



Day TWO

It's in the KNOWING

Have you ever had a gut feeling that you know, know, know something but you chose to ignore it?

Did that GUT feeling continue to persist?

Did MORE stuff follow to re-inforce that gut feeling you ignored?

Did it temporarily settle down, ONLY to turn into a muddy landslide months later?

Did it work itself out?

BUT then it came back in an another scenario?

Here's a little journaling to trigger moments when you KNEW something beyond a shadow of a doubt and how that KNOWING but not dealing, choosing, changing, shifting, played out.

Scribble below 3 stories, situations, events, memories of times when you absolutely KNEW something but chose to not deal with it or you ignored it completely.

1. _____

2. _____

3.

Pick any one of those stories/moments above, close your eyes, take a deep breathe and gently bring yourself back to that moment in time when you KNEW in your heart something was off, not right, out of whack, lacked integrity, felt out of alignment but you didn't choose to deal with it. You sat with it. You chose to remain in that space for a bit longer, for whatever reasons (there are no judgements to why we choose to not listen to our heart/gut/inner gps).

You are back in that space. You begin to remember little details. Even some red-flags. Moments of clarity. Flashes of KNOWING. The story is unfolding in your mind, like an old movie without physical sound. The physical-ness of the situation is no longer a threat or a tangible situation but the FEELINGS that surround this story, moment, time in history - ALL of those emotions come flooding back. Your heart feels tightened. Your spirit weeps of sadness. Your fists begin to clench. Your smile turns upside down. Your eyes squint together. You can feel the pulse on the sides of your head. Your BREATH gets faster and shallow. The deeper you go into this OLD paradigm, it all comes flooding back to you. Every tear, angry word, overflowing rush of emotions, sadness, pain, distance...

Take a moment, catch your breath. Open your eyes. Hug yourself. Acknowledge how far you've come and how blessed you are to be so strong and worthy of creating a new paradigm that feels aligned.

Grab your pen & pad....

Scribble down all of the emotions, feelings and thoughts that come popping out of your heart. Don't censor, judge, edit or tone down your emotions. Let it all roll out of your heart onto the paper...maybe even shed a tear or two for that journey, that chapter is NO longer one you are in. You are now creating/writing a different, vibrant, intune, aligned chapter that fully honors the journey you've come from.

List the words that you feel.

1. _____
2. _____
3. _____
4. _____
5. _____

KEEP going as long as you need to until you feel you've emptied the emotions, feelings, thoughts out.

NOW let's shift the energy!!

Have you ever had a gut feeling that you know, know, know something but this time you listened, sat with it, questioned it and took action to shift it?

How did that feel?

Were you confident in your actions?

Did you choose to act quickly?

Was there a weight lifted?

Feel into the KNOWING.

Below journal about 3 stories where you KNEW beyond a shadow of a doubt that something was right for you, or off, or not good for you?

But.....

You took action that would shift the situation/story/moment into something that was aligned for you and your journey. You acted despite the challenge, discomfort and upheaval because in your heart you knew it was for the best.

1. _____

2. _____

3. _____

Now list all the words that describe the EMOTIONS & feelings that arose remembering this story/moment/shift.

1. _____
2. _____
3. _____
4. _____
5. _____

KEEP going til you've emptied the soul of this story.

NOW you have multiple stories/events/memories of times in your journey where you KNEW beyond a shadow of a doubt 'something' profound, life altering, transformational. YOU had an answer deep down inside of you. In some moments, we've listened and acted quickly, in others, we've sat back and **resisted** for many reasons (all good) to NOT act but to continue on that journey for a bit longer.

The magic of revisiting old paradigms, is that it shows us with energy, feeling, emotions, that we had the answer all along. We KNEW.

This KNOWING is referred to in many different ways:

Inner GPS
Gut
Hunch
Hit
Heart tug
Intuition
Heart trust

Or simply we just KNOW! It's a feeling. It can't be bottled. But it can be felt. And it's powerful stuff!!

It can lead us to freedom.
It can suffocate us to death.

How does all this powerful KNOWING play into our business, creating connections, building relationships and transforming us from the inside out and rippling into the universe and everyone we touch?

It's what I like to call - Connecting the Dots.

KNOWING can be told, expressed, shown, felt and intertwined with empathy, compassion, kindness and understanding when told through the lens of YOUR stories. Stories create connective truths that build kindred communities. When you tell your story in a way that is both loving and knowing, you open the doors for others to move through their own paradigm shifts

and a-ha moments. You guide them to trust themselves and tune into their own knowing and then taking aligned action that feels good and forward moving.

IN this moment, what do you KNOW beyond a shadow of a doubt that you support/guide/help your clients with in your business? Tune into your inner GPS.

Just like the stories above, there were moments of undoubting, KNOWING.

There are ways that you KNOW you support your kindred clients.

List below 10 ways you KNOW you help your clients move forward.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

The knowing is where you ultimately & easily can confidently talk about RESULTS you know you help your peeps with. It's the space that you can expect the path of least resistance. And since we'd rather have flow than rocks of resistance, I feel it's always better to start with what you feel you KNOW.

Examine your list above. Which 3 do you think would be MAJOR challenges for your clients and they would be MOST inclined to desire support with?

1. _____
2. _____
3. _____

Here's what we KNOW so far....

The KNOWING is what propels us to take action (eventually).

The KNOWING is the RESULTS of our path. Whether we actively create it or allow it to unfold.

The KNOWING is where our confident actions grow.

Connecting the dots:

Time to PLAY, experiment, dig, discover, unfold, unedit, unconform, unlearn and unleash.....

You can scribble, draw, paint, collage, video, audio...however you feel inclined to express this story.

Choose one of the 3 challenges from above.

Craft a story that intertwines KNOWING how you help them with this challenge and a 'real' life knowing moment in your past paradigm shifts.

Use words, images, colors that provoke emotion, feeling, trust, guidance, understanding, empathy etc.

Bring to life your story and your knowing.

If you are a digital person, using a combo of these platforms below make it quite easy to create delicious, unique, messy, bad-ass creations...

Google docs (free - add photos, write, scribble, create a pdf etc.)

Picmonkey (creating collages, editing images, creating memes etc)

Pixabay (free images)

Pinterest (you can create a secret board to share the link with ONLY those you desire)

PHEW.....

That's it for today!!

YUP, it's a bit of an emotional journey. Digging into those moments that sincerely helped us grow. Sometimes easily. Sometimes painfully.

Tomorrow we are going to be chatting all things RESISTANCE and tying it in with the KNOWING.

Looking forward to supporting you on this journey of stories, finding your voice, spreading your message and growing your business in the most genuine, authentic YOU kinda way!!

LOVE and warm fuzzy hugs!

Shel

XO