



Ignite Your Light: Helping Create Your Better Life

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Introduction

Welcome to the *Helping Create Your Better Life Workbook*! The purpose of this workbook is to provide you with the learning, insight, reflections and tools to advance your journey in creating the many aspects of a better life!

The concepts and modules provided are intended as a self-help tool and in no way replaces therapy or individual coaching but can be viewed as a complementary process.

They are sequenced by *modules* but do not require a sequence of action. Some of the later modules *do* build on the earlier ones, but you might find yourself bouncing from one to the other depending on how you integrate your learning. Feel free to explore the workbook first and allow your intuition to guide you as to how best to use it.

About the author:

Joanne Baskin is a Professional Social Worker and has also achieved her professional coaching certification through the International Coach Academy and is a member of the International Coach Federation. She has a passion for igniting others towards the ownership of their truth, inspired actions, and success in creating light, joy and fulfillment in all aspects of life.

Ignitus Coaching offers individual and group coaching as well as workshops, seminars and training on topics such as work-life balance, stress management, time management and the of self care. More information on available personal and professional coaching programs can be found at <http://www.ignitus.ca>.

Module 1: Values at Your Core

(These are values listed in C. Roberts, Fifth Discipline Fieldbook):

Achievement	Friendships	Physical challenge
Advancement and promotion	Growth	Pleasure
Adventure	Having a family	Power and authority
Affection (love and caring)	Helping other people	Privacy
Arts	Helping society	Public service
Challenging problems	Honesty	Purity
Change and variety	Independence	Quality of what I take part in
Close relationships	Influencing others	Quality relationships
Community	Inner harmony	Recognition (respect from others, status)
Competence	Integrity	Religion
Competition	Intellectual status	Reputation
Cooperation	Involvement	Responsibility and accountability
Country	Job tranquility	Security
Creativity	Knowledge	Self-respect
Decisiveness	Leadership	Serenity
Democracy	Location	Sophistication
Ecological awareness	Loyalty	Stability
Economic security	Market position	Status
Effectiveness	Meaningful work	Supervising others
Efficiency	Merit	Time freedom
Ethical practice	Money	Truth
Excellence	Nature	Wealth
Excitement	being around people who are open and honest	Wisdom
Fame	Order (tranquility, stability, conformity)	Work under pressure
Fast living	Personal development	Work with others
Financial gain	Freedom	Working alone

1. Identify at least 10 values which most resonate with who you are or who you want to be. You may add others if they are not represented.

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

6. _____
 7. _____
 8. _____
 9. _____
 10. _____

2. Cross off 5 of these leaving you with the most important and prominent values you wish to live by.

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

3. Ask yourself, "Are these values reflected in everything I say and do?" Cite examples:

4. Ask yourself, "Would those who I love and admire be able to recognize these values in me?" Cite examples of whom, what and why:

5. Ask yourself, "What changes do I need to make today so that these values are reflected in my thoughts and actions?" Use this space to brainstorm:

Module 2: Spheres of Life: Where do I Stand?

The following represents the spheres or areas in your life. Use the questions in each sphere to evaluate your level of satisfaction in each area. It is important that you place a satisfaction value for each area as it relates to your core values and *priorities* at this time in your life. You may notice that by asking the questions, you are bringing some feelings and ideas to surface which may require additional support. Using a journal at this point to take note of future action or reflection may be useful in this process.

Personal Health:

1. Am I comfortable in my body?
2. Am I at my ideal weight?
3. Do I nourish my body with nutritious food consistently?
4. Do I use food, alcohol and mind altering substances to soothe my emotions?
5. Do I exercise consistently?
6. Do I get regular fresh air?
7. Do I get enough sleep?
8. Am I dependent on prescription drugs?
9. Do I engage in stress reduction activities? (massage, yoga, meditation, walking)
10. Do I manage my time well and allow for peaceful thought and meditation?

