your sense of wellbeing. If any modality makes you feel worse emotionally, it may not be the style or the time for you to undertake that modality, move onto the next one. Trust that when you are ready, the teacher will appear and part of the entire process is to start to listen to yourself more, and to hear what you have to say.

In the meantime, there are some reflection exercises that can be done in your quiet time. Even by reading the question, as you may have already experienced, starts to open up parts of what you are starting to look at. This is good. Remember; whenever you start to get out of your depth ask for support.

The following is an adaptation from the book “The Inner Edge” by Richard Wedemeyer and Ronald Jue (2002). The text is particularly useful to help uncover ‘what’ is behind the reactions and behavior choices you are making. It is about increasing your awareness even more than seeing that you are eating or doing things that are not in your best interest. It can be used to explore all aspects of behaviors and thought patterns.

What this is referring to is the knee jerk reaction; predictable behavior and your go to reactions (not response) to people, situations, topics of discussion. We all react to things as we ‘always’ have, and will until we become aware of these reactions, consider if they are congruent, or supportive to the character we choose to be then our lives may be very slow to change. By completing the activity below, and answering the reflective questions each day, you are preparing the mind to be more open,

receptive and able to change towards the type of person you choose to be, from a more conscious place, aligned with who you want to be, live by and be known for.

The four steps of working with hidden beliefs

1. Recognition – become aware of a behavior pattern
2. Responsibility – own the pattern
3. Research – uncover the underlying belief and dynamics being seen
4. Retrofitting – modify outdated patterns that are not serving you

Recognition, you have already been doing this when working through the daily questions. However, patterns and limiting beliefs can be quite cunning and choose to remain hidden from ourselves. It is the part of the Ego that developed at a very young age to protect us from repeating painful situations, and we are often blind to our beliefs, actions and thoughts until someone or something asks (or forcibly) to look at ourselves. We have lived with ourselves for all our lives, and until we start to experience new things and explore different concepts, we are living from our range of perceptions we grow up. We don't see ourselves as others see us, and what we consider to be 'normal' may not always be healthy. Your quirks, idiosyncrasies, things that drive some people crazy etc. that makes up part of you.

If you are ready to be open to a different way of thinking then do the following and continuously throughout your journey.

- Take some time out to sit and reflect on your choices that you have made throughout your life that have create your current life. Choices around the amounts and types of food, exercise, stress management,

how you relate with others and anything else that comes to mind. Often you will recognize them by recalling "I should have done....." "write these insights down, and for each, consider

- What similarities do each of the incidents or insights have?
- The circumstances in which the 'shoulds' presented
- Who else was involved in the choices (partners, friends, stressors etc)
- Triggers that prompted you to choose the actions you chose
- The more clarity and common theme of these insights you are getting closer to the core issue or pattern.
- Listen to the voice inside that is giving you messages. It could be saying "This isn't quite right" "There is something I am missing here". Be open to hearing the small whispers or even that uneven feeling of things not being quite right. It is very likely not all kosher.

Responsibility – own the pattern. Once you become aware of what, how and why you are doing or saying things, you have a choice. You can choose to continue doing what you are doing, or you can start to take steps to change, or abolish the originating story attached to why you do what you do. Working with a professional to sound out your thoughts, and explore who and what you would like to be doing, if anything different. Learning new ways of thinking, being and having can be a challenge if you don't have role models to learn from.

The new thoughts, behavior and ways of being could be quite foreign and you may be very unaware of what and how to do in the earlier stages of change. It is like learning a new language. We might be able to take classes or read about it, but it is in the relating with others who speak the language that we become proficient. Engage others around you to keep on track. Not in a nagging way, only to remind you of what you had committed to, and then allow you to choose to do or not to do in that instance. To practice the new skills and support.

Research – uncover the underlying belief and dynamics playing out. Ask others with whom you spend time with, could be family, friends, or colleagues *whom you trust* for their honest response. As mentioned earlier, we don't see our behavior simply because we live with ourselves all the time. Others are transient and see a different side of us. If you ask another person, you must be willing to hear the insight, and it may feel like criticism if you choose to receive it in that manner. The big thing with this is who you would ask. Not all family members or friends will be reliable sources of information because they may have a vested interest in you staying the same.

Another powerful research method is to ask quality questions. Questions are thoughts looking for answers and so ask away. The list of possible questions includes:

- “Is what I’m doing similar to or reminiscent of something that was done to me?”
- “Does this pattern reflect what was done in my family?”
- “What kind of feelings do I associate with this behavior?”
- “Whom am I addressing in this situation?”

- “Do I like who I’m being in these situations?”
- “Do I like living my life, relationships, career etc.?”
- Have a look over the wheel of life activity at the beginning of this journey, and reflect on what came up then.

Now the fun can start as with the memories there are usually voices or phrases spoken that are linked to the situation. These are like the key with which you can turn in a different way with reframing and make new cognitive associations to historic issues.

Common phrases include, but not limited to:

- “Never trust your feelings of instincts”
- “You deserve a reward; you have been working so hard”
- “Do as I say and not as I do”
- “Finish everything on your plate before you leave the table.”
- “There are poor people on the other side of the world who don’t have what you have.”

You get the picture, the associations can be about anything, the core issues can relate to any part of life, and reflected where ever it can be noticed. After all, our deepest self wants to be heard and respected, it will make its self-known. By the way, the deepest self is love, and so wasn't of love is pushed up to be looked at, cleaned, and removed as needed.

During this, memories are likely to come up, along with feelings around various situations. The stronger the feeling or the more memories that arise in a pattern the bigger the belief boulder is. Depending on what has happened, and your reactions at the time, they may seem overwhelming. Get help, you don't need to do the hard stuff by yourself especially deep trauma and overwhelm, and if you have scary thoughts, feeling of self-harm etc. You do not need to do this alone.

Retrofitting – modify outdated patterns that are not serving you. Retrofitting is like the cleaning up process of change.

- Recognise your triggers by your previous knee jerk reactions. Are there similarities in character between childhood authority figures and co-workers, family friends etc? Do you respond or react in a similar way as you did as a child or wanted to as a child with these people now?
- Stop look and reflect if this is appropriate response given the situation and the people involved.
- Learn new ways of relating and responding to people. If a previous behavior or thought is not supportive, and you think it is helpful to change it to a healthier way or more productive think it through and describe the following in detail:

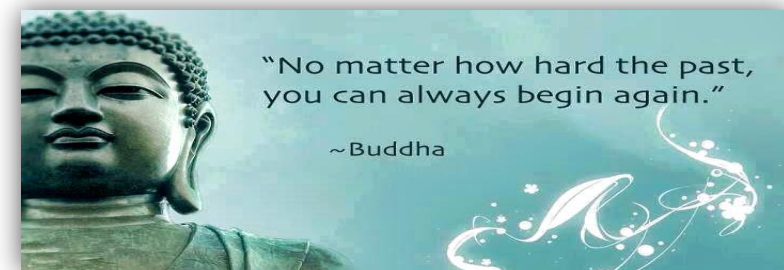
What's the ideal outcome?

- What would it look, feel and be like?
- What or who would need to be different? Different people involved, different ways of talking, acting, being etc.?

- What resources or changes do you need to learn?
- Who can help you achieve this, and
- How will you know you have achieved the change?

Outlining the answers to these questions helps you to map out a change plan and also starts the sub-conscious to help set up the changes you would like to create.

These actions and questions are quite powerful. You are creating awareness, from which you get to choose the next step; the reaction and the potential outcome. Keep in mind, the other people involved have been doing the previous dance with you for some time, and if you start changing, then they maybe at first confused or out of step with you. It is then your opportunity to show them the new dance steps of interaction to re-create a smoother flowing life around the things that are important to you. They may choose to go sit out for a while and watch you, this is ok, it can be quite unsettling for others to see a newer version of people and it can be confusing as well. They may need some time to reflect and respond or they may choose to walk out of the dance hall altogether.



One of the best things about doing this type of work, beyond looking at what we eat, drink or do is, that when we resolve deeper issues that are trapped in our psyche or in our body we re-direct the energy that was keeping the deeper issues deep which is then free to be used to play and have fun with life.

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?

- How will it feel to complete your committed to activity?

- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?

- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this week's goals

Important activities this week

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Wish list

Self Care Ideas



WEEKLY PLANNER

THIS WEEK GOALS

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SUNDAY

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Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

"He who is afraid to ask is ashamed of learning."

Danish Proverb

Day 15

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings stood out for you?

What memories do you recall came up during the day?

What theme, or common emotions, if any were there between the memories?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

Tap out heavy emotions or complete forgiveness exercise

What's the lesson you can take from today's self care activity?

What dreams or hopes were awakened during today?

Place these on your dream board.

What step or action can you take tomorrow towards achieve your goals?

"The quality of a man's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavour."

Vince Lombardi

*"It's the possibility of having a dream come true that makes life interesting."
Paulo Coelho*

Day 16

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

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A Native American grandfather was talking to his grandson about how he felt. He said 'I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one.' The grandson asked him, 'Which wolf will win the fight in your heart?' The grandfather answered: 'The one I feed.'

Native American Story

“We often have the same unrealistic expectation about diet as we do about ourselves – perfection”

Mark David

Day 17

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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If there's something special you want to do, now is the time... if you want to make a difference in the world, now is the time. Don't be fooled into thinking you should wait until you are older or wiser or more 'secure' - because it doesn't work that way. The wisdom will come. The security will come. But first you must begin your adventure.

Anon

The obstacle I see is not the real issue. Anything is possible

Carol Adrienne

Day 18

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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Place these on your dream board.

What step or action can you take tomorrow towards achieve your goals?

"When I loved myself enough, I began to see that my ego is part of my soul. With this shift in perception, it lost its stridency and paranoia, and could do its job"

Kim McMillen

"Tell Me, what is it you plan to do with your one wild and precious life?"

Mary Oliver

Day 19

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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*"Good character is more to be praised than outstanding talent.
Most talents are, to some extent, a gift. Good character, by
contrast, is not given to us. We have to build it piece by piece --
by thought, choice, courage and determination."*

~ John Luther ~

"I do not agree with the big way of doing things. Love needs to start with an individual"

Day 20

Mother Teresa

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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What step or action can you take tomorrow towards achieve your goals?

Ask yourself when making decisions:

"Does this decision make me feel more open and expanded, or does it make me feel slightly shut down or contracted?"

Am I moving toward this idea or away from it?

Carol Adrienne

“The essence of maturity is the ability to balance courage with consideration. Is your courage tempered with good judgment and tact, or do people find your boldness obnoxious?”

Stephen Covey

Day 21

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
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“After a difficult day with the children,” a young mother says, “I like to take the car and go for a drive; I like to have something in my hands I can control.”

Lawrence P. Fitzgerald

A time to Reflectⁱⁱⁱ

You have reached the 3-week mark, well done for coming this far. A journey such as this, where you hold yourself under the biggest microscope – yourself, is never an easy task. Most of us, myself included are super critical of even the smallest of endeavors. Well now is a time to really look for the achievements you have made over the past 3 weeks. This is a task that asks you to look back or over your life, and see the best things. It may be while you have been on this remarkable journey or earlier in your life, it doesn't matter when or where, as long as you can remember and 'feel' the success of these life experiences.

During the reflection of your life see when there have been times you were in the 'zone', moments of being 'in the flow' times of grace, peak performance or experience. A time or times when it seemed magic was happening and everything was just falling into place. Really feel the feeling you had at that time, even breathe the smells and scent that was around you, and hear the sounds of the situation as if you were there again. Then ask yourself these questions and write the answer in your life journal:

- How did it feel to you?
- What was happening within or around you?
- What circumstances supported you or triggered your experience?
- What strategies did you, or could you, use to re- enter the zone?

Taking the time to look deeply and reflect on these important moments of grace in your life and asking yourself questions like this can provide you into a snap shot of your success, yes you have achieved much, and now these

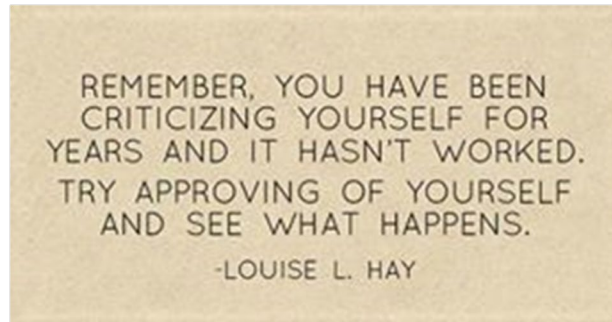
wins came into play. By really feeling the positive flow of these past events and then projecting them into future, or simple changes you are working on now, can make your goals a lot easier to achieve. What have you got to lose by playing with positive energy?

AS you work through this week's reflection questions, there is a slight difference. We are moving away from What's and what was, and moving into what you would like to be, in character and in person. Again, this can be a challenging exercise for those who have not given themselves permission before to uncover themselves and see a different possibility for life. Remember too, all of this is a work in progress, and doesn't happen overnight, in a week or even a year. It takes time and conscious consideration to be the best one can be at any given moment, and know that you will fall, trip, rant and rage. You will think harshly, kindly, go wow at your progress. Some days you will feel it is all too hard, and others you will be so proud and grateful for working through the issues because you can see the better you that you remembered of yourself 'all that time ago' Everything starts with a thought, a realization, a desire to be, do or create something different. All big things started at this point, and more often than not from being disgruntled with what was at the time of the thought.

For inventors it is the thought "There has to be a better way of doing this" so off they went and fiddled with their ideas and brought them into reality. Thanks for the mower, the hills hoist, even computers and the internet were a thought of there must be a different way of doing things.

Rag to riches stories, of people who have come from what seems hopeless childhoods who grow into formidable leaders filled with compassion, a common thread through their stories is they wanted to be somebody different and make a difference in their world, in their communities. So they put the effort into learning what it meant to be the person they wanted to

be, and learnt how to be different, to let go of the 'baggage' they were given and held onto up until that point.



We all make choices, each and every day. We choose to get up and be present. The committed choice to pay the bills can be a big influencing factor, but it is still a choice. We choose to feel the way we feel, or change it. Sometimes we need help from others, music, books, time out etc. to help change the feeling, but we choose to sit in it or not. It is a choice.

Life is made, not given. It is a dance and not a journey. We create our life, and we are blessed with choice and free will to make change as we see fit. I am not at any point dismissing the potential uncomfortable conversations and discomfort that go along with it. But don't butterflies evolve out of a cocoon filled with syrup? Their life force and matter? I challenge you to consider doing what may seem to be the impossible. Start choosing the life you want to have, on your terms. Accept your destiny and the choices along the way to make your life complete and true to you.

