



LIVING LIFE UNBOUND

Journal

Six weeks to

**LIVING LIFE
UNBOUND**

Journal

A Companion Volume to

**LIVING LIFE
UNBOUND**
**THE PASSIONS THAT DRIVE
FEMALE ENTREPRENEURS**

and

“Six weeks to a Life Unbound” tele-course

*Derived from a long time vision, this journal is created
from a compilation of passions that live in our hearts.*

Tara DuBois - Connie Larson

*No matter what you have gone through
and what others have put you through, you are still you.
To embrace happiness, to find your passion and to love yourself,
remember these things were never taken away from you.
Nothing can stop you from rediscovering yourself.
The greatest journey always begins within you!*

- Dodinsky

WHAT I KNOW FOR SURE:

- I know that this life can be difficult at times, but true joy exists. It comes from living authentically and following the passions that move me to living without regret.
- I know that holding secrets are useless energy, and like holding a beach ball under water, they will eventually pop up. Secrets are damaging to our bodies and to our hearts. I no longer hold secrets for the comfort of those around me. My motto - "Let go and live".
- If you want to be a writer you must write, the same holds true for any dreams or aspirations.
- Perfection doesn't exist. If I wait until it is perfect I will never start.
- Listening to my body will never lead me in the wrong direction.
- Writing in the morning is a form of meditation, it clears my vision, empties my mind of worry and answers to my questions and mysteries magically appear on the page.
- Breaking things down into the smallest of steps is the way I get from hereto-there. I don't do overwhelm, I do baby steps.
- Action is the path to success. Movement is life, therefore the only way to breathe life into my dreams is through taking action.
- I would rather go through life wishing that I hadn't rather than wishing that I had.
- Gratitude is essential, it is the only "law of attraction".
- Joy is another name for peace, so if I am continuously doing those things that bring joy, I am living my life unbound.

As a Certified Life Coach, Speaker, Author and Advocate for sexual assault victims.

I help women remember who they are, find what it is that they really, really, really want and then show them the way to achieve it, one step at a time...

Because I know that it is okay to **"let go and live"**!

I am on a journey to joy, I would love it if you would join me.

- *Connie Larson*

WHAT I KNOW FOR SURE:

- I am happiest when I am near the ocean.
- I believe the energy you put out in the world you will get back many times over.
- Collaboration and working with others are the keys to success, not competition and cut throat business practices.
- It's humbling to be a part of a movement of women creating powerful change in the world.
- Anything is possible. Anything.
- If you are unhappy with something in your life, listen to your gut and change it.
- I would rather shoot for the moon and stumble along the way than not try at all.
- I crave new experiences and thrive on challenge.
- Driving along the Pacific Coast HWY 101 with the music cranked and ocean views is the perfect cure for my cranky agitated days.
- Closing my eyes, listening to the waves breaking, and breathing in the fresh sea air instantly calms my soul.
- My fire gets fueled when someone tells me I can't do something.
- My volunteer vacation experience to Romania was one of the most influential 10 days of my life.
- It's important NOT to constantly compare ourselves with others, but embrace our uniqueness.
- We are better together.
- Sometimes, you just need a support system to lean on.
- Doing what feels right has never led me astray.
- Living life unbound for me is living without regret. Set the intention and go for it.

My knowledge is broad, my creativity side is always asking for more, and my determination and need to grow from within have made me the entrepreneur I am today. Here's to Living Life Unbound!

Surround yourself with good people and enjoy the journey.

- Tara DuBois

Your turn...

WHAT I KNOW FOR SURE:

This journal is based on a simple formula for Living Life Unbound:

SEE IT

Before anything can be accomplished, it must start as a vision, not any vision, YOUR vision and your purpose.

The most pathetic person in the world is some one who has sight but no vision.

- Helen Keller

FEEL IT

What is your "why"? It comes with a feeling, that feeling creates your passion that takes you to the place where you literally change the world.

Passion is the fire in your soul that lights your way.

If there is no passion in your life, then have you really lived? Find your passion, whatever it may be. Become it, and let it become you and you will find great things happen for you, to you and because of you.

- T. Alan Armstrong

TRUST IT

You will have moments of doubt, it is okay to have moments when your vision seems impossible or too difficult. Acknowledge your doubts, give them their due respect knowing that avoidance will only cause resistance.

When this happens get quiet, take time to 'remember' your journey, where you have come from and where you intend to go. Be gentle, listen, and allow.

Somewhere deep down in us is stored the secret, and when we are digging in the wrong place, we know it. The secret wants to be discovered and will not let us go in peace a way that is not ours.

- Elizabeth O'Conner

DO IT

For years I read all the self help books I could get my hands on (I still do), made vision boards and watched the DVD of "The Secret" (best-selling 2006 selfhelp book written by Rhonda Byrne) and then I discovered my own secret - I had to DO something, not just one thing, but many, many somethings. I still believe in positive thinking, vision boards and self-help books make their home on my bookshelves, but now I have committed to DOING and taking action steps, every single day! Break it down to the tiniest step and do that!

Let the beauty we love be what we do.

- Rumi

BE IT

I am . . .

Announce yourself!

Dress the part

Live "as if"

Whatever it is that you want to **be**, whatever it is that you dream of **being**, OWN it and claim it so. Announce it to the world and you will **be** the who believes it.

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.

- Henry David Thoreau

GETTING CLEAR, MY VISION, MY UNBOUND GOALS

Now on to your goals and visions for the next six weeks, the next year, the next 10 years and to living an unbound life.

But first, a small item of business we feel is crucial to your success...

As a mark of commitment to yourself, your vision and your process, we ask that you sign a contract acknowledging your intent to living a life unbound.

CONTRACT

I, _____ commit myself to the daily process of living life unbound.

I further understand that working with this course and the tools provided may bring deep change in my life and business, I therefore commit to honoring myself, my business and my connections.

I commit to surrounding myself with a support system including a mentor.

I commit to loving myself, including diet, exercise, adequate sleep, boundaries and self valuing.

This is my vision, my path and perceptions, I will stay the course for the duration of six weeks.

(signature)

(date)

EVERYTHING IS GOING TO BE OKAY...

A thought on **fear**, the best reason I know for living in the moment, living in the NOW.

Because living in the pain of our past or feeling anxious from living in the past can **never** take us to the place we all are aspiring to live, the place we call JOY.

Fear - worry of the unknown involves continually imagining that the worst case scenario will happen in a given situation.

So...

Let's kick fear in the butt!

- 1.** Acknowledge your worst case scenario. Ask yourself, "What is the worst that can happen?" It usually is not as bad as we have imagined and when we acknowledge it we set ourself up deal with it.
- 2.** Clarify your best case scenario. This will create **hope**, the ingredient needed to move forward in your endeavors and in your life.
- 3.** Shift into probability
 - a.** List everything you can do to achieve your best case scenario. This alone will decrease the probability of the worst case even happening.
 - b.** Change your mindset to being focused on solutions (you feel better already).
- 4.** Get busy, take action.
- 5.** Scenario substitution. Turn it around to best case.
 - a.** Do not ignore the situation, the worry remains and weighs heavy preventing you from moving forward to your best life.
 - b.** Replace your thoughts of worry. Replace worst case to best case - go there.