The following areas require my focus and attention:

Relationships:

1. Do you have a partner/mate in your life now?
2. Are you satisfied with the intimacy in this relationship?
3. Are you engaged in a mutually satisfying sexual relationship?
4. Do you desire to have a partner/mate in your life now?
5. Do you have children or desire to have children?

6. Are you satisfied with how you parent your child(ren)? (if applicable)
7. Are you satisfied with the relationships you have with your family (parents, in-laws, siblings...)?
8. Are you satisfied with the quantity and quality of your friendships and social network?
9. Are the people in your life empowering towards you and for you?
10. Are there relationships you need to let go of or set boundaries with to empower you?

The following areas require my focus and attention:

Work/Career/Finances:

1. Am I working and happy with this status (working or not working)?
2. Am I satisfied with the job/career I have today?
3. Is my work promoting and challenging my abilities and talents?
4. Am I engaged in activities which will move me forward in my career (ex. networking, education and learning, marketing and promotion)?
5. Am I comfortable with my financial situation?
6. Have I managed my finances well? (savings versus debt, investments and retirement planning)
7. Does my past conditioning around money affect my decisions, attitudes and behaviors?
8. Am I relying on money to achieve happiness and fulfillment?
9. Am I relying on someone else for my financial security? If yes, am I comfortable in this?

The following areas require my focus and attention:

Physical Environment:

1. Do you enjoy the demographic location of where you live?
2. Where would your ideal demographic location be if not where you live now? Why? (consider climate, work, family, social network, environment)
3. Is your home a reflection of who you are today? Does it feel like a home?
4. What do you need to have your home feel like a home?
5. Is your home clean, organized and free of clutter?

The following areas require my focus and attention:

Leisure and Learning:

1. Are you regularly engaged in fun activities?
2. Do you have hobbies/sports/activities which you wish you were participating in?
3. Are you spending time learning more about your areas of interest through groups, clubs, reading, education, or the internet?
4. Do you have interests which you share with other people?

The following areas require my focus and attention:

Community and Purpose:

1. Does community or religious affiliation have significance for you?
2. Are you engaged in community groups if this is significant?
3. Do you feel you are contributing in some way to your community or the world at large?
4. Which communities, groups or causes resonate with your deepest values and interests?

5. What more can you do to fulfill this need? Does this require time and/or money?
6. How would this involvement impact you?

The following areas require my focus and attention:

Module 3-Gratitude

Gratitude and its healing benefits are not new as modern day concepts. The virtues of counting one's blessings and being thankful are embedded in all religions and faiths. However, it is in modern day study that we are able to understand more on both the psychological and physiological basis how gratitude affects the mind and body in terms of well-being and health. Studies such as those performed by Michael McCullough and Robert Emmons in their Research Project on Gratitude and Thanksgiving showed that "daily gratitude exercises resulted in higher reported levels of alertness, enthusiasm, determination, optimism and energy."

Practice at least one or more of these exercises daily to infuse the energy and vibration-raising benefits of gratitude:

1. **Create a Gratitude Journal:** Journal about the people, gifts, blessings, thoughts and acts which you are grateful for. This can be written either at the beginning of your day, at the end of the day or both. See the lovely ones you can use here:

<http://www.verybigdreams.com/>

<http://lawofattractionstuff.com/my-gratitude-journal-p-9.html>

2. **Say Thank-you:** Acknowledging appreciation out loud raises your own positive vibration but can be even more powerful when the recipient of this action smiles, nods or appears appreciative.
3. **Write a Letter:** Write a letter of appreciation or thankfulness outside of a conventional gesture (following a birthday or wedding). Acknowledge someone for their kindness or for their presence in your life as well as the impact they have had on you.
4. **Count Your Blessings:** Acknowledge all of the blessings which occur in your day which make you smile and feel good or simply accommodate and help you in some way. Pay attention to small things such as having the wind behind you as you walk on a cold, winter day.
5. **Catch Yourself:** When you find yourself complaining, try to notice the effects of this energy (rapid breath, anxious feelings) and re-direct it to a positive focus. Breathe deeply, count to ten and re-affirm what is potentially positive about this situation. You can simply

just refrain from complaining and allow your thoughts to float elsewhere.

