

Five Steps to Begin Living a Life You Truly Love

*How to create a mindset that is in harmony &
alignment with the life you would truly love living*



Life Destiny
SOULutions

Are You in Love with the Life You are Living?

It's up to you...You can live your life by default or by design!

If you are living, you are creating. As human's, we don't get the opportunity to not create. If you stay in bed all day with the covers over your head giving in to thoughts of depression and feelings of sadness, YOU JUST CREATED! What you created by default is a day in bed with the covers over your head giving in to thoughts of depression and feelings of sadness. However, you have the option to create by default or design!

Most of us were taught to focus our thoughts on what's reasonable, what's safe, why we can't, what's missing, what problems we might face, why it won't work. We have allowed ourselves to believe that life has nothing to do with what we want to be, do, give, have, experience or create. We believe that life is all about what happens to us as opposed to what happens through us. The truth is that we live in an inside out universe, but most of us operate from the outside in. We allow situations and circumstances to dictate to us what we think, how we feel, what we create, how we live.

As a Transformational Life Coach and DreamBuilder® Consultant, one of my goals is to help you see that the point of power is within YOU! You truly can live your life by design and be absolutely in love with the life you are living. The life your living can connect with the destiny your soul desires to express. YOU CAN start by creating each day by design and quit living by default.

1

Get In-Tune with Your Desire

Many religions, spiritual teachings, philosophies and traditions teach us that wealth and abundance are our Divine right or our natural state of being. In other words, we are meant to have wealth and abundance in peace of mind and simply feeling good inside. We are meant to have wealth and abundance in our own skill sets and what we do to make a living. We are meant to have wealth and abundance by way of robust health and well-being. We are meant to have wealth and abundance in relationships that have meaning and purpose and love. We are meant to have wealth and abundance in the freedom with which we move in the material realm. We are meant to have wealth and abundance in what we decide to be, do, give, have, experience and create in this world. This line of believing has evolved over the years in many different movements and lines of thinking, so this is nothing new.

The first step in generating your capacity to live a wealthy and abundant life starts with knowing what you really want. Most of us think about what the bank says we can have or create; what our training or education says

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Get In-Tune with Your Desire

we can have or create; what the current economy tells us we can have or create. In the mindset that you are meant to have wealth and abundance, I challenge you to ask yourself some different questions because different questions will lead you to different answers and different thinking. Today, begin by asking yourself, "If I could live a life I really loved living, what is that life?" You may have some ideas surrounding the details of this, but for today, just stay on the larger question as we will get into more details in the next step. Allow yourself to ask this question without judgement or filter and write down whatever comes to your mind. When you write down one thing, then ask, "And what else?" Continue to ask and write until you have nothing left to write. You may be very surprised at the answers you receive by asking yourself this simple question and being open to the answers.

2

Empower Your Desire

Aligning yourself in a wealthy and abundant mindset starts with desire, but is empowered by a willingness to do some things differently.

Napoleon Hill wrote, "Remember, too, that all who succeed in life get off to a bad start, and pass through many heartbreaking struggles before they 'arrive'." The turning point in the lives of those who succeed usually comes at the moment of some crisis, through which they are introduced to their "other selves."

Ralph Waldo Emerson referred to this other self as the Oversoul meaning that every individual is eternally connected with every living thing in the universe because we are all created by the same Creator. Emerson said that when the oversoul breathes through our intellect it is genius; when it breathes through our will it is virtue; when it flows through our affections, it is true love. There is the eternal dynamic self that is really you, and it is in this great Oversoul (God, Spirit, Divine Source, the Universe...whatever you call your higher power) that you and I live, breathe and have our being.

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Empower Your Desire

This presence, this power in which you and I live, move and have our being also lives, moves and has being in us. We are one! Because of this, nothing can happen for us that cannot happen through us. Tune into how this works by realizing that there is a part of you that is greater than any challenge, situation or problem you are facing. There is a part of you right now that has the answers you need. There is a part of you right now that knows the very next step to take, but that part of you can only inform you according to the questions you ask. How do we know the questions to ask? We begin by looking at where we want to end up.