By saying good bye to fear pain is replaced with hope, hope creates peace, and peace leads you to a life unbound.

KICKING FEAR TO THE CURB...

Write it down, write it all down, because until we actually get up and shine a flashlight under the bed, the monsters and the boogeyman will still be there all through the night and into tomorrow and the tomorrows after that.

Your fears are only real as long as you breathe life into them.

You can't drop concepts. You can only shine a little flashlight on them as you do inquiry, and you see that what you thought was true wasn't. And when the truth is seen, there's nothing you can do to make the lie true for you again.

- Byron Katie

When you finally look at them straight on, find hope and take action you will be surprised to find that those fears have only lived in your mind.

Let me give you an example...

Canadian born, I married an American and moved to the U.S. Married for 26 years, we divorced and I changed my name back to my maiden name. All was fine until I took a trip to Canada and upon my return I almost didn't make it back home. I was detained in the airport at customs because my Green Card no longer matched the name on my passport. I made it home, but I also brought a new companion with me. FEAR jumped into my mind and made itself at home and crawled right under my bed to live with all the other monsters. I let it stay, no I welcomed it there and let it stay for a very long time. I pulled the covers over my head to drown out the voices below. My thoughts went something like this:

- "I am going to be deported"
- "I have to wait until I am married again to update my green card."
- "I can't leave the U.S. because I won't be able to get back home."

I carried my fears with me constantly, they lived in the back of my mind for 7 years, a very long time to allow fear to occupy space in my life. Finally I grabbed that flashlight and looked fear in the face and said, no more, it's time for you to go! I took action and had a consultation with an immigration attorney, and filled out a form for a name change. Here's the kicker - I found out that my green card was still valid, all I needed to do was carry my divorce decree with me when I traveled to show proof of my legal name change. No fear necessary!

*I have since made the necessary changes and all is well, but the space of fear that I lived in took hold of my life and paralyzed me for seven long years. I didn't travel anywhere, I didn't go home to visit my family, and I missed a family funeral, all because I **believed** my fears and gave them a place to live.*

Your turn...

Here's your flashlight - take a moment, take an hour, take as long as you need to look your fears head on and say to them "NO MORE".

When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers.

- Ralph Waldo Emerson

MY MISSION STATEMENT

What is a mission statement?

This is a clear and concise statement that expressed your values and direction you want to take in your life and your business.

Is a mission statement necessary?

A mission statement is very important to at least four groups of people.

1. Your customers

- a. Why they should buy from you or use your services.
- b. Who are your customers, who is your ideal client?

2. The employees or partners, because it should help you convey to them what it is that you care about.

3. The potential business investors, because it helps you define what is unique about what you do, how you strive to do it, and why they should invest in you.

4. Most importantly, yourself. This gives you clarity around understanding your values, your passion, your why and the direction you want to go and why you are the BEST person to do what it is that you do.

You don't have to get it perfect the first time, you do not have to write it permanent marker, just get it down and revise it as you go.

Yes you must write it down on paper. Writing it down takes your vision from "seeing a beautiful picture on the internet, to actually being in the art gallery, seeing the details of the picture in person, in all its glory in all its beauty and in all its reality.

Your turn...

Answer these questions to create your mission statement.

- What is the product, service, or skill that I offer?
- Who benefits from it?
- What is the value of what I have to offer?

Here's to greater motivation, clarity and focus to help you succeed.

MY MISSION STATEMENT:

NEXT...

How do you see your life unfolding in the following areas? Take a moment to write them down, all your dreams, nothing impossible and nothing too big or too small, these are your dreams and yours alone.

Engaged leaders who think big and are passionate about business growth are more likely to see growth and success than those who are merely content.

- Deborah Sweeney, Ceo of MyCorporation



CREATIVITY

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

PERSONAL

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

UNBOUND CAREER

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

HEALTH

1. _____

2. _____

3. _____

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7. _____

8. _____

9. _____

10. _____

RELATIONSHIPS

1. _____

2. _____

3. _____

4. _____

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6. _____

7. _____

8. _____

9. _____

10. _____

BALANCE-RECHARGE-SPIRITUALITY

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

POSSESSIONS

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

BEGIN WITH THE END IN MIND

At the end of six weeks I have...

At the end of six weeks my clients...

At the end of six weeks I am...

At the end of six weeks my income is...

How about some

INSPIRATION

ACTION

and

ACCOUNTABILITY?

As we travel this journey, it is easier with the support of others and knowing that we are not alone.

I have found in my coaching and advocating that there is one common thread to success and creating the motivation it takes to put one foot in front of the other to even try, and that is this...

If you can do it, then so can I

or

You do not have to walk this journey alone, others have walked it before you and it is possible.

- Connie Larson

WEEK ONE



« If you wait for **perfect** conditions,
you will **never** get anything done. »

- ECC 11:14

Day One...

INSPIRATION:

Have you ever listened to the song of the saw?

How it changes its pitch just near the end of the cut?

It's not like hacking off a branch in the garden, sawing is a gentle art...

"When I was five I snuck into my stepfather's shed and borrowed his hammer. I spent a few hours wandering around our dairy farm, trying to whack 4-inch nails into the shed door, the laundry window frame and the concrete foundations."

This was just the beginning, it would twenty-seven years before Patt would pick up a hammer again. It was when she was living in the UK that she saw a one-line ad in the Bristol Evening Post. It read: Woodwork for women - Evening classes - Wed 7 pm

When she was given some fragrant smelling pine, some measuring tools, and some instructions to begin to make a slanted desktop writing case, she had her "aha" moment - this was what she wanted to do, it was in this moment she knew that she wanted to learn how to build with wood.

Later she set up a pilot course under the government funded NEIS and 'Woodwork for Women' was born. Women have been attending courses at her workshop over the past 15 years making furniture - furniture they have designed and made for their homes. Some of those women have gone on to start businesses of their own working with wood and others are happy to make the rabbit hutch with their children on the weekend.

Patt Gregory has spent much of her working life helping women arm themselves with the knowledge and skills to navigate their way through the timber racks and tool aisles of hardware stores and timber yards. She has inspired hundreds of women to pick up tools, learn woodworking skills and create their own projects.

Woodwork For Women gives women the confidence and skill to work with wood through affordable, fun and practical short courses.

Connect with Patt at her website: www.woodworkforwomen.com.au



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs*

ACTION:

Today I will...

SETTING MY INTENTION

You are what your deepest desire is.

As your desire is, so is your intention.

As your intention is, so is your will.

As your will is, so is your deed.

As your deed is, so is your destiny.

- Upanishads

Day Two...

