



Day EIGHTEEN

ACTION

It's really that simple.....

Ask
Feel
Be
Do

Ask:

What do my clients NEED from me?
What will GROW my tribe easily, quickly, aligned from my heart to theirs?
How can I best be of service to my community?
Where can I shine my message to those who need it?
What's the MOST powerful way that I can use my voice for greater good?
Where can I step up my inner game?
Who can I powerfully serve right now?

FEEL:

Ahhh, to sit with the above questions.
Just sit.
Allowing thoughts to come and go.
Releasing with no judgement.
Feeling into the right answers for you, your clients and your tribe.
What answers FEEL moving?
What solutions FEEL inspired?

What thoughts bubble up and make you want to jump into action?

What other questions come to your heart?

Do you feel resistance?

Write about that too.

Feel into why something may feel moving yet scary.

Where oh where is ego playing with you?

Unravel through your journaling and see what solutions and actions you FEEL absolutely delighted to do.

Write about the actions you feel inspired to take but feel scary.

How can you move through the fear and tell your ego to take a break for a bit?

BE:

Inner Game ON

This is where you shine!

Who do you need to BE for your clients?

Where do you need to BE for your community?

Why is it so urgent for you to BE a leader for your tribe?

Words to explore in your journaling:

Courageous

Brave

Leader

Truth teller

Vulnerable

Authentic

Story telling

Seeker

Light holder

Love

Humor

Contagious

Ripple

Powerful

Gentle

Honest

UN-censored

Navigator

Edge

Cultivate

Create
Fear buster
Path clearer
Culture
Illuminating
Shadow
Ego
Reflecting
Projecting
Simplified
Ease

WORDS speak volumes. They create their own energy and passage into a new found world.

You're creating a new world for your clients, customers, tribe, friends, partners and community.

HOW do you need to BE to create that ultimate vision?

What does that look like?

What inner 'goodies' do you need to look at in your own world?

Where do you need to shine a light on your own shadows?

How can you continue to grow inside and show up outside to inspire others to take action?

DO:

We've covered a lot above.

There will most likely be excavating of your soul as you uncover parts and pieces of yourself that you thought you had buried long ago or layed to rest.

It's all good!

We are all in different spaces in our journey.

That is the beauty of where you are and whom you are destined to serve.

Once you feel like you have dug deep into your inner game from the questions above, I'd love to invite you to scribble, talk, video, audio, collage, create a game plan of what you can DO to show up in your business and life that will serve your tribe, your business and YOU!

What looks and feels great for action steps?

What feels consistent?

Where do you feel would be the best places to be?

Why do these particular actions feel best to you?

What actions can I take today that will best serve my community?

Scribble down 3 ways below that you can reach out, show up and serve.

Write down a deadline that you would like to have those 3 things completed by.

Be gentle with yourself!

Enjoy the journey!!