AWAKEN TO YOUR GIFTS

AN E-BOOK TO GET YOU GOING IN THE RIGHT DIRECTION



There are many things that are happening today that are causing us to want to take some kind of action....whether it be in our homes, in our communities or on our planet.

These things are causing us to "Wake Up" . I don't mean that we are walking around with our eyes closed, but we are indeed seeing things differently, feeling differently, and becoming more inspired to act on what we are feeling, what we are seeing. Our feelings of anger, sadness, disappointment, injustices are causing us to move into action. Even inspiring us to find the good in certain challenging situations.

Now is the time to tap into t his potential, to Spring into action and this mini workbook is just what you need to get started. Now I would like you to take a moment and write down all the things that you have wanted to do but have not yet. What are you passionate about doing right now? What projects have you been wanting to get to? What do you wish to have that you do not have? Who do you know that you need to contact that you just have not had time for? What creative endeavor might you want to move forward with? Use the next couple of pages to list this information.

What have you wanted to do but have not done yet?

WRITE ALL YOUR ANSWERS HERE:



What are you passionate about doing right now?

WRITE ALL YOUR ANSWERS HERE:



What do you wish to have that you do not have yet?

WRITE ALL YOUR ANSWERS HERE:



So now that you have gotten that out of your system. Lets look at why you may not have done the things that you have wanted to do, wished to do, passionately feel called to do or simply don't have time to do.....yet? So for me, I find that I when I am not moving in the direction that I need to, or I am not doing what I really really want to be doing it is usually because I have not spent enough time in the decision making process to really seize the deal for me and know that what I am going to do is indeed going to move me in the direction of my dream, goals or wishes.

Getting Crystal Clear on what you want

What is the purpose or intent?

Are you crystal clear leaving no room
for chaos and/or confusion?

Do you have a vision?

Are you being true to your own vision



Are you thinking out of the box or going along with everyone else?

Once you are clear with what you want you need to stick by your decision

This takes energy, effort and time



To see it through no matter what

Commitment

It takes COURAGE to get through the hard parts



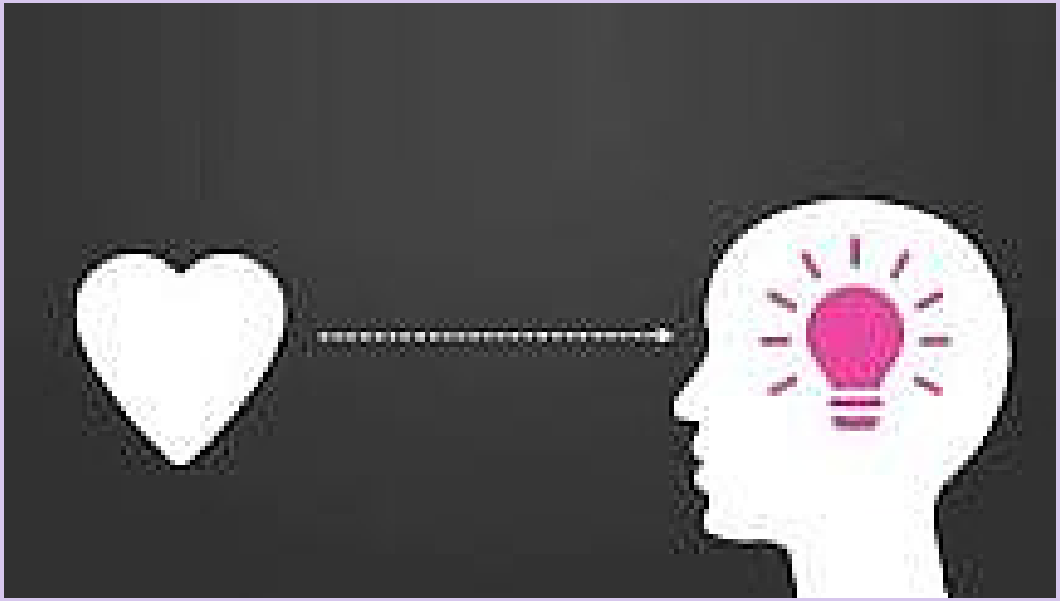
It takes courage to commit to making changes.

BELIEVE IN YOURSELF

FEEL THE FEAR AND DO IT ANYWAY

What we think about, We bring about

Do you know the connection between your thoughts, feelings, and emotions to your health, wealth and abundance?



There are numerous studies that show the way we think is a direct result of what we are creating in our life.

THINK REALLY GREAT THINGS AND REALLY GREAT THINGS WILL HAPPEN IN YOUR LIFE!