INSPIRATION:

Becoming an entrepreneur, although very gratifying, can be very hard. I only knew the corporate world, and making the transition from there to starting and running my own business was much more challenging than I thought. Since then what I have found from engaging with other people who have done or are doing the same thing is that entrepreneurship is very similar to motherhood.

It was after working in a job, albeit, one that she loved, working more than 12 hours a day, seven days a week, giving everything of herself Su-Mari Du Bruyn reached a point where she realized that she would not be able to continue to work there until retirement.

Praying for a sign and finding it, she took a leap of faith to resign without having another job to go to. She started applying for other positions and nothing would ever work out.

Taking a step back, she took a look around her, took a breath and asked herself WHY?

Her vision became clear and she opened her own business with two of her previous colleagues. She tells us that her transition from her corporate job to becoming an entrepreneur is the most challenging of all. She did it by practicing consciously being positive every single day. She changed what she thought, what she read, what she watched and what she was listening to.

Her advice for new entrepreneurs is this:

- Create a dedicated work space.
- Have an action plan.
- Design a routine for yourself and stick to it.
- Stay positive.
- Have fun and celebrate every achievement no matter how small.

Su-Mari Du Bryn is the co-founder of Adapt To Change, headquartered in Parklands, South Africa. She is a qualified HR practitioner and logistics specialist and is passionate about continuous improvement and people development. Through Adapt To Change, she assists businesses to improve their business performance and how to better engage their staff.

www.AdaptToChange.co.za



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

*My unique and creative talents and abilities flow through me
and are expressed in deeply satisfying ways.*

My Creativity is always in demand.

- Louise Hay

Day Three...

INSPIRATION:

Having always been entrepreneurial, I started my lifestyle design company, La Bella Living and struggled to really thrive on my own. I set up a plan I called 'Operation Gypsy' that would be the framework that would guide me and my dreams. All I needed was a push. That push came after a tornado hit Moore, Oklahoma, the town I grew up in. Hearing story after story of friends that had lost everything brought me the clarity and perspective I needed.

It was in this space that Haley Hines decided that it was time for a new season, a time to take the opportunity to do what she was born to do - inspire, motivate, educate and love people so they can find their path to healthy living and healthy loving.

Living the dream she has had for years, she is taking her show on the road and designing products and services that help people create a life they love.

The most important thing for her is her unshaken belief that she can make this work, giving herself permission to follow her heart, to live and love and not have any regrets.

"Leave a legacy, create change, it's really scary but it also feels very brave."

Hayley Hines is an accomplished speaker and a Certified Health Education Specialist.

She will help you fall in love with your life, making sure you show up as the sharpest, most giving, generous version of YOU that you can.

Every. Single. Day.

www.labelliving.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

I now go beyond other people's fears and limitations.

- Louise Hay

Day Four...

INSPIRATION:

Never in my wildest dreams did I think I would be an artist. It couldn't have been any farther off my radar screen. I didn't draw or color as a child. I had pretty much zero interest. In fact, I always thought of myself as decidedly un-artistic. Now at age 55, I am a successful watercolor artist and teacher. My artwork has been featured on wine labels and published in The Artist's Magazine. I had no idea of this artistic talent hidden within.

Until the age of 48 Chris had followed the traditional path of going to college, working for large companies and climbing the corporate ladder. That all changed when she signed up for her first water color class. Having never painted anything before, she was enamored, even stunned after just her third class. She was so enthralled with watercolors that she signed up for two more weekend courses.

Following that little voice in her head she signed up for a course she had been waiting a year and a half to take, and rather than fly there, she turned it into a 10,000 mile, 4 week long road trip. She says that not only was it fabulous but life changing as well.

Along this journey, following her passion she discovered something very important.

After being an over achiever, and super self critical, she realized that she didn't judge herself when it came to her artwork. Along with this, her passion led her to teaching water color classes, specializing in beginner students who had never before painted.

Just as Chris started teaching, she also started losing her voice. She did not let that stop her and now teaches more than ever. She set the intention to leave and retire from her day job and have enough income from her art to do so.

She worked hard to do so, following her intuition with her focus on creating art and building relationships. Now we are all blessed by her passion.

Chris Blevins plays and paints in Richland, Washington, USA with her studio dog, Cooper the Schweenie.

For some vibrant watercolor eye candy, visit her website at www.chrisblevinswatercolors.com.



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

My financial situation improves every day.

Each moment brings in new opportunities.

The right people are aligning themselves with me to help.

My debt decreases and my net worth increases.

I am operating my business and my life in the black.

Day Five...

INSPIRATION:

Finding my passion came after working in corporations and small businesses. Although I enjoyed my work in developing strategic partnerships and analyzing research for a global software company, I wanted to give something back. Maybe it was my Irish Catholic upbringing or maybe it was watching the news and seeing so many women in the world without basic freedoms I took for granted. In any case, I was inspired to become a business coach.

Mary was maintaining her coaching career and yet, it still was not enough. She began looking online for women's groups, thinking that she could expand her coaching business in that direction when she found BraveHeart Women.

Wondering if the information on personal growth would be the same as everything circulating on the web, she attended a webinar. For the first time she heard about oxytocin, a natural hormone in our bodies, new to her, she was intrigued. From there she tapped into her intuition and went to a BraveHeart Women's Conference where she was opened up to a whole new experience.

Finding a sisterhood who shared a freedom of expression, she went on to create her own online community to assist others in seeing obstacles in a new way while letting go of the past. It was a great way for her to share knowledge, connect with women globally and build her brand.

All of this led her to the stage at the BraveHeart Women conference in 2012 where she was able to tell her story of moving from not knowing what she was going to do next, to creating an online community and writing a book, all because she said "YES".

Mary Sommerset promotes positive change with significant results as she works with business owners, entrepreneurs, executives, managers, employees and more.

Employing an engaging interactive approach, Mary motivates individuals and organizations to take on fresh perspectives; to shift the way they see, hear, and think about the work they do.

You can connect with Mary at www.clearstreamcoaching.com



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

I enjoy the work I do and I have an opportunity to work some awesome people.

The people and partners I need in my business find me.

We have the same visions, purposes and goals and are excited to create our dreams.

ACCOUNTABILITY WEEK ONE

And, when you want something, all the universe conspires in helping you to achieve it.

- Paulo Coelho, The Alchemist

What went well?

Did I stay on the path of my journey? What were my distractions?

Where did I let fear in?

Five good things that happened this week without any effort on my part. *(Noticing the magic and evidence that the universe is supporting my intentions, passions and purpose)*

1. _____

2. _____

3. _____

4. _____

5. _____

Five things I am grateful for.