Self-care is essential, not an optional extra!!

There are so many ways we tell ourselves what we think of ourselves. What we say in our mind when we do good, or not; when people give complements, or critique; what we choose to do that is either health supporting or not.

Life happens, but it is how we interact with life that determines how 'well' we live it. It is all occurs based on choices and self-respecting our needs at any given moment. I am not promoting anyone to neglect commitments, or to ignore abuse or withhold from others, What's promoted in this concept is first you get clear of What's important to you, and from this space make choices that support your values, and those who are important to you. Compromise is part of this, but when they are consciously made and negotiated from a place of love, for self and the others involved.

If we continue to do what we have always done, as the saying goes, we will get what have always gotten. Is this how you see the rest of your life? There is no judgement here, and I will support people to do this, as long as the choices are not morally, ethically or against my personal value system. I have the choice to say no, and most certainly done so, even when close family members expected me to participate in blackmail or other unsavory actions and thoughts. There has to be a line in each person's life where they stand for what they honestly believe in and while it is painful to let those people go with love to follow their chosen life path, self-care, respect and honor is important and each of us are required to assess and stand for what we believe in.

When we choose to look after ourselves, it reduces the level of resentment towards ourselves and others, frees up energy, interest and enthusiasm to do what we choose and enjoy doing. The operative word in this is "choose".

When we choose, we are saying yes to something and not resisting or fighting against it to keep other people happy. When we choose to things we normally wouldn't do to help or support another it has the energy of giving, which is even higher than acceptance and it tends to deepen the relationship even more.

On the flip side of this, acts of self-care, can certainly also be saying NO to things. This act of self-respect can be a much-needed blessing you are craving. Have a look through the following, and see which, if any you may benefit from saying not to. As you read through each of them, feel what your response is. If it is Hell Yeah! Then mark them with a big tick or other symbol. These are the ones to really start putting into your action plan.

If there is no resonance, or agreement with them, then these actions are not a priority for you. The list can change from one time to another depending on What's going on, and as you evolve, so be open to change and responding as needed at any given moment, this too is an act of self-love.

So, here we go.

How many of the following do you choose to say no to?

I choose to:

- Move through the day with ease, and allow enough time for tasks
- Give myself permission to start the day relaxed manner
- Live pets, plants or other living things that bring me joy
- Respect my needs, ask for what I need and learn how to meet my needs

- Eat consciously
- Delegate or employ others to do tasks in their zone of genius, that isn't mine.
- Not argue with people who see debating as a sport
- Use my credit cards and pay them off in full at the end of the month
- Keep things in my home that I love, or need
- Speak up when or if there is something or someone is out of line
- Go to events that I enjoy or supports a loved one
- Stop gossip in its tracks, or remove myself from the situation if needed.
- Ask for help, ideas, support as needed
- Hire professionals e.g. solicitor, doctor, health care provider or what have you who treat me with respect
- Turn off my phone during meals
- Not tolerate verbal abuse from a boss or co-worker, and I call it in the moment
- Look after my and other's health by staying home if sick
- Respectfully share my opinions if they differ from others in the room

- Choose my own interests, whether its clothes, art, music or the like. I love what love
- Invest time in relationships that are aligned with who I am and who I want to be
- Stop reading books that lose my interest
- Put junk mail into the bin before I walk in my home
- Set timers, or limit checking my e-mail at certain times of the day
- Eat when I'm hungry
- Be aware and walk away from other people's drama
- The amount of time I spend with family members or friends who live in chaos
- Feel confident about saying no when no is what's best for me
- Let my mind to switch off work when I'm not working
- Let the tv networks dictate when I watch my favorite shows – record them and what at your leisure
- Regularly declutter my clothes that best suit my body and my needs
- Declutter anything from my home that does not bring me joy, or need
- Keep my lifestyle lean and aligned with my personal goals and values.

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
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Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

“Appoint yourself as CEO of your own life and destiny.

Your life, your choices!

Leah Marmulla

Day 22

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

If you noticed other’s reactions, what were they, and where do you also react in the same or similar way? Tap the reaction to this revelation out & forgive

What’s the lesson you can take from today’s self care activity?

What dreams or hopes were awakened during today?

What ‘not possible’ reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

Place dreams and ideas on your dream board.

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

*“Seeing through the eyes of fear distorts our perceptions
and causes us to act out paradoxical eating behaviours*

Marc David”

“Discipline is remembering what you want”

David Campbell

Day 23

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
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*Do you ever put your arms out and just spin and spin and spin?
Well, that’s what love is like. Everything inside of you tells you to
stop before you fall, but you just keep going.*

Ho Su

“Dreams only lead to success when followed through with determination and action.”

Leah Marmulla

Day 24

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~ Melody Beattie ~

"If you have knowledge, let others light their candles at it"

Margaret Fuller

Day 25

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

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What step or action can you take tomorrow towards achieve your goals?

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"When my husband vacuums the house, it's good as foreplay"

Cheryl Richardson

"Honesty is owning your dreams"

Edward Car

Day 26

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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"Before you put anything in your mouth, ask yourself:

Am I hungry? Will food satisfy my hungry? What would truly nourish me in this moment?

Or do I choose to eat it.

Marc David

“Give sorrow words. The grief that does not speak whispers the o’er-fraught heart and bids it breaks

Day 27

William Shakespeare

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

If you noticed other’s reactions, what were they, and where do you also react in the same or similar way? Tap the reaction to this revelation out & forgive

What’s the lesson you can take from today’s self care activity?

What dreams or hopes were awakened during today?

What ‘not possible’ reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

Place dreams and ideas on your dream board.

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

“If one set aside time for a business appointment or shopping..., that time is accepted as inviolable. But if one says, “I cannot come because that is my hour to be alone,” one is considered rude, egotistical or strange. What commentary on our civilization?”

Anne Morrow Lindbergh

"If I have seen further, it is by standing on the shoulders of giants"

Day 28

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snack/supper

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

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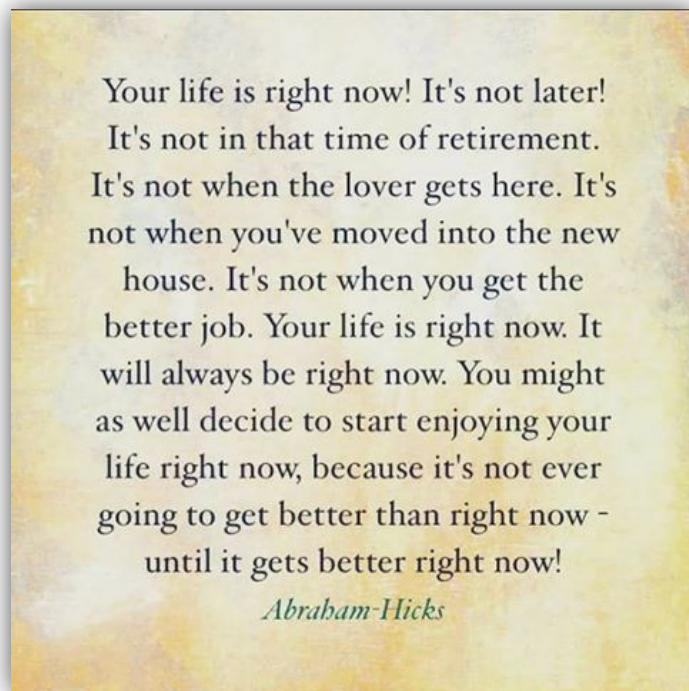
Place dreams and ideas on your dream board.

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Serendipity is when you're looking for something and you find something else that's even better. ... Synchronicity is when two independent variables happen at the same time, in a pseudo-meaningful way. Serendipity is scientific, synchronicity isn't"

Michael Gruber



The following is an excerpt from the *Motivation Manifesto 9 Declarations to Claim Your Personal Power* by [Brendon Burchard](#).^{iv} I highly recommend reading the entire book, as it is an exploration into motivation at its finest, and filled with serious questions that we all need to ask ourselves on our endeavor to be the best person we can be.

I ask you to consider the following and see where you fit in relation to What's being said. Consider who or What's keeping you small. At the end of the day it more than likely to be yourself, as it is our choices that dictates what we accept or put up with, what and how we choose to react to situations, people and events. I am encouraging you to consider where you are at and where you would like or rather be. If you find you are allowing others to be big

players in your life and you are not so happy about this, it is time to reclaim your choices and space. You may need support and to learn skills to stake your desire change. The result could initially be rocky as you learn the new steps towards your preferred way of life, and others around you may struggle with the changes too, but hold faith that what you choose is in your best interest and so you will be supported.

"Our most difficult task is to defeat social oppression, the caging of our spirit and the stifling of our potential by others. We mean the moments when someone exercises judgment, authority and or power against us in a burdensome, cruel, manipulative or unjust manner. It's when a parent controls us so much that we can't be ourselves; when a lover threatens to withhold love if we don't do what they say; when a boss lies and then threatens us against telling the truth; when we want to follow our own spiritual beliefs but the culture suffocates us with its dogma. It's when any other person's petty judgments, harsh criticisms, demeaning comments, injuries or unreasonable expectations and direct or indirect actions hold us back. When others make us feel insignificant, powerless, or unworthy, this is an effect of oppression. All the artificial barriers erected by a controlling society are part of this. The absurd informal bureaucracies that limit people according to background, class, religion, race, ethnicity, sexual preference, age, or appearance.

Some of us can remember dramatic times when we were mocked for being different or manipulated into conformity. We can recall situations when we compromised who we were to avoid conflict. We gave away pieces of our integrity in order to get along with others. We started acting like "them" in school or at the office. We faked it, put on a smile, and walked the path we were told to. We did all we could to avoid the silence of ostracism or the sting of their judgment. We hoped, above all, to be secure, to be accepted, to belong

Social oppression is at work when the ways of others diminish who we are or stop us from pursuing our own goals. Often the most highly adaptive among us are the least aware of this process, and often they are socially the least successful and authentic. They have adapted into a predictable character and have lost their spontaneity and authenticity. They do not recognize themselves any longer in the mirror; they have forfeited their individuality; they are but caricatures of collective preference. No freethinking person wants such a fate, and so we must be eternally vigilant in refusing the desire to conform.

Yet, the sense of security people get from conformity cannot be understated; it is one of the great enemies of personal freedom. The structures and rewards of society give order to an individual; job titles, raises, “Mr” and “Mrs” positions on advisory boards, and public acclaim rarely give us deep meaning. They can indeed make it easier to be confident in our direction. If we follow in pre-ordained paths what others are doing, then we can get signals that we are on track and that we will likely be accepted. But what if we chase all that and believe in all that and then, one day awake to find those things aren’t what matter most?

To ask such a question, to rattle the cage of conformity is to invite real risk into our lives. Once freed from the cage, an animal finds itself alone, unsure of what to do, separated from a lie and things that it understands. The sudden uncertainty can be paralyzing. If we had total freedom in life, what would we do, where would we go, how would we behave, day-to-day and what would give us meaning. These questions are terrifying.

With this uncertainty there is also a risk of vulnerability and loneliness. We are vulnerable because we are beyond the safe bars of the cage that

while limiting, make us feel secure. Those still trapped in the cage no longer see the freed as one of them. To refuse other’s expectations may bring about our greatest fears – that we will be left isolated or abandoned, deemed inferior, thought unworthy of love.

But to stay confined by other people’s rules brings about other risks. Chasing the prizes that society tells us we must want can also drive us from our true self. How many artists turned from their art because they were told they had to make money in a traditional way? How many talented people shirk their strengths to fit into a more needed but less fulfilling roles? How many have given up their dreams in order to follow a more secure and profitable and socially accepted path? The aims of others – patents, teachers, and spouses can become our aims if we are not vigilant. Their certitude can replace our quest for something new. Their collective meaning can subjugate our search for our individual meaning. Yes, let us be wary, we can quickly lose ourselves in others and in our culture. We become not free and genuine humans, but rather slaves to opinion.

This is the ultimate misery: living a life that is not our own. A difficult choice must therefore be made between the comforts of fitting in and pleasing others and our higher motive for Personal Freedom.

This choice is easier once we reach the levels of maturity and enlightenment that allow us to see what we can be individually free but not entirely apart from our culture and those we love. That independence does not preclude interdependence, that individual uniqueness does not mean we must be social or spiritually distant outcasts. We learn that the more we are true to ourselves, the more we can connect with and contribute to the world. We find that the freer and more spontaneous and authentic we become, the more our

motivation and aliveness returns and the more others are attracted to us and want to be around us.

Self-oppressions

Unfortunately, most oppression comes not from others, but from a source we least suspect – ourselves.

Self-oppression is the condition of letting our own negative thoughts and actions restrict us. It is an inside job, a burdening of our spirit by incessant doubt, worry, fear and distraction. None of us wants to be the cause of our own failures in life, yet most often we are. It is our own inept thinking, our own bad habits that rip the vibrancy from life. We are the ultimate oppressors of our own happiness.

Self-oppression is evident whenever we limit ourselves. We stay home instead of going out because we are too anxious to explore. We procrastinate on an important assignment or exciting new venture because we cannot overcome our uncertainty. We fool ourselves into thinking that things be perfect before we release our art into the world when the clear reality is, we're just too undisciplined to get things done. We lie to ourselves; break our own resolutions; allow our dreams to slide away without grasping at them. Is it not clear to us that we can be our own worst enemy? But we can also be our own saviors. Through the active expression of our genuine nature, and the steady efforts to master our minds and move our lives forward, we can finally, after all this time, experience the freedom, and joy that we deserve in life.

This is why we seek personal growth to be free from the pain we cause ourselves, to make better choices, to feel better about who we are becoming, to act more confidently in social situations, and to unleash

our full creativity and contributions into the world in order to make our highest difference. Gaining personal freedom in this sense is letting go of any self doubt and self-loathing and allowing ourselves permission to be our unique, powerful and authentic selves.

It is in freeing ourselves to be present and genuine, in life that we find trust and confidence in ourselves, that we grow and master and realise our highest selves, that we find authentic joy in our interactions and experiences in the world, that we feel motivated and liberated.

Indeed, the telltale signs that someone is free and healthy are genuineness and growth.

Aware of these things, we must have responsibility and courage to think for ourselves, to ask “Are my ambitions, attentions, affections, and actions truly of my own choosing? Am I being genuine self in the world and pursuing things that deeply matter to me? Am I opening myself to change and challenges so that I can stretch and grow into my full potential?”