CHANGE



WHAT YOU RESIST WILL PERSIST

Definition:

Movement from one state of being to another

To become different

To Alter

To substitute one thing for another

What is it about change that we resist? Don' t we know that what we resist will persist? Change is inevitable and the only constant in our lives, whether you want to lose weight, quit your job or become the greatest healer in your world. I t takes clarity, courage, and commitment to make the necessary changes that are needed for you to be happy and fulfilled.

CHANGE THE THOUGHT TO SUPPORT WHO WE WANT TO BECOME

CHANGE THE THOUGHT AND YOU CHANGE THE FEELING

So what if changing the thought is not so easy? I mean let's face it if it was that simple you probably would not be reading this right now right? In order to change the thought and the feeling it has to feel like a truth to you, it has to make sense to you. You have to believe it and stand behind it 100% so let me ask you a question which I want you to answer below as honest as you can:

WHAT DO YOU BELIEVE TO BE TRUE ABOUT YOURSELF?

WRITE ALL OF YOUR ANSWERS HERE:

What did you write? Did you say something like I am creative, fun, loving and supportive, or did you say something like I believe that whatever I put my mind to I can do? How did you feel when you were writing this? Did it feel like a truth or was it a struggle to get the words out?



STAND IN YOUR TRUTH, SPEAK YOUR TRUTH AND AWAKEN THE BEST IN YOU

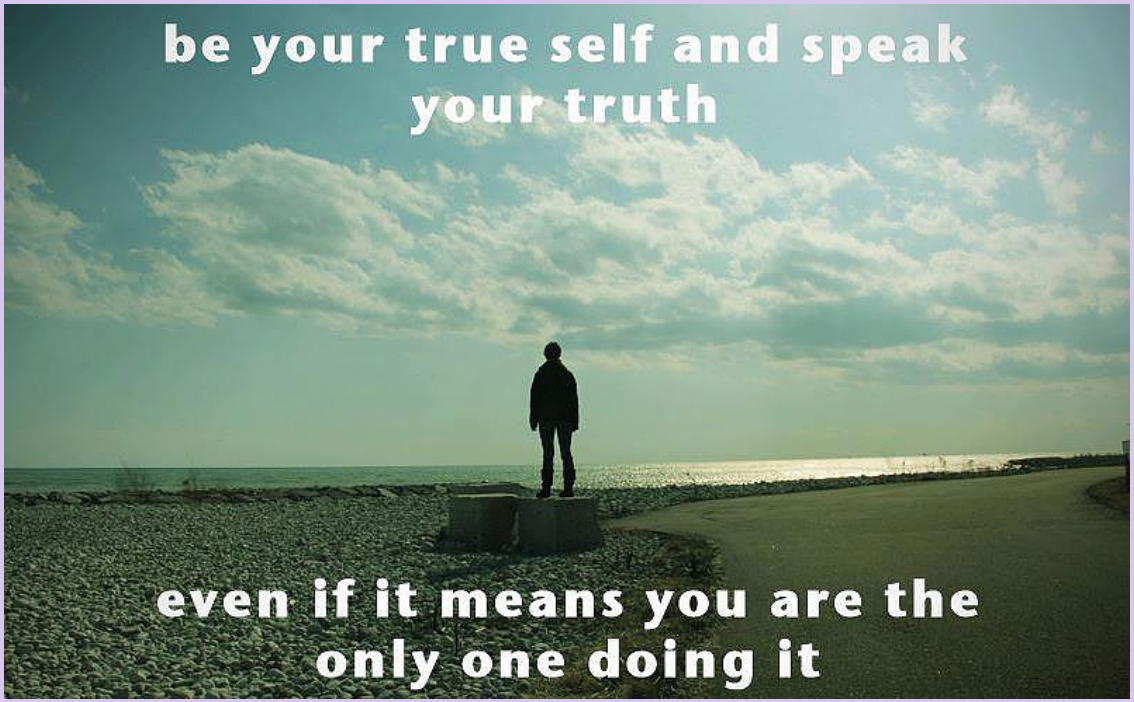
Don' t believe that winning is everything. It's more important to stand for something. If you don't stand for something, what do you win? -Lane Kirkland

WHAT DOES 'TO STAND IN YOUR TRUTH MEAN"?

When some one stands for something -or takes a stand against something, why do they normally do it?

THEY BELEIVE IT!

IT IS OF GREAT IMPORTANCE OR VALUE TO THEM



How many people do you know and admire because they are living their truth? they are doing what they are supposed to be doing and making a difference in their communities and their lives? Is there this secret longing to be just like them? What do they have that you don't have?

NOTHING!

NOT ONE THING

When I say stand in your truth, it is about what you believe in yourself? Remember that exercise that I had you do before where I told you to list all the things that you believed about yourself?