1. _____

2. _____

3. _____

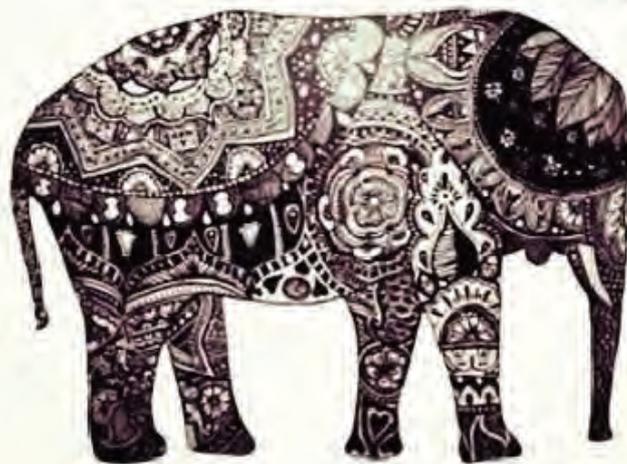
4. _____

5. _____

WEEK TWO

"EVERY EXPERIENCE, NO MATTER HOW BAD IT SEEMS, HOLDS WITHIN IT A BLESSING OF SOME KIND. THE GOAL IS TO FIND IT."

- BUDDHA



"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one... the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy."

- George Bernard Shaw

LOOKING AHEAD

This I will...



Day One...

INSPIRATION:

Whenever I questioned something or needed answers or had any doubt about a situation, I would always take time out and delve within and listen to what my spirit was saying. This is your true self, your intuition and that gut feeling that guides you along life's journey.

Lena tells us that her passion has always been to teach people about the body; how the body has the ability to heal itself, how powerful the human touch is and how when you quiet the mind and listen to your body, the healing can begin.

She recalls being a child and discovering the importance and the powerful effect that human touch has when she would get a bucket of water and soak her mother's feet and massage them after a long day of work. It was then that she began to understand desire in showing people how to take care of themselves.

A feeling very familiar to many of us, Lena found herself suppressing her passion to become systemized at a job, hating every day because the pay was so great. Until one day she was forced to face her divine purpose and passion...

While at work one day, her body shut down. She suddenly was unable to talk, and began to experience tremors on the whole right side of her body.

Lena made a full recovery, quit her job and packed her bags to travel to Thailand and begin her journey to her true purpose.

Lena Kennedy is a Thai bodywork practitioner, the mother of two sons and the owner of Syrebrum Wellness, a naturopathic clinic.

Her mission is to inspire and empower people to actively participate in taking control of their health, through natural and holistic means.

Connect with Lena at:
www.lenakennedy.com



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

I have the ability to accomplish any task I set my mind to with ease and comfort.

Day Two...

INSPIRATION:

Life is short and unpredictable, so embrace it. Shake the world up.

Be the one to shock rather be shocked.

Ada Austin passed away in November of 2012 leaving a legacy behind along with a message for the world to be bold and jump in with both feet.

She was a challenging and exciting woman indeed. She was known to say, and live her life by the motto - "No woman has held that job before." It was her joy and her challenge to embrace breaking gender barriers in her jobs, including Deputy Sheriff and Dispatcher, pub and grill owner, semi-truck driver and a novice accordion player just to name a few.

As the owner of Austin's Mohair and Gifts, people all over knew who the "Old Goat Woman" in purple was and where to buy her world-famous Mohair socks.

When she started her business, she did not take into account the old adage of LOCATION LOCATION LOCATION, rather she took the leap and others joined her team.

She was known for reaching out to other in the trying times of other's lives and instinctively knew what people needed.

Near the end of her life, Ada had brain surgery for a glioblastoma tumor. With her spunky energy she celebrated 50 years together with her husband and true team mate. At the end, she commented about being the old goat woman with a teary-eyed inspiring comment, "It's been fun".

Thank you to Ada's daughters Tori and Konya for sharing this beautiful story teaching us to "not put off until tomorrow what we should do today".

You can see more of this story published in the Fillmore County Journal:
www.fillmorecountyjournal.com/single.php?article_id=29038



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

I gracefully dodge every bump in my path.

I leap confidently over every hurdle before me.

All is well in my business.

Day Three...

INSPIRATION:

Even though being an entrepreneur is in no way the easiest path, it is a very true path. There is no where to hide - and that is a good thing.

Madeleine Eno tells of coming to age, professionally in a time of shoulder pad blazers and crisp resumes printed on thick cream-colored paper. She wore sneakers and nylons to work, taking the subway into Boston and changing into her pumps in her neat little cubicle, where her boss treated her and her coworkers to the occasional steak and martini lunch and quitting time was exactly at 5:00 p.m.

Madeleine found herself gravitating to big, maverick ideas and pitching out-of-the-box proposals. Her habits were very much entrepreneurial, even taking on side jobs, she never thought of starting her own business.

Her life changed when she attended a nature writers' retreat in the Sierras, where she fell in love with a mountain poet, and sold everything to follow her heart and move to rural Oregon.

That's only the beginning. Surviving a couple of heartbreaks and a lay off, she started teaching yoga, teaching art and bartending. The overwhelming pace took its toll and ended up so sick she had to quit almost everything she was doing. Finding what she now calls her "golden thread" Madeleine took a leap in slow motion and felt herself relaxing into "being me".

She recently launched a program called the Golden Thread, believing that finding that thread in our story can be the source of meaning and power in our lives.

Madeleine Eno is a writing and marketing strategist from Portland, Oregon who helps brilliant but unseen business owners define their message, develop an action plan so ideal clients can find them.

Visit her at www.inthewriteplace.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

I think happy. I have fun.

I believe in me while I relax and enjoy the process of building my business.

Day Four...

INSPIRATION:

The lessons I learned performing have helped me become successful in life. For one thing, being a clown taught me the importance of believing my own story.

Leslie Ann Akin tells about her journey as an aesthetic one, but informed with entertainer's sensibilities. A lover of all forms of art - music, drama, and fine arts, she lived her life devoted to that vision. A mother with two children living in the suburbs, she did not let that be what defined her. She was also a professional clown, a circus arts performer dodging swinging mops and buckets of confetti along with the occasional pie.

During her clowning around years, she also hosted her own four-hour radio show that was so successful she soon landed an on-air position with a commercial jazz radio station where she produced programs in every time slot imaginable, even interviewing many jazz legends. She continued until her husband wanted to move back to his home in Oregon. Sensing that the time was right, they left the San Francisco Bay Area to move on from music to another passion of hers - graphic design.

In Sutherlin, Oregon Leslie Ann and her husband opened their own graphic design studio, so successful they were voted Business of the Year for 2007-2008. They moved again, taking their dreams with them where it is their mission to change the world, one business card at a time. She helps her clients enlarge their own business while they enlarge their own sense of self and capabilities.

Still believing that her mission is to make people laugh, she is living her passion in beautiful Lake Oswego, Oregon making a difference while creating designs for business, Leslie Ann Akin is the owner of Lake Oswego Graphics, the "little studio with big vision". She works with clients in almost every state in the US as well as in Canada.

Visit her at www.LakeOswegoGraphics.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

I seize every beautiful opportunity along my way.

I take the time needed and I trust the process necessary in building my business and following my passion.

Day Five...

INSPIRATION:

I am the architect of my own life and live it on my terms.