In the previous step, we focused on desire. Did you take the time to ask yourself what you would really love? Did you give yourself permission to write down your desires without judgment or filter? If not, I ask that you take the time to do so now. Once you have completed the first challenge, the next challenge is to think a little more specifically about what you want and begin to be more detailed in the 4 Domains of Life: Health & Well-Being, Vocation, Love & Relationships and Time & Money Freedom.

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Empower Your Desire

During this challenge, write the next four statements and allow yourself to hone in on the things you wrote in the first challenge by being more detailed and specific:

1. I want a life where my health and well-being...
2. I want a life where vocationally...
3. I want a life where my love and relationships...
4. I want a life where economically and time-wise...

DO NOT let yourself off the hook. Use your imagination and write down what the life you want looks and feels like with no judgement and no filter.

After that, you will be ready for the next step.

3

Shift Your Vibration

We are all in a 'set point' of consciousness which determines how we think as we go throughout our day. The 'set point' is determined by a number of things and the 'set point' can be described more like a frequency which determines what we are able to see, experience and make use of. Your frequency is much like the frequency of your television where you can tune-in to a particular channel to view what you would like. For instance, you may be tuned-in regularly to CNN (Constantly Negative News), but just a frequency away, there is Discovery, Travel, Home and Garden, Nature, Cooking or anything else that interests you. With this step, we are choosing to be interested in how to raise our vibration and be on a frequency where the availability of the Infinite is available to us. We don't do this because the Infinite changes, but because our awareness of the Infinite changes.

In the book, *Flying Without Wings* the author wrote about being caught in a hurricane and said, "It was not until I worked each plan, invented new tactics, tried every one of them, and failed that I finally realized that on my

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Shift Your Vibration

own, I did not have the answer. The source I was relying on, my historic understanding, everything I had studied and everything I knew did not have the information we needed. Nothing I had ever experienced, heard of or studied in seamanship worked. It took me a while, but I finally realized that I was helpless, but I wasn't powerless." The author goes on to write about being helpless based on our own understanding, but not being powerless because we are connected to a power that has answers that are not in our historic understanding.

Maybe there is a part of your life today that you feel helpless to make a change; helpless to make changes in your finance; helpless to find the right mate; helpless to do some things that you would like to do or have done, but **YOU ARE NOT POWERLESS!** You can't take one breath on your own, and that power that is breathing you gives you access to a frequency or an availability of understanding where ideas start to come. How do we find our way to this frequency? One of the quickest ways to raise your vibration is to look for ways that you can GIVE in and from the place you

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Shift Your Vibration

are right now. My challenge to you today and at the start of each new day is instead of seeking to receive, ask yourself, "What can I give today", or "What can I give in this moment?" It may be a smile. It may be a word of encouragement. It may be a phone call. It may be a pat on the back. Whatever it is, GIVE. If you practice this, you will find that you will begin thinking differently, seeing differently and most of all feeling differently. You will be tuned into a new frequency.

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Find Your Greatest Self

Now that we are aware of how to raise our vibration, let's raise our awareness and our experience of who we really are. All day, every day we are experiencing thoughts and feelings about ourselves. We are telling ourselves stories about who we are, what we are capable of, what we've done, and what we could do. It's around these thoughts and feelings that we form a story that becomes our life. But, what if the truth was that we contain far more than we ever knew and were much more capable than we ever realized? What if that were the truth as opposed to the story we have developed in our own thoughts and feelings?

Let's put on a costume or a uniform of someone that is self-confident and capable; a person who is humble to their divinity while being fully capable through their humanity. While this is an interesting balance to walk, I guarantee that you currently have everything inside of you to do it. You see, you didn't create you. You can't breathe you. Yet, you get this opportunity that starts over every 24 hours called a day of life. Earnest Holmes wrote about the existence within each of us of a very real yet

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Find Your Greatest Self

invisible power. Socrates called this power his spirit. Jesus called this power his Father in heaven. Others have referred to this power in many names, but Holmes called it our true Self (with a capital S). Your true Self is seeking to express itself through you to experience its completeness. Each of us is far greater than anything we have ever known or done so far. The challenge today is to put on the costume or uniform or awareness that you truly are far more than you've thought yourself to be and that this day is a holy gift. You get to hold in your mind what you would love to create for the day. You get to practice shaping it to be a day you have loved living. The Bible says that God's name is love. We don't do a whole life of loving; we do moments of loving and when we connect those moments of loving, we can create a whole day of loving. As you go through today, recognize and remember that you are far more than you've ever known; you are far greater than anything you've ever done. Hold that to the divinity that is operating in this universe and through you, and hold that in the strength to your opportunity to live this day and live it well.