This kind of diligence reminds us that personal power is directly tied to personal responsibility which most people avoid. Some might hope that freedom means we can give up or release responsibilities from our lives, but nothing could be further from the truth. The thinking goes “If I am free, shouldn't I be free from all responsibilities?” But personal freedom is not liberty to finally indulge in whatever passing moods or inclinations strike our fancy. It doesn't mean we can act on every fast need, be cruel to others around us when we feel like it, take whatever we want whenever we want it, or act as an irresponsible buffoon simply because it would be fun or pleasurable in the moment. All this would be merely slavery to unconscious impulse and compulsion.

Freedom requires responsibility to choose who we are above and beyond our immediate impulses, needs and social pressures, so that we can genuinely express the type of person we want to be, live the life we truly want to live, leave the legacy we desire.

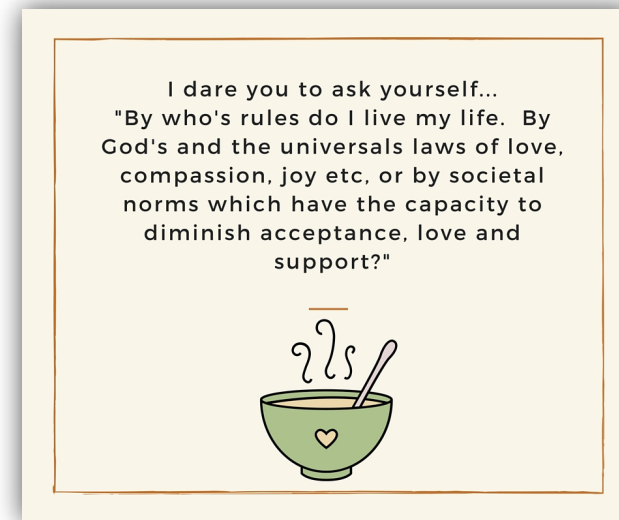
If we are not free to choose our character and conduct and legacy, then we are controlled by something else, thus we are lacking freedom. And if we are not responsible for our beliefs, and behaviors, then someone or something else is, thus, again we are slaves. And so the great demand is clear:

We must be conscious and responsible for our beliefs and behaviors if we are ever to be free.

Just as freedom does not mean the release of responsibility, it also does not necessarily mean the absence of struggle. To be sure we all capable to be free from pain and limitation, but our quest for personal freedom is more complex. Yes, we want release from pain, but paradoxically, we don't mind adding discomfort to our lives in order to stretch ourselves, to grow, to make a difference. We'll accept pain for gain, which is why we will push our bodies so hard to become stronger and faster, why we'll rise early despite fatigue to care for someone we love, why we'll sacrifice our time to help those in need, why we'll suffer through What's not right for a period of time to more sooner have What's right.

Thus, personal freedom is more than just being free from pain, it is about being free to live, to truly enjoy and expand in life. It is not merely freedom from bad things that limit us, but freedom to experience good things that awaken us.

Long ago, the human species transcended base animal instincts when we found reason, judgment, and intelligence. We were able to choose



beyond our simple physical impulses to avoid pain or seek pleasure. We learned that meaning is more important than immediate pleasure, indeed, what have we learned from all our mentors, heroes, teachers, survivors', leaders, saints and legends if not that in our finest hours we are willing to forgo pleasure and endure pain in order to have freedom, meaning, love and transcendence

And so, we want freedom from pain and yet, will celebrate meaningful struggle and hardship because we know those very things will free us from one level of life and set us into another. We know that pain can be necessary and heroic, that our difficulties need not be condemned but often seen as a rite of passage that opens the doors to greatness. In this way, personal freedom is perhaps an enlightened and romantic ambition heroic and poetic but real, nonetheless. It is the human drive to transcend. Could it be that the transcendence is personal freedom is the main motivation of mankind because it is also the ultimate demand

and determination of the human experience in our living days we strive to have more freedom of choice and prosperity so that we can genuinely express ourselves and provide more opportunities to those we love. And in our last moments, all that we have suffered for and suffered from shall be released as our souls slip into the ultimate freedom of the divine. That it is in life we seek freedom; in death we are released into its vastness.

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this weeeek's goals

Important activities this week

Affirmations

Wish list

Self Care Ideas



WEEKLY PLANNER

THIS WEEK GOALS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

APPOINTMENT

- _____
- _____
- _____
- _____

REMINDER

- _____
- _____
- _____

NOTE

- _____
- _____
- _____

MONDAY

- _____
- _____
- _____

TUESDAY

- _____
- _____
- _____

WEDNESDAY

- _____
- _____
- _____

THURSDAY

- _____
- _____
- _____

FRIDAY

- _____
- _____
- _____

SATURDAY

- _____
- _____
- _____

SUNDAY

- _____
- _____
- _____

Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

*“Truly great men and women are never terrifying;
their humility puts you at ease.”*

Elizabeth Goudge

Day 29

The food diary is removed so you can focus on who you want to become more like. If you feel the need to keep a food diary, do continue.

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

If you noticed other’s reactions, what were they, and where do you also react in the same or similar way? Tap the reaction to this revelation out & forgive

What’s the lesson you can take from today’s self care activity?

What dreams or hopes were awakened during today?

Place dreams and ideas on your dream board.

What ‘not possible’ reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

In your Life’s Journal record the following for the day:

By whose rules were you operating from today?

Now, we are going to explore things you want to change.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

Write these into a descriptive paragraph or story in as much detail in your journal.

“Trust is being alone and enjoying the greatness for what it is.”

Andrew Car

“Write a fresh script.”

Dr Robin L. Smith

Day 30

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

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- What positive results will this have for you?
- What other positive consequences are likely to happen?

Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

“To try is to risk failure. But risk must be taken because the greatest hazard of life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, live, and love.

Leo Buscaglia

The man who removes a mountain begins by carrying away small stones."

Chinese proverb

Day 31

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

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Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

"Never insult an alligator until after you have crossed the river"

Cordell Hull

Anger is always an attempt to control the other through guilt.

Chuck Spezzano

Day 32

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

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- What positive results will this have for you?
- What other positive consequences are likely to happen?

Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

"Prosperity is necessarily or even usually to be conceived in monetary terms, but by the blessings of life. Friends, happiness, contentment, sharing of abundances and the like"

"Happiness walks on busy feet"

Kitte Turmell

Day 33

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

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- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

"Keep relaxed. Don't tense up no matter what, for you only close off creative power when you do. The relaxed man is the powerful man."

Norman Vincent Peale

"Your peace of mind is more important than to worry about other people's thoughts about the way you behave, think or believe. Be true to you.

No matter what"

Anon

Day 34

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

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- What do you hear, see, doing?
- What positive results will this have for you?
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Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

"We do not receive wisdom; we have to discover it for ourselves by a voyage that no one can take for us...

A voyage that no one can spare us."

Marcel Proust

“Care about people’s approval and you will be their prisoner.”

Lao Tzu

Day 35

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

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Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

“No one can shut out unfinished business. No one can close the book on the incomplete sentence, the partial paragraph. The book, I say, will reopen itself. Its pages will blaze forth instruction – then quietly close when the lesson is learned.”

Doris Kerns Quinn

“You do not need anyone else’s permission to live a creative life”

Day 36

Elizabeth Gilbert

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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- What other positive consequences are likely to happen?

Write these into a descriptive paragraph or story in as much detail in your journal.

What else could come from making this change?

Playing the what if game....

Do you remember as a child thinking and dreaming, wondering what things would be like when you grew up? I think most kids thought what it would be like to be 18, have their own room, car, to have more choice, because they were now 18; how about when they turn 25, 30, or oh my, 40. The mind of the child would go where it wanted to, unless they were already beaten down by harsh words, facts of life, or told not to get too big, or etc.

My question to you is. "What did you dream up as a child?" Were there certain future ages that would of meant something significant to you? 21 maybe, or the day you get married, a parent, etc. Recall the dream, for that is what it was. What did it feel like to be free enough to let the mind wonder, literally and figuratively, 'wonder' "What will it would be like when I am?"

Now, you get to play the game again. They say day dreaming is important to mental health. Gets us out of the mundane, the now and helps us find solutions to problems. When we use it during times of goal setting and recording, it can be even more powerful in creating not only solutions, but also our future. Everything we have was once a thought, which then went through the process of cultivation through to an actual thing or event.

So, here is the game. Each day, for the next 2 weeks, as you move through your journal, not only are you to reflect and notice what has happened, but also what you wonder about.

- Where does your mind go?
- What are the images and ideas that come to mind?
- What are the emotions and situations that arise from these images?
- who is there and how are they interacting?

In your journal, record the most significant points that come up. Even dot points will help anchor the memory and plant the seed of change easier.

Another suggestion of how to use this is, and more so when you are feeling overwhelmed, down, bored or frustrated as these can be signals of not looking after yourself.

Take a few deep breaths, and allow your mind to wonder, similar to the last exercise and ask yourself.

"What if I gave myself permission to...

choose a thought, idea, feeling dream that has been coming up during your daily exploration, or self care activity"

The purpose of this activity is to start increasing the types of self-care activities you give yourself, and if you do not currently look after yourself much, helps you to start doing so. It is likely to be uncomfortable and confronting at first.

Thoughts such as

"How do I even do that?"

Am I allowed to lay in the bath and read a book?"

"How about xyz that needs to be done, or people to see, or what would..... say?"

The exercise is to do just these things, bring up some of your limiting beliefs about yourself and give you the opportunity to see if the belief is

1. Nurturing to yourself;
2. Mean or derogatory to yourself and the way you see yourself

3. It is ok for others to do, think, say these things but not you

Bottom line, the questions are to increase your self-awareness of how you see yourself, and if you are prepared to start looking after you, or allowing others to help look after you.

Personally, I went through a horrible phase in my journey when after we agreed to separate, with two small children, I needed to relearn who I was beyond a mother, wife and student. Those first few weekends without the children were really confronting, and certainly gave me the space to ask the questions being suggested here. I needed to start thinking about what else I could be doing, and what in fact I wanted to be doing. My limiting beliefs and blocks previously preventing me from doing the things I started to dream and what if about, with or without kids, and what I was going to do about it. My outcome was a little less exciting than what it could have been, but I did learn it was ok to be a workaholic, and perpetual student, that I in fact really loved my own company, and this was one thing missing while we were together. I have learnt that I am a quite achiever, and more creative than I would of thought, all those years ago. I have been able to see myself and others in a different way. I learnt to feel less guilty about some of the simple pleasures and also started to feel the value of small rewards, and pleasure times and doing things 'my way'. I turned out to be a much nicer person, more compassionate, because I needed to be compassionate on myself when the challenges of self-care came up.

A huge learning curve that doesn't particularly end, I think we just become more ok with doing things without too much worry about what others think or say. I challenge you not to wait until you have a major health crisis, or a seismic shift in your world before you start to allow your inner child be heard and felt again. Give yourself the gift of self-love, care, and nurture, and then

show others around you how you want to be treated. For how can you show another, if you don't know yourself?

If you are stuck for ideas, read book on self-care, self-development. I love to read novels that describe other people's lives and tend to think, wow that lady did that, maybe I could too. Biographical books of people you admire, or would aspire to be if you chose to. Action and adventure books, or movies etc and put yourself in the picture and get a sense of what it might be like if you were in fact doing those things.

A few movies that really struck home for me was 'Under the Tuscan Sun' this lone woman transforming a villa in a foreign country with such different ways of living, attempting to assimilate while finding herself after her divorce. There are so many powerful metaphors and analogues to people attempting to find their way in a foreign setting of life.

Another way of helping you through this phase, and beyond is think this experimental you as being a young child or even the rebellious teenager. They are stages of life that **must** be moved through to grow into an adult. With this in mind, what do you say to an infant who is trialing new things? Tastes, textures, activities, etc. do you automatically say, "No that isn't for you?" or do you encourage them to explore to test and try different things to expand their world? Why do we need to stop as adults to develop the newer parts of ourselves? I dare say we don't, and I encourage you to start experimenting and seeing what you do and don't like.

The beauty of this is you are experimenting, and You don't have to know before you try what the pleasures in life you have. Start small. Read different books, go to a movie by yourself or with someone different, do a day trip somewhere new and see What's around you. You might like time by yourself, you might like the collective feel in a movie house, or exploring with

travel. Art, or creative sides may come out if you consider drawing, writing, painting. It doesn't have to be published; it could be just for yourself. Writing short stories for loved one's birthdays where you capture their or your year in third person adventure. These ideas are in fact giving me a few ideas too, but they wouldn't have come out, if I hadn't sat down and started putting down ideas of what I have learnt of the years during my own self-discovery.

In Preparation for the coming week

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- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, **In**

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- How will you know you are achieving your commitment?

- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's Focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list

Self Care Ideas



Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

WEEKLY PLANNER

THIS WEEK GOALS

APPOINTMENT

REMINDER

NOTE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Beware of a man who laughs and his belly does not jiggle; that is a dangerous person."

Day 37

Confucius

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

If you noticed other's reactions, what were they, and where do you also react in the same or similar way? Tap the reaction to this revelation out & forgive

While playing the 'What if...' game, what came up?

How did these ideas make you feel?

"The brain is a wonderful organ. It starts the moment you get up and doesn't stop until you get to the office"
Describe what were you doing in the ideas that came up?

What 'not possible' reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What's the root emotion here? Tap it out.

Ask yourself.. "If I was unafraid and acting from my highest self, what would I be doing to move forward in my life?"

Write these into a descriptive paragraph or story in as much detail in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"The primary danger of the TV screen lays not so much in the behaviour it produces as in the behaviour it prevents"

Urie Bronfenbrenner

“Dig deeper and you will develop enthusiasm”

Day 38

David Schwartz

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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“The work will wait while you show your child the rainbow, but the rainbow won’t wait while you do the work.”

Patricia Clafford

“Nourishment is not limited to food alone. It includes all the ways we feed the many needs we have”

Marc David

Day 39

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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“You don’t get to choose how you’re going to die or when. You can only decide how you’re going to live.”

Loan Baez

“The minute you begin to do what you really want to do, it’s really a different kind of life.”

Day 40

Buckminster Fuller

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life’s Journal record the following for the day:

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“When I loved myself enough: I stopped trying to banish the critical voices from my head. Now I say, “Thank you for your views, and they feel heard. End of discussion.”

Kim MrMillen

"Beware what you set your heart upon. For it shall surely be yours."

Day 41

Ralph Waldo Emerson

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

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"Let us take care of the children, for they have a long way to go. Let us take care of the elders, for they have come a long way. Let us take care of those in between, for they are doing the work.

Anon

"Nobody sees a flower – really – it is so small – we haven't time – and to see takes time. Like to have a friend takes time."

Day 42

Gloria O'Keefe

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

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"Ponder on this: How do the standards you set for your diet relate to the standards you set for yourself as a person? Are these standards realistic? If not, consider what you would suggest to a friend, and listen to this wisdom."