6. **Meditation:** Using a meditative posture of sitting, meditative music or guided meditation will help you center yourself into the present moment. Use this time to allow your thoughts to focus on the people, blessings, opportunities and moments of which you are most grateful for.
7. **Recall:** Use photographs or home videos to help you see the experiences and moments which have brought you joy. Compiling and organizing these, such as scrap-booking, will help you be immersed in the memories you have created.

Module 4: I Declare

Declaring what you want in the spheres of your life is the beginning to your personal empowerment and the elevation of your motivation and energy. It is in the declaration of intentions framed with positive and present tense affirmation that we create the energy and inspired actions to attract that which we want!

Looking at the answers you gave in the "Spheres of Life" create the energy for your focus and attention by making a declaration. Keep it simple, short and positively present-tense stated:

Personal Health:

For example: "I declare that I am attracting more energy and strength into my life!"

Declaration:

Relationships:

Declaration:

Work/Career/Finances:

Declaration:

Physical Environment:

Declaration:

Leisure and Learning:

Declaration:

Community and Purpose:

Declaration:

Module 5: Self-Observation Part 1

The ability to take your values and your intentions to the step of “inspired action” requires an honest accounting of where you are today and who you are *being*. In the process of writing in your journal of what you are grateful for, begin to document and reflect on your thoughts, actions and behaviors. Creating more of what you want begins with the self-knowledge in understanding the vibration and energy you are sending out. (Keeping your Values and Declarations sheets handy will assist in these exercises.)

The following *strategies* will help in the knowledge of your current “vibes”:

1. Begin each day by looking at your “declarations”. Note your mood and motivation around each of those items and record these.
2. Check in at intervals during the day (ex. mid-morning, lunch, mid-afternoon, dinner, evening) to notice your mood, energy and triggers*. Record these at the end of the day.
*triggers: those people or situations which you perceive to affect your mood
3. Breathe. Learning to stop and take a few deep breaths will remove you from “autopilot” and help you to feel more present in the moment. Record any changes experienced (such as your mood and energy) at the end of the day.

The following *questions* will help in the knowledge of your current “vibes”. In looking at each of your declarations, ask the following:

1. What thoughts did I hold which served to support this declaration?
2. What actions did I take which served to support this declaration?
3. Which people or circumstances served to support this declaration?
4. How can I acknowledge and be grateful for all this support?
5. What did I *tolerate* that did not serve this declaration?
6. What trigger did I allow to distract me from this declaration?
7. What have I learned about my thoughts, behaviors and actions regarding this declaration?

It is important that these exercises are experienced in the spirit of observation only and not with any self-judgment! In order to make changes in the different spheres of your life, you need to take yourself outside of yourself to do an accounting of what your status is in the present. Your moods and triggers are affected by old stories you hold about your life. Understanding them will enable you to create new thoughts and strategies towards creating more energy and results!

Module 6: Visualize This

According to Wikipedia, visualization is “any technique for creating images, diagrams or animations to communicate a message. Visualization through visual imagery has been an effective way to communicate both abstract and concrete ideas since the dawn of man”. Visualization is about communicating a message to yourself. It is the process of taking an idea or concept and creating *form* to it in order that the thought be grounded in a concrete and accessible way. Once this occurs, your thoughts can be driven by positive and pleasing emotions to help create more internal peace.

The ability to visualize a need, want or desire is dependant upon the clarity and focus you have on that need, want or desire. This process is therefore divided into two components: *getting clear* about your desires and *creating the focus* or *visualization* of that desire.

