

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 in-opportune 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 one's 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 can not 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 is 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 Eurology. 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 is 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 —Marianne Williamson**

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

**Preparation for the coming week**

What self-care are you committing to this week? \_\_\_\_\_

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How many times and for you long? \_\_\_\_\_

Describe how it will feel to do this self care activity. \_\_\_\_\_

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What is your commitment for focused change this week? \_\_\_\_\_

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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.

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How will you know you are achieving your commitment? \_\_\_\_\_

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How will it feel to complete your committed to activity? \_\_\_\_\_

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What might it mean in the bigger picture of what you are working towards?

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Who do you need to contact to ask for help to action this commitment?

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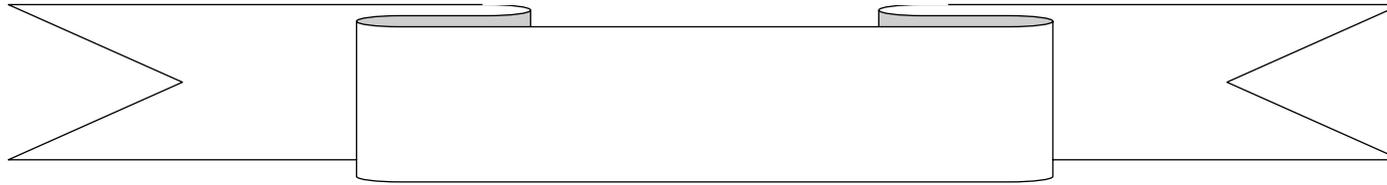
What is the real cost if you don't follow through? \_\_\_\_\_

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What is the cost benefit of following through? \_\_\_\_\_

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# Week's Focus



## Tasks to complete this week towards your goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Meal Ideas – Focus on \_\_\_\_\_

Blank space for writing meal ideas.

## Important activities to include in this week's planning

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Shopping List

Blank space for writing a shopping list.

## Self Care, reward activity Ideas

- Read for pleasure
- Walk in the garden/park
- Play with children/pets
- Cook favourite meal
- Write love letters to yourself
- Write love letters to your children, or future children
- Go to a movie
- Have a Pj day and do little
- Get facial, pedicure or manicure
- Go for a drive to somewhere new
- Play dress-ups and be a kid
- Watch the stars at night
- Watch your favourite movie
- Continue a forgotten hobby
- Explore a new hobby
- Meditate
- Dance to favourite music
- Test other radio stations
- Practice your acceptance speech for a goal you are working towards

### **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

<b><u>Day/Time</u></b>	<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>	<b><u>Sunday</u></b>
Before 7am							
7am – 9am							
9am – 12noon							
12pm – 3pm							
3pm – 6pm							
6am – 9pm							

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

They both have 2 sides.

Shar Moore

Day 43

Breakfast

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Morning tea

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Lunch

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Afternoon Tea

\_\_\_\_\_

Dinner

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\_\_\_\_\_

Snacks

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Self Care for the day \_\_\_\_\_

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

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

What triggered a reaction 'good' or 'bad' today?

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

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How did these ideas make you feel? \_\_\_\_\_

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

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What reasons/excuses do you tell yourself why "You can't have this or that!"

What is the root emotion here? \_\_\_\_\_ Tap it out.

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

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What great thing happened today? \_\_\_\_\_

What character or action did you notice in someone, or yourself you would

like to develop more? \_\_\_\_\_

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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? \_\_\_\_\_

*"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**

Breakfast

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Morning tea

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Lunch

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Afternoon Tea

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Dinner

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Snacks

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goals? \_\_\_\_\_

"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

"Bring ideas in and entertain them royally, for one of them may be the king"  
Mark Van Dorem

**Day 45**

Breakfast \_\_\_\_\_  
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Morning tea \_\_\_\_\_  
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Lunch \_\_\_\_\_  
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Afternoon Tea \_\_\_\_\_  
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Dinner \_\_\_\_\_  
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Snacks \_\_\_\_\_  
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What step or change action can you take tomorrow towards achieve your goals? \_\_\_\_\_

"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."

"A little of what you fancy does you good"  
Marie Lloyd

**Day 46**

Breakfast

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Morning tea

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Lunch

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Afternoon Tea

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Dinner

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Snacks

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Self Care for the day \_\_\_\_\_

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

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

"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 Ban Breathnach

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

Robert Frost

**Day 47**

Breakfast

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Morning tea

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Lunch

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Afternoon Tea

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Dinner

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Snacks

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

" 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**

Breakfast

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Morning tea

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Lunch

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Afternoon Tea

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Dinner

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Snacks

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Self Care for the day

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

Anais Nin

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

**Day 49**

Breakfast \_\_\_\_\_  
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Morning tea \_\_\_\_\_  
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Lunch \_\_\_\_\_  
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Afternoon Tea \_\_\_\_\_  
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Dinner \_\_\_\_\_  
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Snacks \_\_\_\_\_  
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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 step or change action can you take tomorrow towards achieve your goals? \_\_\_\_\_

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

George Bernard Shaw