Mark David

"You are what you repeatedly do. Excellence is not an event - it is a habit."

Day 43

Aristotle

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

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"To ignite the healing fire, you need to believe something with your heart. The heart holds the catalyst that causes the rest of the body mind to heal in a chain reaction."

So far there has been a lot of talk about getting in touch with yourself and what you desire or at least dream about. How, though to you start? As strange and simplistic as it sounds, just start. Trust yourself and your insight/inner wisdom to guide you.

Read, learn and grow. Read on the topics that take your interest, watch podcasts, attend seminars, courses, technical training if that is needed, but most importantly, hold onto the dream and follow the pebbles or stepping stones that take you down the path to where destiny wants to take you. I have seen this in my life, and others. The small whispers can soon become a loud roar if we don't listen to it. Circumstances, opportunities turn up, sometimes at the most inopportune times and it is as if the Universe is asking

“You have seen the dream, the messages I have been giving you in response to your cries for help and change. Do you want this or not?”

I don't know how many times opportunities knock on the same door attempting to get our attention, but it does know, our part is to open the door and invite the opportunity in.

When I personally look back on my life, there have been many opportunities that have knocked. Of the ones I have taken I can see the path that was created to get me where I am today. My inquisitive mind and love of reading, my need to share and care combined with teaching skills has created the opportunity to do this work today.

I have also seen personally 'visions of what was to be' that I haven't acted on. One that stands out often for me is when I was about 13. We were living down the road from the old post office building. You know the type, sandstone, columns, windows looking out to the harbor – it was a port city.

The post office had moved about 5 or so years ago more to the center of town, and the building sat unused during this time. I still remember the dream and the feeling that went with it.

I was walking around the building when it was already refurbished into a beautiful restaurant. It was also the time the Victorian/Country theme was experiencing a renaissance and so the room had Victorian tables and chairs, rugs on the rich, dark timber floors. The windows were dressed in dark blood red velvet that draw the eye to the harbor below and the various vessels sitting there. The food was superb, the atmosphere sophisticated. The only problem was, as I saw it, I was a 13-year-old girl with no experience and very little self-belief.

Guess what happened the year after. Somebody did exactly what I dreamt. They used the same furnishings, colors and it ended up just as my dream. I remember reading somewhere, I don't recall the author that described this phenomenon, where if somebody doesn't pick up the offer from Divinity, it holds no grudges, but offers it to someone else. Divinity is on a mission to ensure the big picture of life is created, and we can either be part of it on the projects offered to us, or not. No big deal either way, for the big picture will be created with or without us doing the work.

My question to you then dear reader, “What messages have you been receiving and not listening to, or waiting for a bigger, confirming sign, or, have been repeating themselves to you in either the same way or the same message in different ways?” clarity of mind and heart follows awareness. Sit with the ideas that have been coming up for you to play with, to follow through with. Start to really get adventurous.

If the messages are those that you really don't want to hear, which may include changing family, work or friendships, then get help. Seek

professional help to tease away the fears, concerns, and maybe even the surprise of what has been sitting under the surface for you. Considering this journal is about your life, it is not about business, careers or finance adventures, though these may present themselves, it is about who and what you are, what you stand for, what you are being guided to do, be and achieve.

To be different, we must all learn and do different things. We grow, change, evolve, we don't stay the same forever. This is not what life is about. Life is about coming back to who we are – love, light and grace. We are about following the Godly or Universal Laws of Love. Many of us need to either learn this, or rediscover what Love is, and we must start with ourselves. As the saying goes, we cannot give what we haven't got ourselves. If we don't love ourselves in a healthy way - to care and protect ourselves, then we can't love others in a caring and protective manner with respect. If we don't respect ourselves, we can't respect others, if we don't you get the picture. Often, we don't know what we don't know, but we will get the messages once we are open to seeing, listening and hearing what the messages of change are.

Yes, the changes can be confronting, painful and downright hard work. You may feel a whole host of negative emotions around all that has been and is going on. This is common, and I would almost normal when we start to see the lies, and injustices etc we have unknowingly created. We have been ignorant in this, blind at times to others and our choices. You know have an opportunity to wake up, get clear and make a choice. What's it you want to be, to have and move towards? What do you want people to remember you by in your older age, or be recorded in your Ergology? Why wait till then to listen to the stories and character list, why not start now to be the person you want to be and to be remembered as? Keep in mind you're growing a person, not fixing a problem. You are not faulty, and if you are happy how and where you are at, then good, you are one of the lucky ones.

If however you move through the exercises and you find there is a shift in your thinking, then keep coming back to this: *"You are not faulty you are growing and not fixing a problem"*. Growth comes for considering, reflecting and assessing where one is at. Take stock at each phase of the journey, making detours, seeing vistas, trying on new ideas, activities etc and see if they fit. The beauty of this is at any given moment, we can make change; we can revisit and change direction, thought, and our perception. We can develop empathy for others where we may have been critical, once we have more information as to What's going on for them, and why, especially if we walk a path similar to theirs.

Start looking around at the people and situations that give you a sense of a 'gap'; gaps are parts you feel are not present in you or your life that you want to create. I encourage you to make notes on what it is in others and things that admire, desire and value. Observe the various values, beliefs and demonstration of their characters. Are these in your life or do you feel they missing? Do they need a work out to be strengthened? I am not talking about money, houses, cars or 'things' I am referring to people's character traits, the way they choose to live their lives and be present in their world.

Remember, it is our responsibility how we feel and why we feel it. It our responsibility to be the change we want to see, feel and be. It is not our parents, our teachers, our partners or friends. We feel in our body, not theirs. These emotions, feelings and experiences are all in our being, so it is ours for the making, and taking. It is the way we interpret, project, receive, internalize and accept 'things'. It is being played out in our head, memories and bodies. Therefore, as it is all ours, it is us who must make the change.

Change in expectations, thoughts, beliefs, interpretations, projections, should and should not's; our rules, actions, habits, desires, our limitations; behaviors, patterns, self-belief, self-respect, self-love, self-care, and healthy

boundaries that come from the self to nurture and protect against other's dramas. After all, "If it is to be, Its up to me" Author Unknown.

I am prompted to remind us all of the words Marianne Williamson, a recommended Author to read.

Our Greatest Fear —

It is our light not our darkness that most frightens us
Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness that most frightens us.

*We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?
Actually, who are you not to be?*

You are a child of God.
You're playing small does not serve the world.
There's nothing enlightened about shrinking so that other
people won't feel insecure around you.
We were born to make manifest the glory of
God that is within us.

It's not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people
permission to do the same.

As we are liberated from our own fear,
Our presence automatically liberates others.

—Marianne Williamson

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- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list ...

Self Care Ideas



WEEKLY PLANNER

THIS WEEK GOALS

- _____
- _____
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APPOINTMENT

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REMINDER

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NOTE

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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SUNDAY

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Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

A coin and a story, both have something in common...

They both have 2 sides.

Day 43

Shar Moore

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

If you noticed other's reactions, what were they, and where do you also react in the same or similar way? Tap the reaction to this revelation out & forgive

While playing the 'What if...' game, what came up?

How did these ideas make you feel?

Describe what were you doing in the ideas that came up?

What 'not possible' reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What's the root emotion here? Tap it out.

Ask yourself.. "If I was unafraid and acting from my highest self, what would I be doing to move forward in my life?"

Write these into a descriptive paragraph or story in as much detail in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.... You must do the thing you cannot do.

Eleanor Roosevelt

"Once you are Real you can't become unreal again. It lasts for always."

Margery Williams

Day 44

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

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- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"When your prayers seem delayed or denied, you need to ask spirit if you're praying for the right thing. If you're not, ask that the right prayer might be revealed to you."

Sarah Ran Breathnach

“Bring ideas in and entertain them royally, for one of them may be the king”

Mark Van Dorem

Day 45

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today’s self-care activity?

What’s the lesson from this?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

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What ‘not possible’ reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What’s the root emotion here? Tap it out.

Ask yourself.. “If I was unafraid and acting from my highest self, what would I be doing to move forward in my life?”

Write these into a descriptive paragraph or story in as much detail in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

“If you want to leave footprints in the sands of time, don’t drag your feet.

Arnot L. Sheppard

"A little of what you fancy does you good"

Day 46

Marie Lloyd

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

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- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"it seems to me that our three basic needs, for food and security and love are so entwined that we cannot think of one without the other."

M.F.K. Fisher

"Before I build a wall, I'd ask to know what I was walling in or walling out."

Day 47

Robert Frost

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

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Write these into a descriptive paragraph or story in as much detail in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
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- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
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What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Before you assume, learn the facts. Before you judge, understand why. Before you hurt someone, feel. Before you speak, think, ask. " Anon

This applies to the way you view yourself as much as how you view anyone else.?

"If a home doesn't make sense, nothing does."

Henrietta Ripperger

Day 48

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

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What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"See your body through the eyes of totally accepting thoughts"

Dr. Wayne W Dyer

"Faith is knowing that even when everything looks most tangled, giving up is not an option."

Day 49

Edward Car

Personal growth activity for the day

Cardio minutes Strengthening Stretches/relaxation
Reading/listening Self-care activity Weights

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What feelings or emotions come up during today's self-care activity?

What's the lesson from this?

By whose rules were you operating from today?

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What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

Small steps are greater than leaps and bounds that may derail you with injury.

This one came to me as I was reflecting what I wrote for the previous week. Change is important, self-reflection, considering who and what we would like to be, or choose to be is essential before making huge steps to change. Granted life can serve us curve balls, left wingers and pull the rug out from under us. This does happen, but often when we refuse to hear the small voice, the early warning signs, the coincidences that are attempting to tell us something need to give.

Change isn't always evident in what other see. Change starts internally. What we choose to focus on, to think about, to feel, these are all actions of the mind and heart. Actions and the external evidence will follow soon enough.

Small steps give one the opportunity to test out what they think they would like to be or be doing. It also gives others a chance to keep at pace with the new you whom you are becoming. Keep in mind that those with whom you associate with, hang out, with, your family etc have 'always' known you to be a certain way. You walked and talked in a recognizable pattern on similar topics to them, you have held views and ideas similar to them otherwise you wouldn't be their friends. You have a history together being and doing in a known manner. When we start to look at things, change, take on new ideas, beliefs or behaviors others notice, and it may trigger a reaction in them. Keep in mind, you have created this dance with them over the time of your relationship. At work you do and react in 'this way'; at home, you are the '(insight the adjectives and nouns that fit your role)'. People have come to anticipate how you think, act and do, and so when change occurs they can be left scratching their head wondering "What just happened, and where has the other person gone?"

It is invaluable to speak with significant people in your life about what, why and how things will be changing in you, and the way you do things. At least this will give them some heads up, so to speak, when things are different, or when you are not making sense to them. It can be a confusing time for all of you and asking trusted, wise people or better still counselor to help you explore and guide you through the choppy waters of change can make a big difference in the way you as a group travel.

When I started down this path, I needed to get very clear on a number of issues. I was married, expecting our first child and very unhappy. My life path was not turning out as I had envisaged it to be – I wanted a close family, a job I enjoyed and support. What I was creating was a family life that was beginning to become hostile, confronting and so not what I was happy with. I had to be brutally honest with myself, and my favorite head talker was the critique, so I did this really well. The beginning of transition for me, was around how much I was longing for things that wasn't in me. I was insecure and expected others to keep me propped up and safe. I gave too much to my husband's recreation and business, but didn't do it with healthy boundaries or negotiations around what it a workable arrangement. I taught him to rely on me, and I accepted the passive aggressive and bullying because I didn't know better. It took me quite a few years to move through the big stuff, but I realised that to be the person I considered to be positive role models in my life, my family and character, I needed to be different; I needed to do the yards of getting clean and clear of what was important to me, and attempt to make it work for myself and others I was working with.

Yes, I realized parts of the unhappy marriage weren't all me, and that he and I were just not going to gel and work it out together. We both had a lot of growing up to do, (we married young, me 18, he 21) I also realized what I was

contributing to the problem and when I took this back, when I owned my issues and started to change them for a stronger character and more in tune with how I chose to be the dance lost the groove and we parted.

Thankfully, this doesn't need to be everyone's path of change, no one was wrong or bad, as we both were operating from what we knew to be the way to do things. We both loved each other, but for us, love wasn't enough as we needed many more practical skills to work with and this takes time to develop and be standing the metal of life.

The best bits of the difficulty and the blessings he gave me are numerous, he was my biggest teacher as we would constantly push against each other. It gave me opportunity to test what I was learning, to strengthen my self-view, my self-value, self-respect and what I really wanted to be, do and have. It made me become clear in my boundaries, how to have a voice loud enough to be heard by myself and then others. He showed me how I treated myself and therefore allowed other to treat me. I pushed for independence, and had to grow up, look after my needs, wants, desires and learn to see my strengths, and be gentle with my weaknesses. Develop clarity who's beliefs values etc. I took on over my life time and if they really were mine. Lots and lots of self-exploration, testing new waters and self-forgiving, learning to see other's point of view and showing compassion when I wanted to kill them.

All this has happened over such a long time, my first real introduction was in the late 1990's and now it is now 2020. This makes close to 30 years of discovery and testing who and what I am and choose to be. A journey that at times I wasn't sure I was going to survive, but just like coal becomes diamonds, gold must be molten and skimmed, there is a lot more clarity than there was at the time. My biggest teacher felt like the biggest enemy, but he was fulfilling the role needed to wake and shake me up and for that I am eternally grateful. He played his role perfectly! I put them in writing for all

to see, as I choose to see the blessing of the experience and to give courage to others. Remember, my journey does not predict yours, and you can use it as a lesson of either what to do or not do based on your choices.

The changes you create are likely to be uncomfortable, scary, confronting, challenging, but these in themselves are wonderful opportunities.

- Helps you get clear how important is to you
- Gauge how quickly do the changes need to be, can it be a work in progress, or is more urgent?
- Creates an opportunity to discuss important issues with your friends and family, deepen the relationships.
- Strengthen your resolve What's important to you – what you value and belief to be essential to your life and how you live it.
- Creates space to evaluate how your view others, and who you were at the time, and which parts of the past you choose to keep. There are always parts of your character that you want to keep, and others are not so essential in the 'new you'
- What changes are needed, possible and likely to support the new you and endeavors you are undertaking. Do you need to be more assertive or a bit placed and calmer? Different boundaries or more flexibility? Study or relax and take up a hobby? The list of possibilities is as long as you can imagine. The underlying aspect is: who do you want to be, do and have and What's it going to take to create that.
- You get to play with ideas to see if they fit – the benefit of the 'What if' game. Testing out parts of you to see if they fit, reflect who and what you choose to be, do they need modification, or down right throwing out. I needed to get strong on my safe boundaries. It took me 6 years to finally stand up and be the lioness I needed to be over a very important issue instead of being the mouse I had usually been. What did I finally get out of this? Self-respect and certainly surprised

a few people who needed it. I am still not overly proud of the way I acted in between the decision and the action to finally take hold, but I learn a heck of a lot along way that were stepping stones in my character to have the impact needed to make a gigantic shift in the situation and to catapult me higher up my mountain than I had ever been.