Getting Clear:

Using your **Module 2: I Declare** sheet, answer the following questions after each declaration in each sphere of life:

- **What would this declaration “look like” if I were to imagine it as if it has already happened?**

Try a five sensory approach in answering this question: how would it look, feel, smell, taste, and sound? This is a brain purging exercise where not all spheres would necessarily require an answer for each of the senses. The idea is to open up all the possibilities in order to create some ideas outside of your initial reactions.

Using your journal, build on the declaration with the following exercise:

Personal Health (Example)

Declaration:

“I declare that I am attracting more energy and strength into my life!”

Getting Clear:

1. Sight: I am quick in my step when I move and wake up quickly in the morning. My muscles appear firm and well-toned.
2. Feel: I can breathe freely when I walk to the store or to work. I can carry 8 bags or more of groceries to my car in one shot!
3. Smell: My regular exercise routine forces me to shower more frequently and always smell fresh and clean!
4. Taste: I am drinking more water and healthy energy smoothies to maintain my energy and vitality!
5. Sound: There is silence in the ease of my body movements from having greater endurance and lung capacity.

Creating the Focus (visualization techniques):

Visualization is a personal experience. Finding the most appropriate techniques for you should take into account your own way of learning and your unique forms of expression. Although you may define yourself as “visual”, “auditory” or “experiential” in terms of your learning style, use this as an opportunity to step out of what you already know and do well to challenge other forms of creativity. You may find yourself surprised to learn that there is another form of expression which emerges!

You may try some or all of the following methods yet do not feel that one way is the *right* way:

- **Vision Board:** Using a bulletin board, collect and paste photos, images, words and materials to create the field of desire you have imagined in the **Getting Clear** exercise. This can be an endless creative outlet for your montages and collages in any way that inspires you! You can also use a box to collect and store your inspirations as you create your board.
- **Vision Journal:** For those who like to create images through words, use a separate journal to describe your imagined desires and keep it near you as a means to add any new ideas which may be inspired by circumstances and experiences throughout your day.

- **Meditation:** Learning to meditate is a practice of moving into the space which occurs between thoughts. It allows you to move into a relaxed state in order to come fully present in your awareness. There are many techniques to help you such as music, guided meditation tapes and breath work. Getting into a meditative state will help you move into a process of visualization. Consider joining a yoga class (that includes meditation) or a meditation group.
- **Guided Visualization:** In this technique, you are allowing your mind to do all the work. You can use guided visualization techniques on tape or simply focus quietly on the images or words expressed and created in the other techniques. (Contact Ignitus Coaching to inquire about more resources for guided visualization techniques and services.)

Module 7: Intentions

Stating “intentions” denotes a commitment to yourself. It allows you to formulate a plan of action in the context of the desires you wish to create. “Intentions” leave room for flexibility and modification as you progress in your plan of action with openness to observing what new direction might come next.

Once you have declared what you want and visualized what this would look like, the next step is to create the action inspired by these affirmations.

Once again, the “intentions” are built upon the foundation and creation exercise you have performed to date using the **Observation** and **Visualization** formats. Build on this clarity by adding some steps, as in the following example:

1. Step One: Brainstorm Your Intentions

Physical Health:

Declaration:

“I am creating more energy and strength in my body!”

Getting Clear:

- Sight: I am quick in my step when I move and wake up quickly in the morning. My muscles appear firm and well-toned.
- Feel: I can breathe freely when I walk to the store or to work. I can carry 8 bags or more of groceries to my car in one shot!
- Smell: My regular exercise routine forces me to shower more frequently and always smell fresh and clean!
- Taste: I am drinking more water and healthy energy smoothies to maintain my energy and vitality!
- Sound: There is silence in the ease of my body movements from having greater endurance, flexibility and lung capacity.

Brainstorm:

Using the above points of clarity, my inspired actions will be:

- I will begin my day early with a vigorous walk and hand weight exercises;
- I will practice yoga;
- I will walk to the grocery store rather than bring my car;
- When shopping, I will carry my bags to my car rather than using a basket;
- I will exercise and shower daily;
- I will drink water before every meal and at least one in between;
- I will make a fruit smoothie with whey protein every morning;

You can brainstorm for each of the spheres of your life or solely on the ones you have decided to place your focus and attention on. The idea here is to generate as many ideas as you can without placing priority or importance on them until step two.

2. Step Two: Prioritize Your Intentions

Once you have generated a good working list, narrow it down to a list which can be broken down into daily intentions, weekly intentions as well as a three-month intention (quarterly) and one year intention. Some will become daily as they need to become part of your routine and rituals, where others require smaller steps beforehand. One or more of the spheres of life can be focused upon but setting intentions which are realistic will create the focus and energy required to create results.

Finally, ensure that this is the *right* time for you to focus on this intention in terms of your motivation, circumstances and systems of support available to you. If the circumstances are not right at this time, it may be a sign to look at other spheres of your life which require your focus and attention.

If health is the area you are solely concentrating on, there may be incremental steps and larger intentions you may want to set for yourself. A blank worksheet follows this example:

Declaration: "I am creating more energy and strength in my body!"

Intentions:

Daily:

I will drink 6 glasses of water

I will walk at least 30 minutes a day

I will drink a smoothie each morning

Weekly:

I will use hand weights 3 times a week

I will go to a yoga class weekly

In Three Months:

I will enter a 5K walkathon

I will hike in the mountains

I will reduce my weight by 5 pounds

In One Year:

I will enter a 10k walkathon

I will increase my lean muscle mass by 5%

I will wear the dress of my dreams confidently

Module 8: Intention Worksheet

Step One: Brainstorm Your Intentions (in 1 or 2 spheres of life)

Declaration:

Points of Getting Clear (using 5 Senses Approach):

Brainstorm of Intentions (a purging of ideas):

Step Two: Prioritize Your Intentions

Priorities (timely and realistic):

Daily Intentions:

Weekly Intentions:

Three Month Intention:

One Year Intention:

Module 9: Self-Care 10

If you have decided to make a commitment to using your thoughts, feelings and actions to create a better life, you are in fact making a commitment to caring for yourself. Your level of self care is a reflection of how you are walking in the world. The happier and more joyful you are, the happier and more joyful your experiences will be.

Some of your inspired actions you are creating are built on the foundation of your values and the activities of gratitude and visualization. These often live in our thoughts and minds. Although some actions may be more earthly grounded and concrete, the action of *self-care* is not always given a front and center priority.

The following self-care activities are suggestions as a **TOP 10**:

1. **Make time daily for yourself**
2. **Take 10 deep cleansing breaths**
3. **Smile often**
4. **Get fresh air**
5. **Move your body**
6. **Eat fruits and vegetables**
7. **Laugh**
8. **Get at least 7 to 8 hours of sleep**
9. **Relax (read, listen to music or meditate)**
10. **Receive love well**

How many of the TOP 10 activities have you given to yourself today?
When using your journal and worksheets, make a note of the self-care activities you used in your day.

Module 10: My Success Team

Your place in the universe is shared by everyone; your experience is a universal experience. The message here is that once you recognize that you are part of one great source of energy, the more you can leverage that of others and strengthen that in yourself!

Success in our intentions can also be dependant upon variables outside our own actions. Surrounding ourselves with people and resources which can help us ground our efforts as well as offer tools and partnership in terms of “accountability” will go a long way in increasing our field of energy.

When looking at your intentions ask yourself the following questions and add the answers to your intention sheet:

- 1. Who is around me today who can add energy to my intention?** Look for those people in your natural network (family, friends, colleagues, associates...) who have the skill, expertise and motivation to help you in your intention. Before drawing conclusions on the “motivation” aspect, be prepared to verify this and perhaps offer some help of your own!

- 2. Who can I draw into my life who can add energy to my intention?** Consider those who may have blazed a trail before you, who have the experience and know-how of what is involved in this intention. Look for mentors both in and out of your immediate circle. They may be present in the form of a group or a club which represents a similar need or area of focus that you are intending to improve.