It was **Rachelle Freegard's** goal since 12 years old to be an architect. Not only did she achieve her dream, but she was a partner in a 50-person firm, working on high profile projects nationally. Her reality had exceeded all her expectations...except happiness!

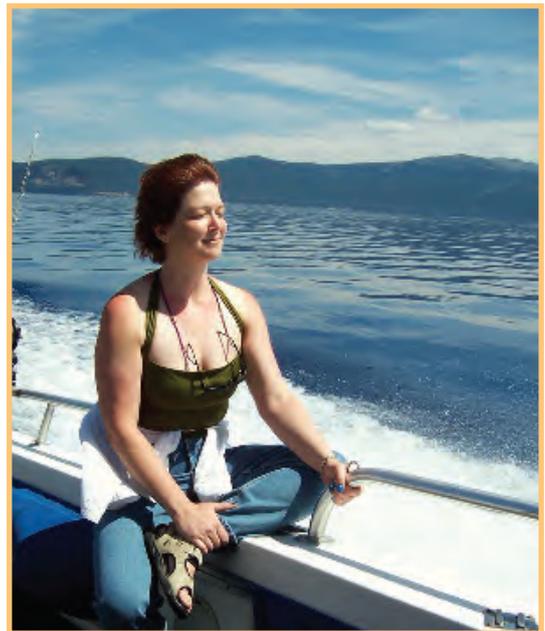
In the winter of 2007, the overachiever persona she had perfected was finally challenged. Told that her best was not good enough, she worked harder and longer, until 16 hour weekdays and 12 hour weekends became her norm. She believed that if she could just work harder and faster she would be more than good enough.

This pattern needed to be broken when she found herself crying uncontrollably while alone and even while at home, she would continue to work through the tears. It wasn't until her heart went into tachycardia, she felt sure she would have a heart attack. In May she had a heart ablation on a Friday and returned to work on the following Monday. The heart problem was resolved but the panic and anxiety were not, she knew it was time to stop.

She finally announced her resignation due to health reasons to her co-workers. It was then her schedule lightened. Finding time for her own needs, she reclaimed her place with her family and her home. Although leaving the 'known' for the 'unknown' was a little frightening, she knew it was the best choice.

Today Rachelle, a speaker and coach, is the architect of her own life, living on her own terms as an artist and a writer. She holds workshops to inspire others to find their true selves. It was by reaching her bottom she found herself.

Find Rachelle and connect with her at:
www.RachelleFreegard.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

I see endless opportunities in front of me.

I celebrate every tiny success knowing every success leads to greater success.

All is well and wonderful, amazing things are happening.

ACCOUNTABILITY WEEK TWO

This is the true joy in life, recognized the being used for a purpose, recognized by 'yourself' as a mighty one. The being a force of nature, instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

- George Bernard Shaw

What went well?

Did I stay on the path of my journey? What were my distractions?

Where did I let fear in?

Five good things that happened this week without any effort on my part. *(Noticing the magic and evidence that the universe is supporting my intentions, passions and purpose)*

1. _____

2. _____

3. _____

4. _____

5. _____

Five things I am grateful for.

1. _____

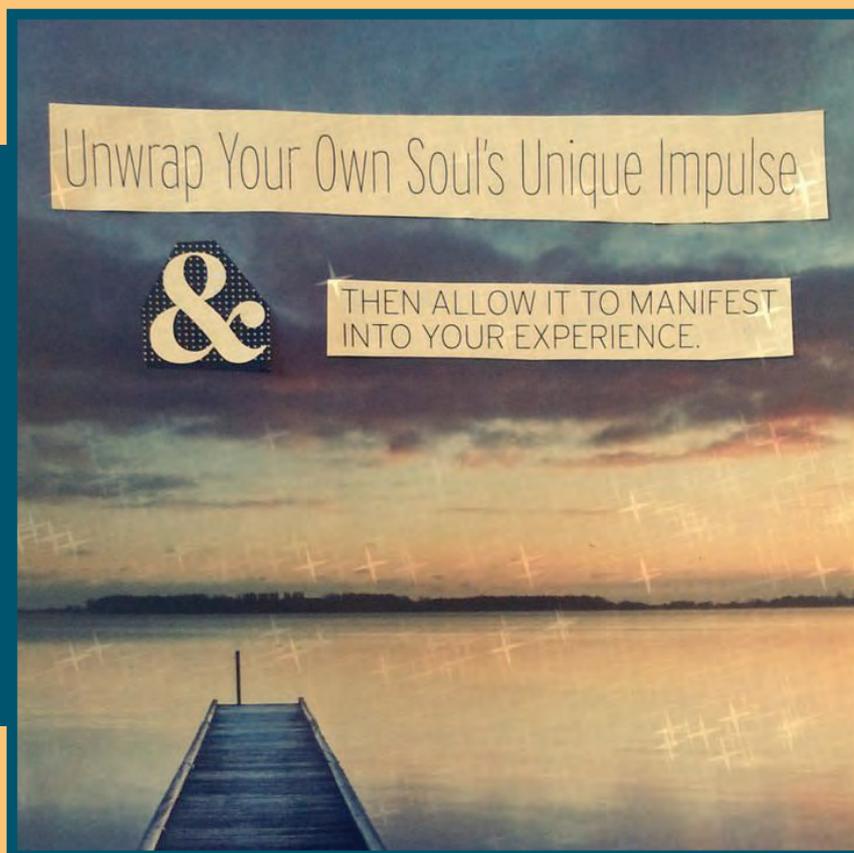
2. _____

3. _____

4. _____

5. _____

WEEK THREE



*"To have faith is to trust yourself to the water.
When you swim you don't grab hold of the water,
because if you do you will sink and drown.
Instead you relax and float."*

- Alan Watts

LOOKING AHEAD

This week I will...



Day One...

INSPIRATION:

And even though the stars were secretly aligning, I had no idea what I would do with a Business Degree.

I vividly remember my dad saying, "So, what'd you pick?"

"Business" I replied. "Business? What are you going to do with that?"

"Humph" I thought, "Hell if I know!"

Toward the end of college, **Kerry Swetmon** found herself recruited as a Management Trainee for a large corporation. She moved 7 hours away from her hometown to a strange city to begin a new chapter in her life.

Promises fell to the wayside, the salary was really hourly and based on 12 hour days, 7 days a week. She felt 'swindled', 'taken' and 'undermined', but declaring herself a team player she decided to make a go of it, and work hard to get where she wanted.

After many learned lessons, one being that "I should never assume anything about a potential customer," she trusted her gut instinct to move on. Kerry realized that she had always been an entrepreneur, she just didn't have a business. After several trials, she discovered the key to gaining freedom and money. Kerry discovered that the more she nurtured and connected to her True Self, the more easily she could achieve her greatest purpose.

Her third business was born out of a mission to help woman be seen and heard in their own passions and business, making their own decisions, and being of service to the world.

Kerry Swetmon is a Small Business Strategist with more than 15 years experience serving entrepreneurs. She has a passion for online systems and marketing, helping others grow their business to the million-dollar mark and beyond.

Connect with Kerry at www.lifebusinessgrowth.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

I feel deep gratitude, and I write my next chapter with ease.

Day Two...

INSPIRATION:

I remember crying until it physically hurt, feeling lost, alone and broken.

I sat with my step-mom and listened to the Medical Examiner say weird things like, "You'll need to call the funeral home." and I was completely bewildered.

It was through a series of wake-up calls that **Sara James Williams** finally had the courage to take a leap. Upon the death of her father she saw that he was a very wealthy man. Not in the typical way we think of wealth, but in the most important way. He had dozens of friends he called family. He always had enough money to do the things he wanted to do, and he loved his beautiful custom Harley, broken or not broken.

In the midst of tragedy and awakening Sara attended a 'Transformational Event' that did indeed transform her life. She envisioned a new life for herself and voiced it to her husband. "I have to quit my job, I almost lost my daughter, I hate my job and I lost my Dad." With bills and child support to pay, she announced that she was going to write a book and tell her story.

Because of her brave awakening she was invited onstage at the event to share her story and to her astonishment the crowd was on their feet applauding.

In a whirlwind of greatness, she received job offers, a publishing possibility for her book, podcast invitations, and she still had yet to quit her job Sara James Williams is a 35-year-old mother, wife, daughter, and sister. She is on a truth-seeking journey, both internally and externally and enjoying every minute the world has to offer her. She and her daughter are closer now than they have been in years, thankful for all the moments they have together. She lives north of the Seattle area with her husband and their two dogs.

Connect with Sara at www.sarajameswilliams.com



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

All my years of experience serve me well.

They have brought me here where I now move forward fulfilling my dreams with ease and possibility of all kinds.

Day Three...

INSPIRATION:

I was the person who switched jobs every two years, all the while thinking that I would be happier in a a better position. I never was.

Early in her senior year of college **Jeannie Spiro** finally decided what she wanted to be when she grew up. A Teacher! But, because it was too late to change majors, she accepted what she believed to be her fate, along with her Speech Communication degree and headed into the world of corporate health insurance.

Jeannie began to feel the pressure of her job, taking on more hours, and traveling until until sleep became a thing of the past, caffeine intake increased and the stress level took her to 'unraveling'.

Then, the unthinkable happened. One day at work, her boss and mentor collapsed and died of a heart attack. She became painfully aware the her life was headed in the same direction. Within weeks she quit her job, cut her salary in half and it was from this point that her reinvention began.

Upon discovering coaching, she dove in to learn everything she could. It was when she learned to leverage the internet and create consistent multiple streams of income that she was able to quit her job and work in her business full time.

The process that took her from job to entrepreneur is the one that she now shares with her clients.

She loves her work and having a freedom and passion-based business. As an Online Business & Marketing Strategist she helps women all over the world grow strategically grow their business online.

You can learn more about Jeannie at www.jeanniespiro.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

*I have the freedom and the finances to fulfill my passion and purpose.
All is well.*

Day Four...

INSPIRATION:

I love to learn everyday and help others. We can't leave our health in others hands, if we do, we could lose the opportunity to heal. When I help people find solutions, and I see them feeling better, I get a big smile, hugs and a thank you. Those things make me feel super special.

A Mexican woman passionate about health, **Gretel Lindbloom** now lives in the USA. She tells us how her father inspired her to do what she is currently doing.

Her father had a dream and made it happen. Knowing what he wanted in his life, he left home at the age of 14 and moved to Mexico City to be with relatives. He worked hard, and ended up owning his own business for 40 years. It gave him the freedom and the money to enjoy life and as a health nut, he showed Gretel that a balanced lifestyle was the path to stay strong and healthy. At 68 he does not take medication of any kind and is a reminder that dreaming big, taking action, and staying in balance is the way to make dreams come true.

In that light, Gretel found herself so very sick with allergies and sinus issues. Sick everyday she took medication that left her unable to function at work or even take care of her two small children. It was also at this time that she began having digestive problems and doctors could give her no explanation. Finally she began reading everything she could about health and digestion, learning how the body works and how the all the systems in the body work together like one big team. She changed her diet, and slowly over time healed herself.

Gretel Lindbloom went to school in Mexico and earned a degree in Communication Sciences. She is married with two children and resides in Portland, Oregon and now helps people get healthier in more natural ways, finding the biggest passion she ever thought she could have.

You can connect with Gretel at www.isotonix.marketamerica.com/lindbloom



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

I live in complete gratitude, free from fear and hesitation.

I am eager everyday to write the next chapter.

Day Five...

INSPIRATION:

I relished my new freedom like a newlywed honeymooning on some remote tropical island. The entire world was before me and it was beautiful.

After almost 20 years in the corporate jungle, **Lisa Landtroop** quit her job! Some considered it an act of cold turkey, but the truth was, she had been planning it for two years. Her oldest son had died in May of 2010 and by December she listened to the voice perched on her shoulder whispering thoughts of “you’re gone too much from home”, and “your work ethic is letting those around you know that work is more important than they are”. Deciding that she wanted to lead by example and show her loved ones that there was another way to support them and also be there for them.

In January 2011, Lisa wrote a quit letter to herself and began absorbing courses, blog posts and webinars of the most highly coveted entrepreneurs around the world. Finally giving her notice, on September 12, 2012 she was a free woman. For the first time in her adult life she was able to ‘do what I wanted’. She began blogging, building an email list and ghost copywriting and had her first taste of making money from home. With a course developed and burning to get out, she was officially an entrepreneur.

Lisa’s advice to those who are ready for something more - don’t delay, don’t let fear hold you back, don’t sit and do nothing. Make steps towards your new big dream, commit to it fully even if you have to work a full-time job. Work your new part-time venture at night until it grows enough to replace your current salary. COMMIT!

Lisa Landtroop owns BXLNT (Be eXceLlenNT), a multi-platform enterprise specializing in time awareness, coaching, copywriting+editing+proofing, and encouraging change leaders.

Come on over to Lisa’s virtual home located at www.TQLTotalQualityLife.com



** Adapted from the pages of Living Life Unbound, The Passions that Drive Female Entrepreneurs.*

ACTION:

Today I will...

SETTING MY INTENTION:

It is in the act of letting go that my life is full, my business grows and my heart remains at peace.

I trust the process.

ACCOUNTABILITY WEEK THREE

As soon as you Trust yourself, you will know how to live.

- Goethe

What went well?

Did I stay on the path of my journey? What were my distractions?

Where did I let fear in?

Five good things that happened this week without any effort on my part. *(Noticing the magic and evidence that the universe is supporting my intentions, passions and purpose)*

1. _____

2. _____

3. _____

4. _____

5. _____

Five things I am grateful for.