- Now, I am sharing my lessons and skills developed and helping others. I do believe I am doing what my life calling is. Healing a generational past handed down through my material gene line and showing a way for others to also heal. As more people heal, the world will become a better place.

The message here is that change takes time, baby steps, leaps, jumps, cannon ball like steps forward. It doesn't matter which one you take at any given moment, it is how you move in relation to yourself, what you are aiming to create, and how respectful it is towards others.

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list ...

Self Care Ideas



WEEKLY PLANNER

THIS WEEK GOALS

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APPOINTMENT

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- _____

REMINDER

- _____
- _____
- _____

NOTE

- _____
- _____
- _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

"If you are searching for that one person, thing, diet, activity etc that will change your life, look in the mirror"

Day 50

Anon

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for today?

Include the Gratitudes on Achievement board.

What feelings or emotions come up during today's self-care activity? What's the lesson from this?

What emotions and feelings stood out for you?

What theme, or common emotions, if any, were between the memories?

If you noticed other's reactions, what were they, and where do you also react in the same or similar way? Tap on the reaction to this revelation out & forgive

What strength did you present with today?

While visualizing your ideals game what reasons/excuses do you tell yourself why "You can't have this or that!"

Who seems to be 'reacting' to your changes? How are they are reacting?

Do you need to tap it out or forgive to create positive space for the now?

What great image or feeling did you experience while visualising your ideals for the situation?

What do you need to change or let go of to give space to this character?

What characteristic or action did you notice in someone, or yourself you would like to develop more?

How did these insights make you feel?

Describe what were you doing in the ideas that came up?

What 'not possible' reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What's the root emotion here? Tap it out.

Ask yourself.. "If I was unafraid and acting from my highest self, what would I be doing to move forward in my life?"

Write the new you – your characteristics, ideas, actions, thoughts, beliefs etc with as much detail as a paragraph or story in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?

- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you."

Kahill Gibran

"Emotions are not actually facts,"

Richard Davidson

Day 51

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life's Journal record the following for the day:

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Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?

- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

George Bernard Shaw

“Intuition is a spiritual faculty, and does not explain, but simply points the way.”

Florence Scovell Shinn

Day 52

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for today?

Include the Gratitudes on Achievement board.

What feelings or emotions come up during today’s self-care activity? What’s the lesson from this?

What emotions and feelings stood out for you?

What theme, or common emotions, if any, were between the memories?

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What strength did you present with today?

While visualizing your ideals game what reasons/excuses do you tell yourself why “You can’t have this or that!”

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What do you need to change or let go of to give space to this character?

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Write the new you – your characteristics, ideas, actions, thoughts, beliefs etc with as much detail as a paragraph or story in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
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- What do you hear, see, doing?
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What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community."

William James

"When you are passionate about what you do, people understand. When you are obsessed, they think you are mad. That's the difference"

Brendan Burchard

Day 53

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for today?

Include the Gratitudes on Achievement board.

What feelings or emotions come up during today's self-care activity? What's the lesson from this?

What emotions and feelings stood out for you?

What theme, or common emotions, if any, were between the memories?

If you noticed other's reactions, what were they, and where do you also react in the same or similar way? Tap on the reaction to this revelation out & forgive

What strength did you present with today?

While visualizing your ideals game what reasons/excuses do you tell yourself why “You can’t have this or that!”

Who seems to be ‘reacting’ to your changes? How are they are reacting?

Do you need to tap it out or forgive to create positive space for the now?

What great image or feeling did you experience while visualising your ideals for the situation?

What do you need to change or let go of to give space to this character?

What characteristic or action did you notice in someone, or yourself you would like to develop more?

How did these insights make you feel?

Describe what were you doing in the ideas that came up?

What ‘not possible’ reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What’s the root emotion here? Tap it out.

Ask yourself.. “If I was unafraid and acting from my highest self, what would I be doing to move forward in my life?”

Write the new you – your characteristics, ideas, actions, thoughts, beliefs etc with as much detail as a paragraph or story in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"A person is not a thing or a process, but an opening through which the absolute manifests."

Martin Heidegger

“The greatest thing then, in all education, is to make the nervous system our ally, instead of our enemy.”

William James

Day 54

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for today?

Include the Gratitudes on Achievement board.

What feelings or emotions come up during today’s self-care activity? What’s the lesson from this?

What emotions and feelings stood out for you?

What theme, or common emotions, if any, were between the memories?

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Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Nature doesn't have to insist, push, or force anything; after all, storms don't last forever. Winds blow hard, but then they subside."

Dr. Wayne W Dyer

"Love is that flame that once kindled burns everything, and only the mystery and the journey remain."

Day 55

Angeles Arrien

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for today?

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What ‘not possible’ reactions or thoughts came up around them? Tap them out and complete the forgiveness exercise.

What’s the root emotion here? Tap it out.

Ask yourself.. “If I was unafraid and acting from my highest self, what would I be doing to move forward in my life?”

Write the new you – your characteristics, ideas, actions, thoughts, beliefs etc with as much detail as a paragraph or story in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Nothing is big or small, except our thinking makes it so. No one alive knows what we're capable of doing. Go after something big. Even if you miss, it can be exhilarating."

Loyd Connant

"The mind celebrates a little triumph every time it formulates a thought"

Ralph Waldo Emerson

Day 56

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
| Reading/listening | Self-care activity | Weights |

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for today?

Include the Gratitudes on Achievement board.

What feelings or emotions come up during today's self-care activity? What's the lesson from this?

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- How would you like to experience this in the future?

- Who is with you, what are you doing/where are you?
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What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

If you had to live the rest of your life in a place that you have never been before, where would you live?

Evelyn McFarlane & James Saywell

"Mindfulness is the practice of aiming your attention, moment to moment in the direction of your purpose."

Frank Andrews

Day 56

Personal growth activity for the day

| | | |
|-------------------|--------------------|----------------------|
| Cardio minutes | Strengthening | Stretches/relaxation |
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In your Life's Journal record the following for the day:

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Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

“The more you practice tuning in to your body, the more you’ll respond to its needs in a wise and intelligent way. Remember that when you pay attention to the sensations you feel, you shift your awareness to the present a moment, the wisest place to live.”

Cheryl Richardson

What's the driving force of change? This is a deep question and one that may not be explained in detail in this script. If one reads the great masters of change, the consensus there is an innate 'calling or driving force' that discerns between right and wrong and what our own divine path is. We have already touched on belief systems, the law of attraction, and how we create our disease as a means to become aware. This section is expanding on these topics.

In essence, in our heart of hearts, we know what we have been called to do, because it is engraved into the very core of our being. From an esoteric/ spiritual point of view, it is as in the picture where there is a universal 'knowing' of information that is purity and love. It flows through all of us, and as we have free choice and a conscious mind, to make decisions on any topic about who we are in relation to the situations at the time.



Polarity is in everything: light/dark, love/hate white/black, heavy/ light, etc. We have the ability and the right to choose which side of the continuum we live our lives, and this isn't always easy, and is a personal interpretation on spirit.

This aspect of theory also moves through Eastern and Christian philosophy, it is easy to see similarities between them. The bottom line or the most distinct common thread is that love is the highest vibration, from which connects everything and everyone. It is a state of ecstasy, which can be attained in our earthly life. It is really possible to have heaven on earth, well, at least a glimpse or sense of it: tantric sex, kundalini, meditation, prayer, new-born babies, puppies, nature. When we let our 'guard' down, we can see the wonder and the vibrancy of the purity. These are a few instances when we

can go into a state of ecstasy and bliss that is mind blowing and so expansive, we are everything and there are no physical boundaries.

It is when the body and mind are out of synch with divinity, when our body is not living its divine intention and is not operating from the space of love, or wonder, that there is discord (emotional unrest) or disease (body not at rest). Both have varying levels of being out of balance, and usually it is the emotional discord that begins the change and the mind shuts it out or down for any number of reasons. The longer we 'fight' the feeling and ignore, avoid, deny, dismiss, shut down, or fight against, it can grow. Just like a piece of sand in an oyster creates a pearl, the constant emotional irritation lingers, and the body needs to protect the irritated area until it can no longer go unnoticed by the physical body.

In line with the theory of self-actualisation, divinity only wishes the best for us, to create from a space of love, to live a life that is fulfilling, love filled, and content. Over time though, we create layers of self- *beliefs* then these over time these beliefs have a magnetism of their own. What we live through and perceive is from the layers of self-beliefs and perceptions. These are what we are projecting out there and attracting back to us to experience, see, and feel who we think we are, not what we are.

The more layers there are on the same theme, that we are not love and light, the heavier the experiences, increasing the likelihood of depression, anger, rage, frustration, etc. Our spirit self still perceives others' spirit, but ultimately, we are drawn to people, situations, and reactions based on the beliefs that we acquire with time

One of the fastest ways to shift our mind set is to reframe or flip situations. Other terms are to count your blessings, see the silver lining of What's going on. This is invaluable! What we feel, focus on, have on reply increases in intensity but also how frequency we see it in the world. When we are upset,

what do we see, hear or feel more off? Others being upset. We relate or resonate with this and so our radar is more sensitive to it. How about the other side? When we feel happy, in love, excited, the world just looks better, we see good things, our conversations are more forgiving and connecting with others. We see what we feel in side. Here are some examples from others, targeting Different point of view and Gratitude, but any other emotion could be substituted in.

In the midst of this you are introduced to someone who is living in the SAME place as you--yet are having a completely different experience. They are happy and healthy. They are well-fed, they prosper. The cold doesn't put them asunder and they certainly have enough to share.

You fall to your knees upon seeing the bounty of a dozen stalks of corn and a bird and some flat bread. The same food you would have turned your nose up to (we feed corn to the pigs after all) a year ago is now the most delicious food you ever tasted. Your belly actually hurts when you eat because it was so empty--but you eat anyway--joyfully, thankfully. Giving thanks becomes important to you. You understand the "loft" of gratitude. It makes any circumstance transform. It transforms you.

This isn't the Thanksgiving story from my childhood. Mine was funny construction paper pilgrim hats, and Indian headbands--with enough eau de glue to make an entire class high as a kite. It was gaggles and gaggles of people, days of cooking, planned excursions into the kitchen to pilfer the desserts (they were always made first!). When it came time to eat, we each took turns

expressing gratitude. I always heard the tried and true thanks for family, friends, life, and love from the adults. The children were more direct, "my new horse, my new bike, my new...you get the drift. My grandfather used to call us kids "soft". We certainly had no idea how "hard" life could be, and we had no sense of the story of the pilgrims. How could we? We had always had plenty, never knew starvation, and all of our problems were the kind you wanted to have.

The intercession the pilgrims experienced might be where the first "when I was a kid..." stories originated! Parents have been trying to top that story for hundreds of years--but none come close. Why?

Unlike all of the other, "when I was a kid" stories, the Thanksgiving story puts us amidst a Universal Truth: The Mind can only serve one Master, either gratitude or despair--but not both.

What's your most important prosperity organ? Your brain! Your choice to be grateful for the gifts you receive--even if the gifts appear humble.

"A lesson in Gratitude" as told by Dr Karen Monroy

Remember the silly Chinese whispers game we all used to play: secretly pass a phrase around a circle by whispering into the ear of the person next to you and see if it came around correctly? I don't know about you, but I never heard a phrase survive that gauntlet. The more members of the circle, the more the phrase was butchered. Remember when the last person in the circle said

the phrase out loud and everyone gasped, "WHHHAAATTT?" shocked, amazed and confounded at what "came out" of the circle?

In many respects our own history, as well as our collective history is the same. We remember what we want to. We tell the story the way we think we heard it. Take a minute to imagine:

You are in a dirty, cold place. You didn't know enough about sanitation so you are infested with all kinds of critters and parasites. Your clothes are thread bare. There are holes in your shoes and nothing much to eat. The harsh living conditions have claimed many of your loved ones and friends. You are sure that you will be following them to the grave shortly. Your mind keeps drifting back to past times when you were surviving, when life was "better".

What were you thinking to get in that ship anyway? Damn! You should have listened to your mother! You should have stayed on that crummy piece of dirt that you didn't own but were going to spend the rest of your life toiling on. There are many reasons to despair; you don't know the land, and you don't know how to be successful in your hunting or farming. You KNOW you don't know. You might even be wondering for what sins is God punishing you. You might be praying to this God for relief, for an intercession, for a miracle.

One journal I ask my clients to keep is the gratitude journal. I am grateful to once again be reminding you of the "rising above" the state of gratitude brings. Gratitude helps us keep from playing that silly game of "telephone" in our heads. The way we keep telling ourselves the story of our "story", again and again...twisting it, obscuring it, and by so doing, placing our self at the mercy of it.

Imagine for a moment you are that pilgrim:

You realize that if you are a good student, you too can be at peace and one with your new home--just like with your new-found neighbour. When the ship comes again, with fresh supplies and more people, you have your chance to return--but you know you will not be happy to return to that old survival mode in your old home. While life here may appear to be harsh--it has promise, opportunity, and you now are changed: open and willing to receive the gifts of the Universe, willing to be a good student, willing to Prosper. While everything on the outside had remained the same, gratitude for what you have received has radically altered the landscape of your life.

In our own way, each of us is replaying this Thanksgiving story. We say goodbye to old situations and circumstances--set sail for the "better life" and encounter hardship along the way.

If you are in the position right now that you feel you need an intercession or miracle, remember they do happen. Give up your notion you know what the miracle looks like, act like or should be like. What if those pilgrims, said "no" to the Indians because they were expecting the ship to save them?

If you have been on cruise control, lying low, feeling good--remember we all need to take rest because the top of one mountain is the bottom of another. I have learned there are some angels whose only job is to make certain you do not get too comfortable and miss your life. If you feel the gentle tapping of the angels, listen to it. Don't make them put a boot up your *ss.

The Universe always works this way. It is always willing, wanting and capable to give--"pressing down into us for good measure" what we are capable of

receiving. The Universe needs us to be the kind of person capable of holding the gifts sent our way.

If you have been "hanging-in there," waiting for something to go wrong and fearful of your future, spend time counting your blessings and then counting them again. A Universal Truth: we are only given what we can handle.