3. Which resources are available to support the actions in my intention? Resources can be a person, such as a coach, a boss/supervisor or a therapist. Resources can also be a program, a book or an activity. Either type of resource provides tools or pieces of information which support those methods you are using to achieve the intended result.

4. What are the specific roles and actions my support team must play in order to help me achieve my intention? Knowing what you want and who or what can help is the first step to this process. Being able to identify specifically what the person or information must do is the second step. The third step is the ability to seek out and ask for this assistance. Getting clear about what attitude, behavior and actions are required from this support will help guide the process towards clarity and focus.

Example:

Declaration: "I declare that I am attracting more energy and strength into my life!"

1. **Who I Know:** My husband will join me in walks on the weekend. I will exchange services with my personal trainer friend.
2. **Who/What I Need:** I will join a yoga class and a walking club to keep me motivated. I will choose a meaningful charitable organization that uses walkathons for fundraising.
3. **Resources:** I will use great music in my treadmill walks! I will read books and articles on nutrition. I will keep water bottles in stock for easy access.
4. **How:** My husband will take the lead in encouraging the weekend walks. My trainer will train me for one month with weekly e-mail check-ins for accountability.

2. Leverage your strengths:

In looking at the actions on your Intention Worksheet, use this list of strengths to see where you can maximize your results by drawing upon these internal capacities. You may notice that some of the strengths identified are ones which may have served you in another sphere of your life which you have not yet considered potentially helpful in your current area of focus.

On your Intention Worksheet, you have listed the Inspired Actions to take and you have added your Success Team. Your next step is to add Your Strengths to this worksheet:

Example:

Declaration: "I declare that I am attracting more energy and strength into my life!"

In addition to my Inspired Actions and Success Team, this is how I will use (leverage) my Strengths:

- Team Work/Partnering: I always succeed when I work with others as I am open and perceived as a team player. This will help me in my walks with my husband, the training with my friend and the walkathon.
- Hard-Work Ethic: I am known for my discipline and perseverance at work and with others; I can have the same level of discipline in this intention!
- Compassion: I am always flexible and forgiving of others. I will use the same level of compassion for myself if I stumble along my path.

How I Will Leverage My Strengths:

Module 12: Results

Many people believe that the intentions we hold and the thoughts and feelings we produce must have outcomes according to our own timeframes. We ask, "So when will I see results?" Our expectations have been developed as a result of what we have already experienced. Our "time frames" are merely a product of our own set of rules and predictions based on those experiences.

However, they are just that-*predictions*. If we are bent on receiving a specific result, our focus becomes on "when and in how long?" At that point, we enter into patterned expectations and generate feelings of disappointment or impatience. These then become negative feelings, therefore we often give up. We are still living the experience of past conditioning and experiences.

It seems then that the only choice we have is to find a way to release ourselves from what *will* happen to what *is* happening. The final results of our intentions may in fact look different than the way you visualized them but the outcome may be just as satisfying and fulfilling! The *process* of creating a better life may also be noticeable in small victories and new opportunities or circumstances which are already leading toward the intention you have created. It is important then to access your ability to *observe, notice* and *acknowledge* these occurrences happening in the *now*. (Assuming everyone on this planet has now read, "A New Earth", by Eckhart Tolle, consider a re-read to re-affirm the principles.)

Feeling negative emotions such as fear and doubt are not negative at all. They are merely clues to guide you to an understanding of how you are experiencing your life at this moment and an opportunity for you to examine and re-frame them as needed. The following Self-Observation Part 2 Worksheet is a tool you can use to journal your observations. It will guide you towards a present moment focus and help you concentrate on the emotional experience you are living today. It will also help you to become a better observer of those clues and gifts which await you at every turn!

Module 13: Self Observation Part 2

Here are some guiding questions to help you observe, notice and acknowledge the presence of forward movement in your life today:

- 1. What coincidences have occurred today?** We often attribute good luck and opportunity to “coincidence” when it is the process of your intentional actions and positive energy bringing about some beginning results of what lies ahead.

- 2. What new thought or idea came to me today?** The universe has a way of helping us create the *right* actions based on the *right* ideas to lead us to our better life. You may not know exactly how this thought or idea could be used at this moment, yet a record of it might serve as a tool later on for an inspired action. You may have stimulated your creativity sub-consciously!

- 3. When did I experience a sense of well-being and “flow”?** Experiencing good feelings and a sense of ease is an indication that a thought, behavior or action is keeping you on track. When we feel fully engaged, creative and joyful in what we are involved in, it is a confirmation that you should continue to repeat this activity.

Module 14: Celebrate Me!

In our minds, celebration is reserved for hallmark occasions, milestones and large accomplishments. It has a focus and implication on a result, an outcome and a future time orientation.

Invoking rituals of celebration can be viewed as a “Pavlovian” technique to reward behavior change, but simply stated, it is merely another means to maintaining an elevated state of positive feeling. Here are some guiding questions to help you create activities and attitudes for celebration:

- 1. What small step did I take today that brought forth a sense of accomplishment?**

- 2. What new attitude or frame-of-mind did I incorporate in my day?**

- 3. What impact did I make, even if small, on another person, situation or circumstance?**

- 4. What activity or thing would honor today’s (or this week’s or this month’s) “win”?**

Module 15: Giving

"The universe operates through dynamic exchange - giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives." **Deepak Chopra**, from *The Seven Spiritual Laws of Success*.

There is no doubt that a case for *giving* is an easy one to make. It is a means to bring joy, value and honor to those around us. It can create personal meaning or can have global impact. We can give beyond material gifts by giving our love, our time and our thought.

The following questions are designed to help you acknowledge the abundant acts of giving you are already generating, as well as to help you begin to stretch your "giving muscles" even more:

1. What form of giving do you derive the most pleasure from?

2. How can you give more freely of your thought today? (of others and more globally)

3. How can you give more freely of your time today? (to others, your community, the planet)

4. How can you give more freely of your love today? (through a gesture, an acknowledgement, your words)

Module 16: Surrender: The Art of Letting Go

“Surrender is the simple but profound wisdom of *yielding to* rather than *opposing* the flow of life. The only place where you can experience the flow of life is the Now, so to surrender is to accept the present moment unconditionally and without reservation.” **Eckhart Tolle**, from *The Power of Now*.

The idea here is not one of “reckless abandon” but of a pure conscious awareness into the present tense of your life, rather than a focus on the future. Negative emotions will play a *supporting role* when your thoughts become ones of worry and doubt about “what’s to come and when”. This does not negate any action or intention but in fact helps to raise the energy field once your thoughts and emotions are understood. When you learn to become the observer of your life, you can shift and re-frame your thoughts, decisions and actions more quickly rather than allowing the negative emotions to stew longer.

When you are in the process of creating your better life, consider your intentions and actions bringing about that which you desire but resist your inclination toward *prediction* or *expectation*. Maintain a beginner’s mind where anything is possible and trust that although it may be different from any past experience, it will be exactly what is needed to bring you your joy!

Continue your journey and allow your intuition and the power and learning of each moment to guide you. Your practices of meditation and self care will propel you towards a slowing down of your mind and an elevation of your spirit and energy.

The premise here, therefore, is to move through all of your intentions and inspired actions with a passion and focus to where the experience is right now. Being able to relinquish your anticipation for the future is really about letting go of your fears and hanging onto the faith that all will be provided in the right sequence in the right time. When we plant a seed, we do not sit and watch it grow; we leave it with the knowledge that with sunlight, water and time, it will sprout in its full glory in its perfect moment! And so will you!

Ignitus coaching will be happy to provide you with continued support in your journey! Look for coaching programs, products and services at <http://www.ignitus.ca> or contact Joanne Baskin at joanne@ignitus.ca 514-421-4034