



Day TWELVE

ENERGY

ONLY 3 things that I would love for you to absorb over the next few days.....

- 1. WHAT does/do your community/friendships/relationships/clients NEED from you?

How can you nurture them?
What can you give them to support them?
Where do they need the MOST support?
What simple solutions/answers can you provide to move them forward?
How can you inspire them?
How can your provide loving, kind, non-judgemental leadership?

- 2. What is zapping/blocking you from growing your business?

How can remove/shift/change/delegate those blocks/obstacles that are preventing you from growing your business?

How can you re-fuel yourself when you are losing energy/motivation/momentum?

3. What actions/steps/plans/projects/ideas inspire you to show up FEELING energized, helpful, supportive and giving value to your community?

Energy is a profound piece of business building. You are constantly on ZERO/EMPTY you'll make little progress, start/stop, and eventually burn out.

Maintaining energy in your business is vital to NOT only the growth of your business, but the vitality of your life, family, heart and spirit of who you are.

Understanding the flow of our energy is crucial to staying the course.

BONUS experiment:

Have you ever done a body check-in?

It's really a very simple, quick process of sitting silently in our bodies.

It's a wonderful way to FEEL into our own energy paths and where we may be feeling resistance.

And allowing ourselves the luxury of asking the vital questions to work through those energy blockers.

My body check-in usually go like this:

I find somewhere quiet to sit.

Close my eyes.

When 'stuff' enters my mind, I acknowledge and release.
I continue doing this for a few minutes to clear the clutter.

I often put my feet on the ground. Usually bare feet, so I can feel the earth, floor, ground.
I wiggle my toes, feet, ankles, legs, hips, butt, waste, belly, shoulders, neck, head....
As I am moving each part of me, I concentrate on how they FEEL.

Do they feel stiff?
Achy?
Loose?
Cold?
Hot?
Stressed?
Calm?
Relaxed?

Then I ask myself any urgent/vital/important question that are weighing on me.
I ask.
Sit.
Listen.
Release thoughts that flow into my mind.

I then FEEL again from the ground up, my various body parts.
I notice any changes in how those parts of my body feel.

I notice/feel/hear/tune into any obvious answers/solutions/steps to my question.

If I feel a change in a particular part of my body, I ask myself why the change?
What is it about the answer that is coming to me, that is creating this body sensation?
I mentally tune how this solution is affecting each body part.
I feel into it.

When I listen and receive an answer, I jot down my answer/solution/step/guide into my journal
for further exploration and discovery.

Slowly I release all answers and questions.
I take a few moments of deep breaths.
Guide myself back to feeling my body parts.
Open my eyes.
And gently allow myself to sit with all that has come to me through my listening & feeling.

In this moment:

I grab my journal and begin to write and process my feelings, solutions and see where the process will lead.

Generally I write a few steps I could take asap to put this solution into ACTION and always noticing how my body feels when I am tuning into taking that action.

Repeat as necessary to guide yourself through the resistance by surrendering to the fear of taking action.

Let me know how it feels to you to tune into your body in this manner?
Do the answers feel RIGHT/GOOD/TRUE?