If you are not where you want to be, then ask yourself, "What do I know that I am not owning? What's it I am trying to pretend I don't know?" If you have it good right now, be thankful! And invite others to join you, sharing in your bounty. Remember your invitation for others to join you in being a good receiver is a beautiful gift. How we wear our happiness and prosperity can be a healing balm to those in need, or a beacon of light to call others higher.

An Invitation for You!

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's Focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list ...

Self Care Ideas



Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

WEEKLY PLANNER

THIS WEEK GOALS

APPOINTMENT

REMINDER

NOTE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"I am not bound to win but I am bound to be true. I am not bound to succeed but I am bound to live up to what light I have."

Day 57

Abraham Lincoln

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for this day, challenge, situation, your changes?

What's the hidden or silver lining in What's going on?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

Where else in your life are you playing out these emotions or situations?

What can you take out from the lesson and use in other areas of life?

What strength did you present with today?

While visualizing your ideals game what reasons/excuses do you tell yourself why "You can't have this or that!"

What's the root emotion here? Tap it out.

Who seems to be 'reacting' to your changes? How are they are reacting?

Do you need to tap it out or forgive to create positive space for the now?

What great image or feeling did you experience while visualising your ideals?

What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

How could you learn, or develop this, who could help?

What do you need to change or let go of to give space to this character?

What step or change action can you take tomorrow towards achieve your goals?

Write the new you – your characteristics, ideas, actions, thoughts, beliefs etc with as much detail as a paragraph or story in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?

- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Healing is embracing what's most feared; healing is opening what has been closed, softening what has hardened into obstruction, healing is learning to trust life."

Jeanne Achterberg

"Awareness in itself is healing."

Fritz Perls

Day 58

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for this day, challenge, situation, your changes?

What's the hidden or silver lining in What's going on?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

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- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Never, and I mean never, allow anyone else's ideas of who you can or can't become sully your dream or pollute your imagination. This is your territory, and a KEEP OUT sign is a great thing to erect at all entrances to your imagination."

Dr. Wayne Dyer

With each true friendship, we build more firmly the foundation on which the peace of the whole world rests."

Mahatma Gandhi

Day 59

In your Life's Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for this day, challenge, situation, your changes?

What's the hidden or silver lining in What's going on?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

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What can you take out from the lesson and use in other areas of life?

What strength did you present with today?

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What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

“Do few things but do them well, simple joys are holy.”

St Francis of Assisi

“I open my mind and say Yes to life”

Louise Hay

Day 60

In your Life’s Journal record the following for the day:

What great thing happened today?

Place this in your achievement board.

What are you most grateful for this day, challenge, situation, your changes?

What’s the hidden or silver lining in What’s going on?

By whose rules were you operating from today?

What emotions and feelings stood out for you?

What theme, or common emotions, if any were there between the memories?

Where else in your life are you playing out these emotions or situations?

What can you take out from the lesson and use in other areas of life?

What strength did you present with today?

While visualizing your ideals game what reasons/excuses do you tell yourself why “You can’t have this or that!”

What’s the root emotion here? Tap it out.

Who seems to be 'reacting' to your changes? How are they are reacting?

Do you need to tap it out or forgive to create positive space for the now?

What great image or feeling did you experience while visualising your ideals?

What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

How could you learn, or develop this, who could help?

What do you need to change or let go of to give space to this character?

What step or change action can you take tomorrow towards achieve your goals?

Write the new you – your characteristics, ideas, actions, thoughts, beliefs etc with as much detail as a paragraph or story in your journal.

Identify what you want to change and describe it as an outcome.

- How would you like to experience this in the future?
- Who is with you, what are you doing/where are you?
- How do you want to feel about?
- What do you hear, see, doing?
- What positive results will this have for you?
- What other positive consequences are likely to happen?

What step or action do you need to take today towards achieving your goals?

Who do you need to forgive to create positive space for the now?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Apathy can only be overcome by enthusiasm, and enthusiasm can only be aroused by two things: first, an ideal that takes the imagination by storm; second, a definite, intelligible plan for carrying that ideal into practice."

Arnold Toynbee

"What occurs around you and within you reflects your own mind and shows you the dream you are having."

Dhyani Ywahoo

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“No one can make you feel inferior without your consent.”

Eleanor Roosevelt

“Sometimes I go about with pity for myself and all the while great winds are carrying me across the sky.”

Ojibway saying

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“The emptying of self and repairing the world with love are two sides of the same spiritual practice. We are not seeking to escape the world; we are seeking to transform it.”

Reb Yerachmiel Ben Yisrael

“The flower the sky your beloved can only be found in the present moment.”

Thich Nhat Hanh

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In your life, there will be a defining moment that will completely separate your past from your future. That moment is always right now. The life-changing magic that oozes from your fingertips is only effective if used presently.

Scott Niolet

AN Analogue....

As a boy I often tackled a task full of enthusiasm, only to become discouraged quickly. One bright summer day my father showed me an experiment with a magnifying glass and a newspaper. When he moved the glass over the paper from one place to another, nothing happened. But when he held it motionless in one spot for a while, focusing the sun's rays, a hole appeared. The boy was fascinated, but didn't grasp the significance of the procedure, so the Father explained that the same principle applied in everything we do: that to make a success of our lives we must learn to concentrate all our efforts on the undertaking in hand until it is finished. Jon Louis Feliciello.

How to create a strong focus of change? Affirmations and laser like belief that what you are working towards is possible.

An affirmation is a statement made with emotional intensity. Just as negative statements leave an imprint on the subconscious mind, so do the positive affirmations to create healthy, positive self-images. Affirmations support the desired changes you declare on the premise the subconscious doesn't know if What's being said is real or not. Therefore, we can 'fake it until you make it'.

Louise Hay is one pioneer in the area of creating life changes. The relationships between thoughts and medical diseases are accurately described in her book *You Can Heal Your Life*. Hay also includes an entire section on positive affirmations to support the subconscious mind in making positive changes to the body's health and healing.

The way to make the most effective affirmations is to think about the mental cause of the situation and analyse how it could be your pattern or programming that has attracted the situation to mirror your belief. Ask yourself, 'What are the thoughts in me that have created this?' Continue asking quality questions

until you feel confident you know the root cause of the situation. Then state: "I am willing to release the pattern in my subconscious that has created this condition."

Explore the silver lining of the experience – what are the good parts of what's happening, then create the affirmation that focuses on the silver lining and what you aim to create, change, choose to have more of, or work towards.

Repeat the affirmation to yourself several times, preferably out loud or in front of a mirror. Assume that healing of your thoughts and body has commenced, and then continue. Repeat the affirmation each time the situation is thought of. Some useful affirmations to start making the changes could include the following:

I am blessed with an abundance of energy!

Love, joy, and happiness flow through me with every heartbeat.

I am thankful to God for all of my good fortune.

YES, I CAN!

Louise has an entire affirmations book *Heart Thoughts*, which highlights on almost every aspect of life. This may be worth investing in to support you during change and to create a positive space from which you can draw strength.

Simple affirmations guidelines:

It is important to have fun with them! If you are struggling to create a positive affirmation because of negative self-talk or resistance to creating a positive affirmation on a point, the resistance is bringing your attention to an issue that would be best addressed with clearing/ processing work. Tap it out

and/or complete the forgiveness exercise. Allow the feelings to transform into a much lighter version and let yourself be freer to get on with what you love to be and do.

Generally, positive affirmations can help make you feel really good if you follow these guidelines:

- 1. Always phrase an affirmation in the present tense.**
2. Imagine that it has already come to pass.
- 3. Always phrase the affirmation as a positive statement.**
4. Avoid using the words 'not' and 'never'.
- 5. Do your best to totally associate with the positive feeling that is generated by the affirmation.**
6. Create a movie packed with as many sensations as possible. At first you might find it challenging to 'know' how it feels the feeling you want to have associated with the statements. I can only suggest watching movies and getting a sense of what the feelings are and then replicating these in the movie statement.
- 7. Keep the affirmation short and simple, but full of feeling. Be creative.**
8. The affirmation doesn't have long or complicated, it is about affirming the 'point' of the affirmation
- 9. Imagine yourself really experiencing what you are affirming.**
10. Create the end product movie showing you walking around and doing what you are affirming.

For instance, let's work with the affirmation I am performing the job of my choice. This for myself is writing. I love the process of getting my ideas

gleaned from other's research and presentations and putting it into everyday operation. I also love reading. So, my movie goes something like this.

I see myself at the computer in a space that is aspiring and comfortable. I see the words being written on the computer screen, and I feel excited, enthusiastic, buzzing with excitement as I see the transformation happening. I then move forward to seeing the material being read by others, on their computer, in books that look absolutely fabulous with their covers, their colour, and the feel of the book in their hands. The reader is experiencing 'ahhhh' moments of comprehension. They are making choices and working out how they need to make changes that suit them.

The next scene is me presenting the material onstage, and people love the way I present, relate, and talk with them. They get that I have struggled and crawled with fingernails at times to get to where I am at the time, just like they have too. The feeling at this stage is awe and gratitude, amazement, wonder at how amazing I am (not in a crazy way) but acknowledging myself as I would another who has gone through similar experiences. I then have the blessing of coming back to my space and sitting in the space of thankfulness, gratitude, and awe that I had it in me to begin with and that I had the courage to allow it out.

We all have greatness in us, but it is our own perceived limitations that keep us small, just as Marianne Williamson wrote about earlier in her speech on being small. How about you, what do you visualise when you give yourself permission to dream however small or big it is for you?

1. Make the affirmation personal to you and full of meaning.

Using these guidelines and examples, write down five affirmations that apply to you. Write out what it is you are grateful for and what it is you are

working towards creating. State these affirmations aloud while you are taking your shower, driving, or doing daily chores.

Pretty much business development books focusing on mindset or frame of mind for business success includes this activity. If it works in the business world to help create goals and beliefs and change one's perception at the cognitive level, then it will work in any other area of your life. It is also in line with the principles of the law of attraction advocated by Norman Vincent Peale and Dale Carnegie in the early parts of the last century.

The universal law of what you focus on you attract is also written in the Bible: 'Seek and you shall find. Ask and you will receive.' Naturally, there is a bit more to it, but the premise is still there. Be careful what you wish for, the amount of time you focus on something, and be sure you are super clear as to what you are putting out there.

The subconscious doesn't know What's real or fiction. It only sees, feels, and knows what you are projecting onto its field of operation. 'OK, this is what she/he is asking for – oh, it has a lot of attention to detail and has lots of emotion in it. *Better give it in spades.* It is what they are really concentrating on.' From my own experience, it is true what you focus on is what you get, even the really, really bad stuff, and who could I 'blame'? Me for worrying about things that I couldn't influence and not looking at the brighter side of the situation and what I have and what I am asking for more good stuff in.

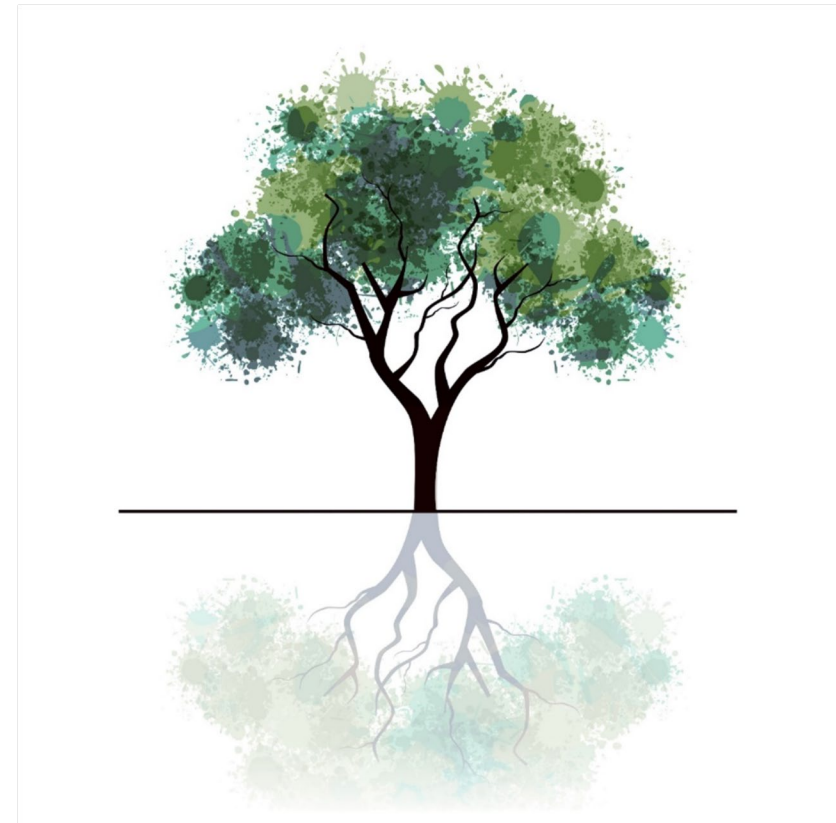
Now it is your time to become laser focused on what you would like to create. You may be a way off, but you may also be closer than you think. Remember too, internal changes may create external dis-chord and challenges, it is part of the shuffling effect when we become different. Hang in there, it will get easier. The time frame is pre-ordained, your role is to do complete your side

of the agreement – to be the best you can be at any given moment with the resources you have at the time!

Now, you are coming into the home stretch, the last 30 days of this program, and it is time to really start thinking what you would like to follow through with and continue to work on and towards. You have achieved a lot since you began the journey, two months ago. It may not seem as there is a lot of difference between now and then, so keep in mind, that all plants start to spread their roots first, under the soil, before the leaves and flowers evidence of growth emerge.

If you think of your life being a beautiful tree, something solid from which much fruit can feed your family and friend, and possibly provide shelter and protection from the environment of life. Describe this tree in as much detail as possible... How tall does it become, and how wide? What characteristics do the branches and leaves represent for you? How far reaching does this tree go? Does your life touch the life of the locals, or would you like to reach out to others in other countries? If there were to be a plaque made in your honor, what would you like it to read?

You have been working on these ideas, one way or the other since or maybe even before beginning this journal, so let yourself be in the creative zone, and begin to really describe, feel, hear and see what it is like to create your ideal world which can positively affect so many different parts of your, and others' life.



In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this week's goals

Important activities this week

Affirmations



Wish list ...

Self Care Ideas



WEEKLY PLANNER

THIS WEEK GOALS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

APPOINTMENT

- _____
- _____
- _____
- _____

REMINDER

- _____
- _____
- _____

NOTE

- _____
- _____
- _____

MONDAY

- _____
- _____
- _____

TUESDAY

- _____
- _____
- _____

WEDNESDAY

- _____
- _____
- _____

THURSDAY

- _____
- _____
- _____

FRIDAY

- _____
- _____
- _____

SATURDAY

- _____
- _____
- _____

SUNDAY

- _____
- _____
- _____

Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

“Spiritual practice is really about weaving a network of good relationships.”