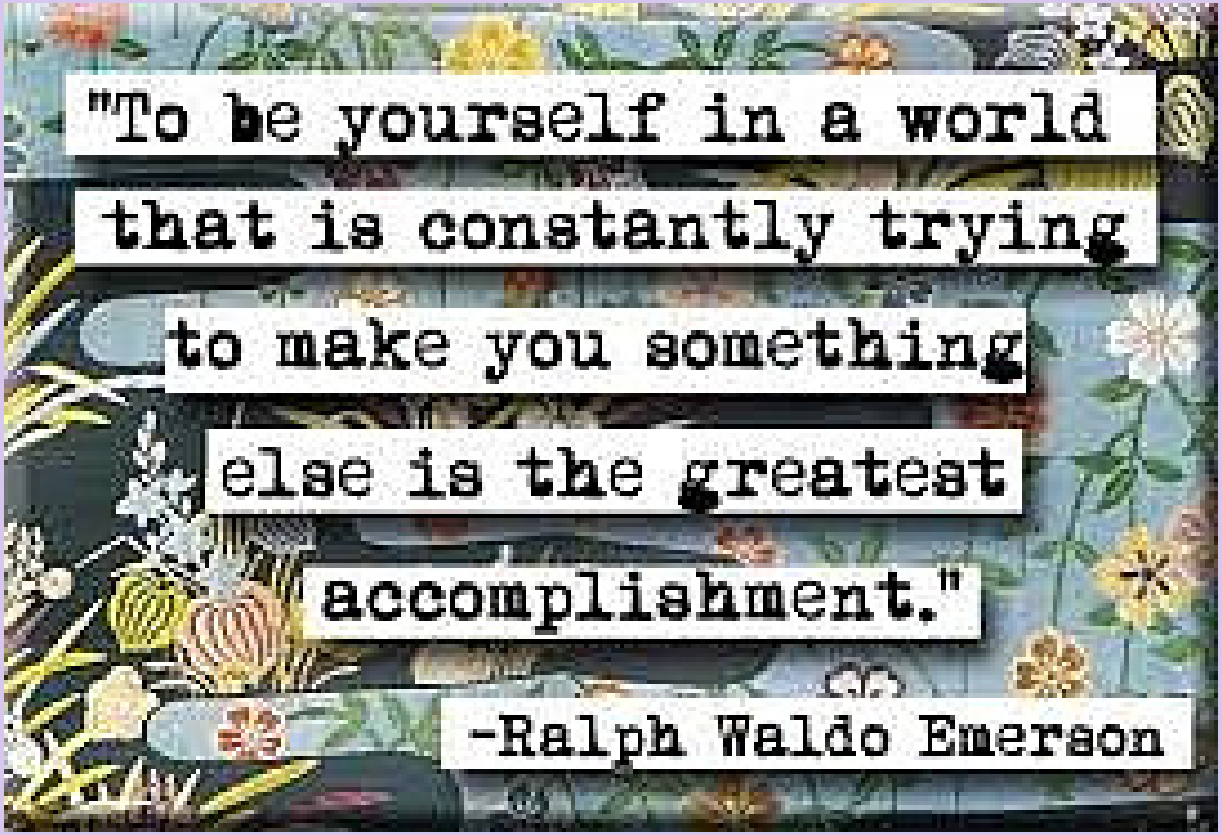
Now I want you to go back and say to each one of those "IS IT TRUE? Do the same below?

What Positive Qualities do you have?

WRITE YOUR ANSWERS HERE:

See how you are beginning to "create your truth" Do you feel a little closer to you-are you starting to understand yourself more? The inner workings of you? The good, the bad and the wonderful? Are you beginning to understand more of who you really are?

Well it's going to get better, a lot better!!



Did you know that you have a higher self?

Did you know that you have a higher self? A place of inner knowing, A place where you can go to get all your answers and directions to what is next, what you need to be doing, and how you can go about doing it?

The higher self is the part of you which is connected to source, creator, God, all that is, (whatever word/essence feels true to you in regards to where you come from and who or what mad you) It is also the place where we operate from when focusing on the greater good . The greater good always means when we can create win-win-win situations. The third win is the energy which creates the greater good. The greater good means that we win, the other person, place or thing wins, which then creates the third win where the heavens open up and the angels sing! Alleluia, because that win effects everyone in the universe.

When we are in the state of doing or being which is connected to the higher self that connection will bring aliveness, a healthy body, loving friends, a supportive environment and the opportunity to make a difference in the world.

Do you want some of that constantly happening in your life?

CAN I GET A YES PLEASE!