1. _____

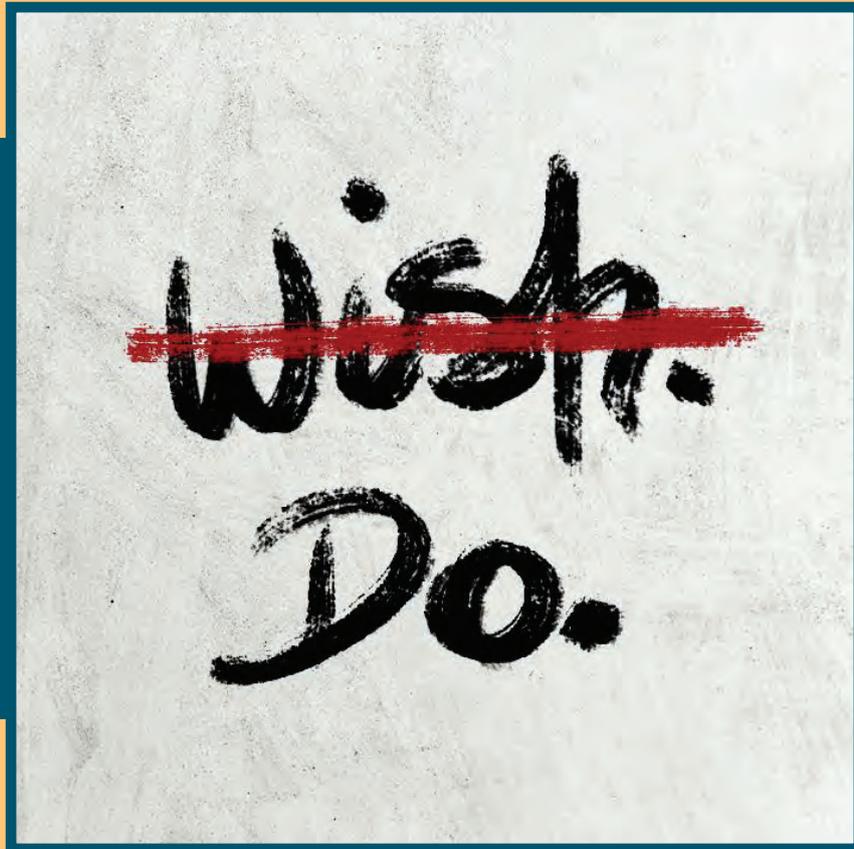
2. _____

3. _____

4. _____

5. _____

WEEK FOUR



"Do you want to know who you are?

Don't ask. Act!

Action will delineate and define you."

- Thomas Jefferson

LOOKING AHEAD

Remember and WRITE down two goals in each of the areas of focus.

Creativity

1. _____
2. _____

Personal

1. _____
2. _____

Career

1. _____
2. _____

Health

1. _____
2. _____

Relationships

1. _____
2. _____

Balance-Recharge-Spirituality

1. _____
2. _____

Possessions

1. _____
2. _____

This Week I will break down my large goals into small weekly goals listed here:



LOOKING AHEAD

This week I will...

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Day One...

INSPIRATION:

I came to realize that I'd been setting goals, visualizing and making to-do lists all my life. Not just about work but in all areas of my life. I'm learning how important my thoughts are, the quiet ones in my head, the out loud boastful ones and even the random ones which I sometimes seem unable to control. I know they are my road map for my tomorrows.

In 1985, at age 34 **Corliss Larson** found herself in an uncomfortable situation... a single Mom with teenagers. Her only source of income came from driving a school bus part time. She found a full time job to accompany the part time job and set about making a home out of a newly purchased foreclosure house. The new job paid the bills but quickly she learned to dread going to work every day.

"About 10 years prior a realtor friend of mine had said to me "You should get your real estate license, you'd be really good at it!" Now I began hearing her words pop into my head until finally I decided to check it out. I did and quite promptly put it out of my head. That couldn't possibly work for me! I needed stability and a regular paycheck! Off I went to the car dealership every day with that voice continually haunting me.

Finally I took the next step, I called another realtor and I asked as many questions as I could think of. I left feeling so excited and energized I called two companies and asked for interviews. The second company welcomed me with open arms and provided training. Yahoo, I was on the road to becoming a Realtor!



I took the courses, passed the exams and went to work! It wasn't at all what I expected, but I remembered my promise to myself - at least \$50,000.00 a year and enough money to retire when I was 55! A short time into the first year, my "boss" insisted I go out prospecting which meant door knocking to find buyers or sellers. I sat in my car for a couple hours too damn scared to get out. My heart was beating so loud I was sure I didn't need to ring the doorbell. I talked to several people without even one good prospect...until the next day I was invited to do a market evaluation. I was excited but knew I could not make my living knocking on doors to find prospects, there had to be a better way. It was then I found a class on setting short and long term goals using visualization. We identified the tasks required to reach the goal and finally compiled a daily "to do" list. I set goals... OUT LOUD in front of the whole group!

I sold real estate for 22 years and became the top salesperson in my office many times. I left my school bus job during my second year in real estate, I never knocked on doors again and I loved my job. I retired from my real estate career in 2007, two months after my 56th birthday."

* Edited and shared with permission of the author.

ACTION:

Today I will...

DECLARATION OF INTENTION:

Today I will _____

I will let go of _____

& embrace _____

I will honor my _____

and love my _____

I will stand up and share my _____ with the world!

Today I will remember that I am loved and I am enough!

Day Two...

INSPIRATION:

I had a pretty major case of post-traumatic stress disorder, complete with panic attacks, nightmares and a depression that sucked all the laughter out of me. Acting didn't matter anymore, because nothing did... Things could not have been any other way, and I am so grateful to have taken every step!

People would often ask **Mikki Baloy** how a 'white girl' from the Catskills became a shamanic healer. It certainly was not her major in college nor the vision of the starving 23-year-old actress in New York City. She was living the dream, working day jobs she hated, auditioning (a lot) and doing plays that no one saw. It was all great until her world came crashing down.

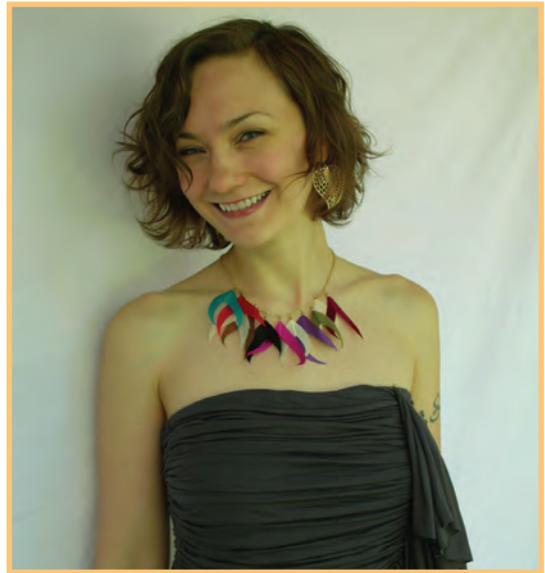
September 11th attacks on the World Trade Center happened while Mikki was downtown. Suffice it to say, she had a major case of post-traumatic stress disorder and panic attacks. Acting no longer mattered because NOTHING did. She didn't plan any further ahead than 3 days, never feeling safe enough to look forward to anything.