Dhyani Ywahoo

Day 64

In your Life’s Journal record the following for the day:

What am I most excited about my life right now?

What Am I most grateful about in my life right now?

What’s the hidden or silver lining in What’s going on?

How does that make me feel, what other emotions are showing up?

Why does this excite me? What else does this make me feel?

What memories do you recall that have these feelings in them? While reflecting on your day, what memories arise?

Are there similarities to the current event and past events?

By whose rules were you operating from today?

What can you take out from the lesson and use in other areas of life?

What strength did you present with today?

While visualizing your ideals, What If game what reasons/excuses do you tell yourself why “You can’t have this or that!”

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What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

How could you learn, or develop this, who could help?

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What step or change action can you take tomorrow towards achieve your goals?

Identify what you want to change and describe it as an outcome.

What are your Affirmations that anchor the best parts of the day?

Create as many character trait affirmations to see your greatness and achievements

I AM.....

Repeat this clearing affirmation

"I delete, de-story, uncreate across all time, space, dimensions and reality all limiting beliefs, fears, blocks, release all energy ties, contract, vows and restrictions, falsehoods, untruths, I return to sender anything and everything that isn't mine to address.

In an easy and relaxed manner, in a healthy, positive way, in its own perfect, divine time for the highest good of all I am so happy and grateful I have manifested these things and more"

To be truly happy in this world is a revolutionary act because true happiness depends upon a revolution in ourselves. It is a radical change of view that liberates us so that we know who we are most deeply and can acknowledge our enormous ability to love."

Sharon Salzberg

"Think Feel..... Do...True Goal Alignment"

Keith Abraham

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You are responsible for your reality! Decide what you want of the world and go make it happen. No Clarity, no change; No Goals, no growth

Brendon Burchard

"We know finite disappointment, but we know infinite hope."

Rev. Martin Luther King Jr.

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"Our truest life is when we are in our dreams awake!"

Henry David Thoreau

"How do we cultivate our essential nature without sidestepping our human nature? This is at the heart of Bing Your Whole Self to the Experience!

Day 67

Frank Ostaseslo

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Inner work is important for virtually any career; so, if you feel stuck, you have to do the work to overcome it.

Denise Duffield Thomas

"The heart has its reasons which reason knows not."

Blaise Pascal

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"Until you make peace with who you are, you'll never be content with what you have.

Doris Mortman

The cure for sorrow is to learn something

Barbara Sher

Day 69

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What Am I most grateful about in my life right now?

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How does that make me feel, what other emotions are showing up?

Why does this excite me? What else does this make me feel?

What memories do you recall that have these feelings in them?

While reflecting on your day, what memories arise?

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What strength did you present with today?

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In an easy and relaxed manner, in a healthy, positive way, in its own perfect, divine time for the highest good of all I am so happy and grateful I have manifested these things and more"

Unless we are aflame with passion's madness will we ever reach for our dreams with half-remembered wings, and fly like Icarus – and perhaps reach the sun?

Gill Edwards

There is a large body of evidence showing habitual thoughts and emotions determine our level of health and quality of our life. While depression, disbelief in one's self, and negative self-talk have a negative impact on health, the opposite is equally true. A positive mental attitude stems from an innate drive in all living things to be the best that they can be—self-actualisation. This journey is a unique personal experience based on our interpretation of our life events and experiences.

Ultimately, self-actualisation begins by taking personal responsibility for your own mental and emotional state, your life, your current situation, and your health. It is the notion that we are entirely responsible for creating our circumstances, health, financial position, relationships, etc., from our own imaginations, beliefs, and thoughts. When we are in alignment with What's the highest and best for us, then life is so much easier. It is like living in another world of possibility. There is a lot less stress, less reactivity, and more responses to life. We get to create what we desire, if it is in our interest. It is really amazing!

Life is full of events that are beyond our control; however, we do have control over our response to these events. Our attitude and self-perception have a big impact on the way we view and respond to all of life's challenges. You will be much happier, healthier, and more successful if you become clear of your filters (perceptions/point of view/beliefs) and release the hold non-supporting filters have over your life. Clearing unhealthy beliefs and vows naturally creates a positive mental attitude. From this we can move more easily towards becoming self-actualised.

Self-actualisation, the desire to be the best we can be, is a concept developed by Dr Abraham Maslow, the founder of humanistic psychology. His theories of self-actualisation stemmed from research of healthy people over a period of more than thirty years. His theories are well supported, and many

researchers who have since investigated the common threads of very successful people support the basic principles of self-actualisation.

Maslow researched the traits of healthy, successful individuals and found they are motivated towards self-actualisation. Ongoing actualisation is

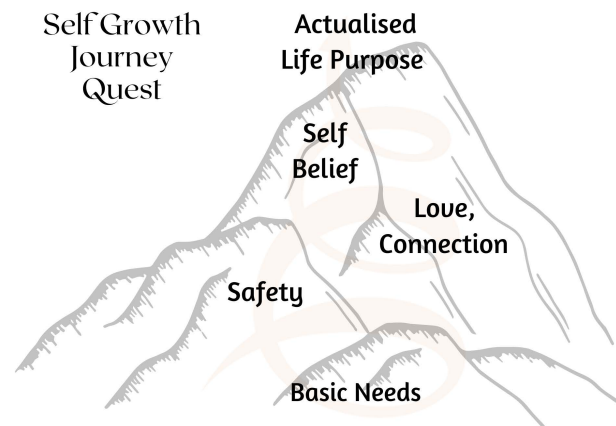
- the reaching of potentials, capacities, and talents as fulfilment of a mission/call/fate/destiny or vocation;
- a fuller knowledge of and acceptance of the person's own intrinsic nature; and
- an increasing trend towards unity, integration, or synergy within the person.

In other words, healthy people are driven to be all that they can be! Maslow is a foundation leader from which many branches of positive psychology, mindfulness, meditations, and health coaching have stemmed from with the premise of helping others to develop their innate resources and talents.

Over the course of time, there have been many theorists who have proposed similar progression from the ego, or simple thoughts, to one that is more secure and caring for the greater good. Maslow is known as the originator of self-actualisation, yet there are several crossover theories through the various religious/spiritual schools of thought that also support the notion of moving from a base level to higher levels of awareness.

Another basic premise of Maslow's theory is the sense of security as the base or foundation of one's life is essential before being able to move to the next level. The movement through the layers is dynamic, and not a linear line. All the best-made plans are still responsive to real life commitments, emotions, other people's needs and expectations, emergencies, personal growth to move into the chosen reality, etc. Life at times seems to get in the way; however, it is only doing what it does best –

giving us the opportunity to get clear of what we want and What's important



to us, and we get to fine-tune our beliefs or get rid of the ones that don't work for us anymore. This is actualisation working in us and for us at every given moment. Creating the space for clarity and truth, living our lives to the fullest as we desire and choose it to be. For instance, if we feel safe or have a safe haven of home, and for friends to come back to, we are more inclined to increase our adventures and risks – knowing we can come back to our safe zone, if needed.

More we prove to ourselves and grow along the way by letting go of previous limiting ideas – increasing our confidence, increasing our skills, or gaining

recognition from self or others – we continue to progress up the mountain. During times when things are being challenged, when things or people are not doing 'what they are meant to do', it can be a blessing in disguise. The situation is giving us the opportunity to be clear in our intent, our thoughts, or our self-belief and let go of limiting thoughts, beliefs, and people if need be to keep moving ahead. Focusing on what we are choosing to be, and working towards, we free ourselves to be ourselves, and minimise negative feelings towards others.

"To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty, to find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived. This is to have succeeded."

Ralph Waldo Emerson

In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

Week's focus

Tasks towards this week's goals

Important activities this week

Affirmations

Wish list ...

Self Care Ideas



WEEKLY PLANNER

Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

| | |
|---|--|
| <input type="radio"/> THIS WEEK GOALS _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ | MONDAY _____ _____ _____ _____ _____ _____ _____ |
| <input type="radio"/> APPOINTMENT _____ _____ _____ _____ _____ _____ _____ | TUESDAY _____ _____ _____ _____ _____ _____ _____ |
| <input type="radio"/> REMINDER _____ _____ _____ _____ _____ _____ _____ | WEDNESDAY _____ _____ _____ _____ _____ _____ _____ |
| <input type="radio"/> NOTE _____ _____ _____ _____ _____ _____ _____ | THURSDAY _____ _____ _____ _____ _____ _____ _____ |
| | FRIDAY _____ _____ _____ _____ _____ _____ _____ |
| | SATURDAY _____ _____ _____ _____ _____ _____ _____ |
| | SUNDAY _____ _____ _____ _____ _____ _____ _____ |

*“Freedom is not worth having if it does not include the freedom to make mistakes.
Mahatma Ghandi*

Day 70

In your Life’s Journal record the following for the day:

What am I most excited about my life right now?

What Am I most grateful about in my life right now?

What’s the hidden or silver lining in What’s going on?

How does that make me feel, what other emotions are showing up?

Why does this excite me? What else does this make me feel?

What memories do you recall that have these feelings in them?

While reflecting on your day, what memories arise?

Are there similarities to the current event and past events?

By whose rules were you operating from today?

What can you take out from the lesson and use in other areas of life?

What strength did you present with today?

While visualizing your ideals, What If game what reasons/excuses do you tell yourself why “You can’t have this or that!”

What’s the root emotion here? Tap it out.

Who seems to be ‘reacting’ to your changes? How are they are reacting?

Do you need to tap it out or forgive to create positive space for the now?

What great image or feeling did you experience while visualising your ideals?

What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

How could you learn, or develop this, who could help?

What do you need to change or let go of to give space to this character?

What step or change action can you take tomorrow towards achieve your goals?

Identify what you want to change and describe it as an outcome.

What are your Affirmations that anchor the best parts of the day?

Create as many character trait affirmations to see your greatness and achievements

I AM.....

Repeat this clearing affirmation

"I delete, de-story, uncreate across all time, space, dimensions and reality all limiting beliefs, fears, blocks, release all energy ties, contract, vows and restrictions, falsehoods, untruths, I return to sender anything and everything that isn't mine to address.

In an easy and relaxed manner, in a healthy, positive way, in its own perfect, divine time for the highest good of all I am so happy and grateful I have manifested these things and more"

"You stop being always projected outside. You start looking in and seeing how your mind works, and you change your mind, thought by thought,"

Matthieu Ricard

"To be sensitive is to feel the thoughts and hearts of others as only you would want yours felt."

~ Author Unknown ~

Day 71

In your Life's Journal record the following for the day:

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"Though we travel the world over to find the beautiful, we must carry it with us or we find it not."

~ Ralph Waldo Emerson ~

"That which is dreamed can never be lost, can never be undreamed."

Neil Gaiman,

Day 72

In your Life's Journal record the following for the day:

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"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born."

~ Anais Nin ~

"Personally, I am the most inspired when surrounded by love, either for myself or for others"

Day 73

Leah Marmulla

In your Life's Journal record the following for the day:

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"Peace is a great indicator of being in alignment."

Anonymous

Happy are those who dream dreams and are ready to pay the price to make them come true.

Leon J Suenes

Day 74

In your Life's Journal record the following for the day:

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"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.

Carl Jung

"Forgiveness is the attribute of the strong."

Mahatma Gandhi

Day 75

In your Life's Journal record the following for the day:

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"The greatest good you can do for another is not just to share your riches but to reveal to him his own."

Benjamin Disraeli.

“A society grows great when old men plant trees whose shade they know they shall never sit in.”

Greek Proverb

Day 76

In your Life’s Journal record the following for the day:

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"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."

~ Marcel Proust ~

Mindfulness

The now trending activity of mindfulness, the Happiness Movement, and living in the now also share the same principles. This branch of psychology encourages people to become present in the moment, relaxing the mind to a neutral state, allowing breathing to move more feelings through the body, and facilitating peace and relaxation within the body and mind.

Mindfulness teaches the principle of meditation via thought therapy to

- ultimately create a state of relaxation,
- enable the subconscious to speak easier to the still mind,
- allow feelings to be heard and memories explored and rationalised, therefore transforming into positivity.

Sounds like a good thing? Energy flows through the meridian lines – the energy channels between the chakras increase when one is relaxed and in a state of flow. We are more able to ‘hear’ divine wisdom when the mind is still, the heart is open and receptive, and we have requested/allowed the ego, the conscious mind, to have a rest. When we invite, allow, acknowledge, and act according to divine inspiration, good things happen. Synchronicity appears to be the norm. Things just turn out, and we know what we need to do.

As described in Science of Happiness one can see again the similarity between the various messages being promoted through millennia. In summary, the seven habits of happiness are as follows:

- In relationships, express your heart to those who are close and important to you.
- Perform acts of kindness and help and support others where they are at.
- Exercise and look after yourself by moving and eating well. Both lifts the mood and keeps the body strong, moves body fluids, and removes

wastes.

- Work within the space that are suited to your skills and with which we experience joy or passion.
- Spiritual engagement and meaning connects you to something greater than ourselves that is not another human – nature, the universe, or divine with which you communicate through your highest self and ‘knowing’.
- Strengths and virtues, are one’s own talents and unique strengths. Use them to your advantage in the now, and use them for the greater good, and not only one’s own.
- Having a positive mindset means being grateful and thankful from your heart, feeling the emotion and allowing it to be for all that one is and does.

I ask you, how different are these premises from other religions, spiritual practices, etc.?

Self-actualisation or attainment doesn’t happen all at once. It can be a slow, stepping-stone process. It may seem that steps taken forward are quickly stepped back as different situations ‘press your buttons’. Each time something comes up, you are being given the opportunity to check if the belief or value is still important to keep, to alter, or to get rid of. This is the beauty and the purpose of it all. From a Godly religious point of view, it is to ask ourselves, ‘What would love do now?’ From Eastern philosophy, it is ‘What’s the correct thing to do?’ After coming from a place of peace, love, and humility.

It takes time, and just as ‘school’ repeatedly goes over the material in class, homework, and assignments, life too gives us repeated

Opportunities to experience ourselves to see who we are in the moment and the opportunity for change. Again, each time we come across the same

scenarios, we are being put to the test of clarity, strengthening our belief of what we choose to stand for and how!

As we gain more insight, wisdom, and compassion and as we work from love and not ego, our filters, beliefs, values, and vows start to change. It gets easier to work from a space of love and compassion, simply because the filter is getting cleaner and not as clogged up on the limiting beliefs and blocks, we previously placed there.