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Write Your Asset List

Let's recap before moving on to the fifth step. First, we learned to get in-tune with our desire by asking ourselves what we would truly love.

Second, we learned how to empower our desire by aligning ourselves with a wealthy and abundant mindset and getting clearer about what we would love in relation to the 4 domains of life. Third, we learned how to shift our vibration by tuning into the frequency of the power breathing us and asking, "What can I give in this moment?" Fourth, we learned to find our greatest self by putting on the awareness that we are truly far more than we have ever known or done. Last, let's learn about creating an asset list.

The asset list is a way to feel a sense of self-esteem, build your self-confidence and give you access to the things that are ready to come forth.

When you are forming a will, you list your assets; those things that hold monetary or personal value which you want to make sure get into the hands of someone who can appreciate them. When I wanted to insure some jewelry and art that mean a lot to me, the insurance company made

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Write Your Asset List

me get an appraisal of the worth of those items in order to list them as assets to be insured. There is no difference with you. It is necessary that you be able to appraise your value in the world and list your assets. You have assets right where you are, but you need to see them and know how to use them. Transformational Coach and Motivational Speaker, Mary Morrissey told a story of helping her daughter to list her assets for the career she wanted to follow. Mary said that her daughter began to list the assets of her training, talents, who she knew, what she could do and what she had studied. Her daughter's list quickly grew to a page and a half, but prior to making the list, it had been easy to be overwhelmed and feel like, "...what do I have to offer." Just like Mary's daughter, it is easy for us in our human experience to look at circumstances and let them make us feel overwhelmed and stuck, but you have assets waiting to be discovered. Similar to the story in the book Acres of Diamonds by Russell H. Conwell, diamonds were buried in the soil where the man stood, but he couldn't see them. He couldn't use what he couldn't see, so he sold the land for a

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Write Your Asset List

very small amount of money, yet all the while those diamonds were just waiting to be found, to be dug up, to be discovered.

My final challenge to you is to make an asset list. It may start a bit slow, or you may feel like you don't have much to offer, but I promise if you complete this challenge, you will have something that will serve you, especially in challenging times when we have a habit of falling back into those negative thoughts. Let me help you get started...the first asset you can list is your infinite connection to the Divine Mind that guides this universe. That is absolutely your best asset! Use that asset to begin thinking, "What do I have that I could use to serve the vision or dream or goals that I have?" Write them down because writing down your assets informs the universe that you hold this asset in high regard. As you write your assets, more and more will come to you. Read through your asset list regularly and add to the list as you grow. If you keep your assets in the forefront of your mind and heart, you will begin to see more opportunities that are in alignment with assisting you in living a life you truly love and the destiny your soul desires to express.

Free Dream Into Destiny Strategy Session

Discover the Best Next Steps Toward a Life You Would Love

I have learned that creating the life you truly want can be overwhelming when you do it all alone. The fact is, you have been stuck way too long in your own perceptions and are likely not be able to see the true causes of your discontentment or recognize the required actions toward transformation. That all changes when you have an expert by your side to show you the way forward, and with my free 1:1 Strategy Session, that's exactly what you'll get. This session is valued at \$250, but for a limited time, I am offering this session for free. Because I personally hold these sessions, spaces are very limited. So, if you want to get started on the path toward the life of your dreams, click the link below while there is still availability.

- ✓ *Finally get clear on what is holding you back from living the life you want and deserve*
- ✓ *Create a vision that aligns with your dreams and desires*
- ✓ *Understand the most important steps to take in the direction of the life you would love living*

**Click now to schedule your free
session while spaces are available!**

BOOK NOW