Eager for anything resembling a paycheck, she took a job with a 9/11 foundation, not realizing the importance it would have on her future. It was there Mikki worked for eight years helping thousands of people with long-term recovery, literally part of healing the city. Here she very quickly learned about her own ability and capacity to heal.

In 2008, the job came to an end. Grieving the loss of her dream of acting, "it just didn't feel right anymore", she wondered what would come next. It was such a puzzling time for her that she booked a retreat in an effort to clear her head. As fate would have it, she met a shaman and attended the workshop being taught. In the first exercise she experienced an overwhelming and visceral certainty that this was her calling.

Mikki Baloy is a shamanic healer and yoga teacher whose approach fuse indigenous traditions with Eastern philosophy. She has been featured in two books about post-disaster resiliency and helps soulful people thrive through ceremony, yoga and energy medicine.

Find out more at www.shamanmikki.com



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

Today I am willing to take a risk.

I show courage and strength by taking action steps toward my dreams.

Day Three...

INSPIRATION:

I learned how my thoughts and emotions were impacting my health.

Reneigh Pickuny RN, FMP, Health Coach

After becoming suddenly ill in 1995, I spent over thirteen years trying to recover from numerous syndromes. I have successfully reversed Chronic Fatigue Syndrome, Fibromyalgia, Asthma, IBS, Addison's Disease, Heavy Metal Toxicity, Hormonal Imbalances, and Leaky Gut.

Through my years of researching the root causes of symptoms and diseases, I finally found my answers when I discovered functional medicine. One thing I've learned on my journey to wellness, is that the body is made to heal. I also realized that if I listened to my body, it would intuitively tell me what I needed to do to heal myself. I learned which foods nourished me and helped my body to heal, how to use nutritional supplements to achieve better results than drugs, how to safely rid my body of toxins that were keeping me sick, how my thoughts and emotions were impacting my health, and how to balance my hormones.

This journey led me to leave the traditional medical system and start a private consulting company in 2004 to help people regain their health using an integrative mind, body, spirit approach. This practice has evolved to offering bioidentical hormone replacement therapy, functional medicine, and health coaching.

Reneigh Pickuny specializes in nutrition, detoxification therapies, environmental medicine, longevity/anti-aging medicine, preventative medicine, mind/body medicine, and Bioidentical Hormone Replacement Therapy.

In her programs, you work together to address every area of your life that may be affecting your health and vitality creating optimum health.

Connect with Reneigh at:
www.freetobebeautiful.ca



** Edited and shared with permission of the author.*

ACTION:

Today I will...

SETTING MY INTENTION:

Today I release mediocrity.

I am humble and yet I deliver more than is needed with ease and joy.

Day Four...

INSPIRATION:

There should be no room for regrets. Celebrate each day with exuberance. Live life to the fullest and greet the morning with yearning to explode with vivaciousness.

As a young girl, **Juanita Arrant** believed in miracles and in having her dreams realized. She believed they would all come true in time while favors and blessings abound.

Life moved on and greater responsibilities came along with it. As a high school coach and teacher she loved nurturing, caring, mentoring, coaching and teaching, turning to the needs and success of everyone other than one most important - herself. In the midst of all her experiences and she realized that she had forgotten how to dream her own dreams. She allowed the fearful thoughts to creep in...not enough time for my family, fear of uncomfortable situations and seeing risks she was not ready to embrace. She continued these beliefs until coming to the realization that God had other intentions for her. Her new experiences gave her the impetus to charge forward into a brave new world.

Nita to began to live her purpose, pursuing those joyful passions beyond being a mom, Mrs A, the coach and the teacher. Continually working on her spirituality, and physical alignment to lead a life that is full, she awakened to realize the gift of life, enjoying every precious moment of adventure, not wanting to waste a moment.

Making a conscious effort to create a positive atmosphere with all around her, boosting morale and opening the door to communication to bring JOY into lives of all. This is the premise that her business, 'Nita's Joy' was founded upon. Hers is a message of love, of trust and dreaming, achieving and living by believing in yourself. As a small business owner she uses her thirty-plus years to help others become their highest self. Her passion and integrity shine through in every single thing she does.

Connect with Nita at www.nitasjoy.com



* Adapted from the pages of *Living Life Unbound, The Passions that Drive Female Entrepreneurs*.

ACTION:

Today I will...

SETTING MY INTENTION:

Today I go beyond fear.

I see that all I need to succeed is available to me.

I am humble yet respectful of myself to own my boundaries and desire.

Day Five...

INSPIRATION:

I came to the world of grief support the way many professionals in grief support do - through my own loss and heartbreak. I've learned to trust that there's a place for active searching, but you won't find what you're searching for until you have the life experiences that were meant to bring it to you.

I have been in some form of coaching, counseling or teaching role since I graduated as a Social Worker back in 2002. I shifted into self-employed roles after just 4 years of working for the government in the UK child protection system. I loved the private counseling and teaching work I did but I always felt like I had not yet found my focus and core motivation, and so I flitted around from one counseling niche to the next, trained in a variety of different counseling modalities, always searching for "my thing" that seemed so important yet so evasive.

It wasn't until 2010 that life showed me my true calling was to help modern Western society transform the way we grieve. I came to the world of grief support through my own loss and heartbreak when our baby died in-utero. This great loss opened up a whole new world to me, and I found my "work-home" there. I am grateful for the active, yet quite random and lost searching, because it broadened and deepened my skills, giving me a solid foundation on which to build my work career. More than that, I'm grateful for the baby who brought me this beautiful work purpose that is so meaningful and gratifying to me... all because of her short, precious life.

Life is a bit about "making stuff happen" and a bit about "letting stuff be." We need to develop the discernment and trust to make the right choice.

Cath Duncan is a Social Worker with a background in Child Protection, Trauma Debriefing and counseling for Depression. She helps people to live wholeheartedly after loss at www.RememberingForGood.com and trains Creative Grief Coaches at www.CreativeGriefStudio.com.

Cath is the author of the Grief Workbook, Remembering For Good, and also co-curates www.WhenYourBabyDies.com - a website educating bereaved families and the people who support them about the option to bring stillborn and deceased babies home.



* Edited and shared with permission of the author.

ACTION:

Today I will...

SETTING MY INTENTION:

The time for action is now.

I release all fear and trust myself to the leap of action.

ACCOUNTABILITY WEEK FOUR

The difference between who you are and who you want to be is what you DO.

What went well?

Did I stay on the path of my journey? What were my distractions?

Where did I let fear in?

Five good things that happened this week without any effort on my part. *(Noticing the magic and evidence that the universe is supporting my intentions, passions and purpose)*

1. _____

2. _____

3. _____

4. _____

5. _____

Five things I am grateful for.

1. _____

2. _____

3. _____

4. _____

5. _____