We operate from Either Love or Fear

Ultimately, we operate either out of fear (or unloving) or out of love, and as in the world of business, it is important to work with mentors whom you want to become more like. With their help and gentle probing, you can quickly see which of these two sides, love or fear, you are currently operating from. Your mentor, healer, or counsellor can then help you to move towards a more loving and supportive concept of self, which will influence all situations around you as you live from a space of love and truth. There are many different modalities to help you determine the 'issues' and help reverse the impact on your life. It is invaluable to access the subconscious mind and 'rewrite'.

As you can imagine, fear or its cousin, low self-esteem, which stems from the fear of not being lovable, creates the negatives in life. It is contracting and the subconscious will create safe or known situations to ensure you, as a person, are safe. It works within the lower chakra. This is in line with Maslow's belief about security: feeling safe within your environment; ability to earn or create sufficient money to provide the basic necessities of life – food, clothing, shelter, and medical treatment; ability to stand up for yourself and your beliefs as you see them; feeling good at home; and social and familial law and order. This isn't about facing the fear through action only but addressing the reason for the fear to be there in the first place.

The first step, as in any program, is awareness – What's going on at the moment, how do you feel about it, and what or how would you like things to be different? From the answers to these questions, you can start making conscious choices of what beliefs, thoughts, and actions to keep, change, or throw out. It is also a good starting place to gain insight into whom you may need assistance from.

Making a conscious decision to change means taking personal responsibility for your own thoughts that have created your circumstances, your current situation, and your health. Once you take this responsibility, it is yours to direct your life in the manner in which you choose. A commitment to yourself is vital. Mine, over time, developed into 'to operate from a place of truth and love'.

- 'To operate from my values, and not from others, with giving myself the opportunity to clarify What's mine or others' belief, interpretation, should, expectation.'
- 'Own my part of the problems that I see and work towards understanding why I see them as problems, where the thoughts come from and what can I do to encourage a win- win solution.'

It is so useful to get to the underlying reason as to why things are the way they are, and then if you choose, release the negative hold they have over your life. You might need help with this part as the entanglement of emotions, the energy hooks that keep them attached to our being, and energy can be phenomenal. I suggest considering a number of possible energy healing methods, such as meditation, hypnosis, reiki, kinesiology, bars, or any that you are drawn to do. You may find that one style of change works better with one issue, or a series of issues, or even the level of change you are at. Just like you wouldn't send an infant to a university lecture to learn about the

chemistry of baby food and expect them to 'get it', respect the level of change you are at and match it best to that level. You may even find that some issues need a university level of insight, and others will be just on faith. It is what you need at the moment, just as infants trust their parents to look after them in the right way. Above all, and this is paramount, ask around, and speak with practitioners before you delve into a method. Test the water, so to speak, and be sure you feel OK and safe. If you feel safe with the person and the modality, shifts are easier to create. Remember too that a different person or modality may be required for different issues or stage of life.

It is one thing to have therapy, but you also need to apply and practice it. Just like all other skills, change or growth, regular reflection of how you were before and after therapy. Making very aware choices and noticing the subtleness of life makes it easier and faster.

Don't panic if things seem to take time or you are going around in circles. Going back to the illustration of change reality, it can be messy and all over the place. All that matters at the end of the day is your intention to progress, that you are putting the effort in, and you are acknowledging with gratitude for the smallest of things. Ground yourself and reward yourself with nature, pets, children, love, and friendships that support you. There is little point hanging out with friends or partners who are demoralising, diminishing, or unsupportive. If you are in an abusive or risky situation, then seek help. You are worth so much more than being emotionally, physical, mentally, or spiritually abused. Others have made change, so can you. Not easy, but possible. If you prefer to keep change within the psychological and emotional framework, then the following steps towards a more positive mental attitude may be helpful.



In Preparation for the coming week

- What self-care are you committing to this week?
- How many times and for you long?
- Describe how it will feel to do this self-care activity.
- What's your commitment for focused change this week?
- What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.
- How will you know you are achieving your commitment?
- How will it feel to complete your committed to activity?
- What might it mean in the bigger picture of what you are working towards?
- Who do you need to contact to ask for help to action this commitment?
- What's the real cost if you don't follow through? What's the cost benefit of following through?

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Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

“Be courageous, it is the only place left”

Day 77

Judy

In your Life’s Journal record the following for the day:

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What feelings are associated with them?

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What strength did you present with today?

What are your desires that you want to create more of?

How would you like to experience this in the future? What positive results will this have for you?

What would it mean or lead to if “I just did it?”

What else could come from making this change?

What would it take for these things to happen?

What vibrational energy do you need to become to attract, create and maintain the dream?

What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

What boundary stretching or challenge can you step into for yourself?

How could you learn, or develop this the skills, knowledge and strength?

Who can help you grow and stretch into?

What do you need to change or let go of to give space to this growth?

What are your Affirmations that anchor the best parts of the day?

Create as many character trait affirmations to see your greatness and achievements. I AM....

What step or change action can you take tomorrow towards achieve your goals?

Repeat this clearing affirmation

“I delete, de-story, uncreate across all time, space, dimensions and reality all limiting beliefs, fears, blocks, release all energy ties, contract, vows and restrictions, falsehoods, untruths, I return to sender anything and everything that isn’t mine to address.

In an easy and relaxed manner, in a healthy, positive way, in its own perfect, divine time for the highest good of all I am so happy and grateful I have manifested these things and more”

“Dreams pass into the reality of action. From the actions stems the dream again; and this interdependence produces the highest form of living.”

Anais Nin

“Never regret anything, at one time it was everything we wanted.”

Mimi

Day 78

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Failure is only a temporary change in direction to set you straight for your next success.

Denis Waitly

“When eating fruit, think of the person who planted the tree.”

Vietnamese Proverb

Day 79

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Happiness shows a ripple effect. Three degrees of separation out, people become happier. Having a friend known someone who was happy increases the chances of happiness by as much as 15%

Dawson Church

Loyalty is following your path all the way to the end.

Day 80

Andrew Car

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"My life has no purpose, no direction, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right?"

"Life is like an onion: You peel it off one layer at a time, and sometimes you weep."

Carl Sandburg

Day 81

In your Life's Journal record the following for the day:

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ompassion is being a visitor in a precious place and cherishing it.

No two on earth in all things can agree. All have some daring singularity.

Day 82

Winston Churchill

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If you see a whole thing - it seems that it's always beautiful. Planets, lives.... But close up a world's all dirt and rocks. And day to day, life's a hard job, you get tired, you lose the pattern.

It is not the man who has too little, but the man who craves more, that is poor.

Day 83

Senaca

In your Life's Journal record the following for the day:

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*Thankfulness is the beginning of gratitude.
Gratitude is the completion of thankfulness.
Thankfulness may consist merely of words.
Gratitude is shown in acts.*

Henri Frederic Amiel

A Good Lesson.

One day a new employee went to the HR and said ..

"I'm not interested in coming to the office anymore." The HR responded, "But why?"

Boy: "There are people who do a lot of politics and talk all negative all the time. Few gossips all the time."

The HR replied "OK, but before you go, can you do one last thing sincerely? Take a full glass of water and walk three times around the office area without spilling a drop on the floor. Afterwards, leave the Office if you wish."

The boy thought: It's a matter of minutes for him. And he walked three times around the office floor. When he reached the HR office, he reported he is done with it.

The HR officer asked "When you were walking around the Office floor did you see any employee speaking badly about another Employee? Any Gossips? Any disturbances?"

The Employee replied "No."

HR Officer continued "Did you see any Employee looking at other employees in wrong way?"

Boy said "No"

HR Officer: "You know why?"

Boy: "No"

HR Officer "You were focused on the glass, to make sure you didn't tip it and spill any water. The same goes with our life. When our focus is on our priorities, we don't have time to see the mistakes of others."

Moral of the story.

"Concentrate on your priorities and not on other's Mistakes."

In Preparation for the coming week

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Weekly Planning From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything in.

The greatest need of every human being is the need for appreciation.

Anon

Day 84

In your Life's Journal record the following for the day:

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What feelings are associated with them?

Why does this excite me? What else does this make me feel?

What strength did you present with today?

What are your desires that you want to create more of?

How would you like to experience this in the future? Who is with you, what are you doing/where are you?

What positive results will this have for you?

What could be the result if "I just did it?"

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What do you need to change or let go of to give space to this character?

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What are your Affirmations that anchor the best parts of the day?

Create as many character trait affirmations to see your greatness and achievements I AM.....

What step or change action can you take tomorrow towards achieve your goals?

Identify what you want to change and describe it as an outcome.

What can you take out from the lesson and use in other areas of life?

Repeat this clearing affirmation

"I delete, de-story, uncreate across all time, space, dimensions and reality all limiting beliefs, fears, blocks, release all energy ties, contract, vows and restrictions, falsehoods, untruths, I return to sender anything and everything that isn't mine to address. Through all karmic, generational and parallel

lines, In an easy and relaxed manner, in a healthy, positive way, in its own perfect, divine time for the highest good of all I am so happy and grateful I have manifested these things and more"

"Duct tape is like the Force. It has a dark side, it has a light side, and it holds the Universe together."

~ Carl Zwanig ~

" When a man does not know what harbor he is making for, no wind is the right wind"

Day 85

Seneca

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Moving on is simple, it's what you leave behind that makes it so difficult.

Day 86

Dave Mustane

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"A man must keep a little black shop where he can be himself without reserve. In solitude alone can he know true freedom"

"If you cannot be a poet, be the poem."

David Carradine

Day 87

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"The dictionary is the only place where success comes before work."

Arthur Brisbane.

“Don’t confuse being “soft” with seeing the other guy’s point of view”

Day 88

George H. W. Bush

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“Love is an act of will. A person can choose to love.”

Tom Anderson

There are two primary choices in life; to accept conditions as they exist, or accept the responsibility for changing them.

Day 89

Denis Waitley

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What could be the result if "I just did it?"

What would it take for these things to happen?

What vibrational energy can you become to attract, create and maintain?"

What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

What boundary stretching or challenging you can step into for yourself?

Who can help you grow and stretch into?

What do you need to change or let go of to give space to this growth?

What are your Affirmations that anchor the best parts of the day?

Create as many character trait affirmations to see your greatness and achievements I AM.....

What step or change action can you take tomorrow towards achieve your goals?

Identify what you want to change and describe it as an outcome.

What can you take out from the lesson and use in other areas of life?

Repeat this clearing affirmation

"I delete, de-story, uncreate across all time, space, dimensions and reality all limiting beliefs, fears, blocks, release all energy ties, contract, vows and restrictions, falsehoods, untruths, I return to sender anything and everything that isn't mine to address. Through all karmic, generational and parallel lines, In an easy and relaxed manner, in a healthy, positive way, in its own

perfect, divine time for the highest good of all I am so happy and grateful I have manifested these things and more”

Seek the wisdom of the ages, but look at the world through the eyes of a child.

“Though we travel the world over to find the beautiful, we must carry it with us or we find it not.”

~ Ralph Waldo Emerson ~

Day 90

In your Life’s Journal record the following for the day:

What am I most excited about my life right now?

What Am I most grateful about in my life right now?

What dreams or desires are sprouting their roots?

What feelings are associated with them?

Why does this excite me? What else does this make me feel?

What strength did you present with today?

What are your desires that you want to create more of?

How would you like to experience this in the future? Who is with you, what are you doing/where are you?

What positive results will this have for you?

What could be the result if “I just did it?”

What would it take for these things to happen?

What vibrational energy can you become to attract, create and maintain”

What do you need to change or let go of to give space to this character?

What character or action did you notice in someone, or yourself you would like to develop more?

What boundary stretching or challenging you can step into for yourself?

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“Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”

Howard Thurman

The Loving-Kindness Meditation^{vi}

I invite you to join me to practice what we know. As we commit to compassionate accountability for ourselves, we will not "should" ourselves or feel guilty if we take a misstep. We will simply affirm our willingness to be good receivers--responsible containers for the good Divine Universal Source Energy is always sending. We affirm the gift of thanks is made manifest in our lives. Always.

May we be ever so humble to receive the blessings of the Universe.

May we use what we are given gratefully.

May we share what we are given lovingly.

May we all be Peace, share Peace, and receive Peace. "

May your heart, and that it is truly helpful for them.

Next, hold in mind someone or some group of people toward whom you feel neutral, perhaps some of the neighbors whom you really don't know, or people you see on the way to work. As you repeat these phrases, bring them into your heart and wish for them:

May you be happy and peaceful.

May you be free from fear and pain

May you live with love and compassion

Any may you fully awaken and be free.

Now, turn your attention toward someone, or ones, toward whom your heart is closed with pain, resentment, or negativity. Remembering that this person or group of people may in the past have actually been kind to you and that, in their own way, are searching for happiness and hoping to avoid suffering in their own lives. Let your heart open to them. As best as you are able, wish for them:

May all beings (or may we all) be happy and peaceful.

May all being be free from fear and pain/

May all beings live with love and companion.

And may all beings fully awaken to their true nature and potentials and be free!

Visualise the energy and the positive intent of these words flow out from you and to the entire world and to the entire universe, to all beings, creatures and living things.

An Everyday Meditation^{vii}

A very simple yet potent practice you can do on a daily basis to revitalize your interconnectedness at a deep level is the practice of loving-kindness; in essence, the wish that we and all beings enjoy happiness and well-being. Here's how it goes:

Begin by touching your heart, if you like, breathe deeply and smile to yourself a smile of tender appreciation and care. Holding the sincere wish to be of benefit to yourself and others; heartfully repeat the following phrases mentally, first to yourself, several times, and then expand the radius of your loving-kindness successively out to wider and wider circles. Go for the meaning and the feeling behind the words:

May I be happy and peaceful

May I be free from fear and pain

May I live with love and compassion

And may I fully awaken and be free.

Next, reach out with your heart/mind to embrace your loved ones and fiends with the energy of loving-kindness in the same way and radiate these thoughts of well-being to them:

May you be happy and peaceful.

May you be free from fear and pain.

May you live with love and compassion.

Any may you fully awaken and be free.

As you hold the image of your beloved ones and repeat these phrases, sense or imagine that they are actually touched by the love radiating out from your heart.

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This Journal is three books in one. Not only are there daily awareness & accountability questions for clarity, explore your triggers, reactions, feelings and memories that surface but also chapters on mind change theory and daily inspirational quotes.

The value of this? The more aware we are of what and why things happen, our responses/reactions to life situations empower us with information to make conscious choices.

You have information at hand to start healing, letting go and transforming for long-lasting change towards Creating Your Life on Your TERMS!



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