

Bonus: Who Am I Becoming Workshop

CREATE THE SPACE TO INSPIRE

Clear Your Channel

Take 5-15 minutes. Sit in silence with your spine elongated as a conduit between the heavens and the earth. Breathe your spine longer on the inhale and exhale. Clear the channel between your crown and your root by inhaling crown to root and exhaling root to crown. Allow for a natural pause between each in-breath and out-breath. This process will clear your central channel - your conduit into the next phase of who you are becoming.

Today: We'll go through all the questions (schedule in an hour).

To use on your own: Work with 1 question per week. Ask yourself the question every morning (while you journal or meditate or do a gratitude practice), then take the following steps for that 1 question.

For each question:

1. Take 3-4 minutes to answer (no more)
2. Write 1 SMALL, SPECIFIC action you can take to ACT on what you've written
3. Take the 1st action - make sure it is something you can do in less than 5 minutes
4. Schedule in more actions if needed into your calendar with small, specific to-do's
5. Next day: check that you've completed your 1 specific action. Break action into the next smaller step. Do that immediately w/o journaling before.

Questions

1. Who am I in the next phase of my life?

2. What do I need to release to help me be that person?

3. What strengths can I own more fully that will help me get there?

4. How do I want to spend my time?

5. What obligations do I need to let go of to help me spend my time the way I want?

6. What will I do in this next phase of my life?

7. What do I know in this next phase of my life?

8. How will I feel in the next phase of my life?

9. What am I holding on to right now that does not align to this next phase?

10. Chart my course: Where do I want to be 3 months from now? 1 year from now? 5 years from now?

11. What is the plan, the stages, or the map to get there? Or... what steps are needed to reverse engineer a plan to be who I want to become?

12. How can I hold myself accountable to the plan?

13. Where do I need support and what kind?

14. How can I upgrade my home and workspace to support who I am becoming?

15. How can I upgrade my internal space (body, mind & emotions) to support the person I am becoming?

Coming Up...

LIVE Implementation Workshop: The 3 Essentials to the Stress-Free Home

Thursday, December 7 at 1pm MST

Be sure to join me LIVE for an exciting announcement, bonus content and the chance to win a VIP session with yours truly!

The questions above from our Bonus Day are fantastic to answer prior to the Workshop as they help you orient where you are going and how you can best get there.

Workshop Notes: