

Week 3:

Intention: Understanding some key points that are holding you back.

Thinks keep holding us back from achieving our goals. The secret of success is to keep focused. OR keep your eye on the prize. So, they say.

In order for us to remain focused and keep a clear vision on what we need to do. We need to look at some dragons that lark around in our subconscious and conscious. Today we looking at two. What we worry about and what we shame ourselves for.

Worry 75% of what we worry about is a waste of time.

List 5 People/things that you worry about all the time. Write down a worry list.

Let's put this worry into perspective

Once you have your list for each worry ask yourself the following:

1. Is this true, a true worry?
2. What are you really worried about? Make sure that you have identified the true worry.
3. What can you do for the next week to help you worry less about this concern. Add it to your action step on Evernote for the week
4. **Now take a deep breath and ask for assistance to God/Universe by saying.**

"Lord God/Universe, I feel uncertain and anxious about what I face. Please give me the strength to endure and the clarity to see.

Shame:

List past experience that has made you feel Shame?

Evernote

Open Evernote and start to put your thoughts on to paper

Meditation about what our life looks like in 6 Months' time

Evernote:

1. Determine three areas you want to work in.
2. Things that need to happen in order for you to achieve them.
3. What action needs to be met for the next week on the above.

Action steps for the week.

- Write down your worry list, Remove all unnecessary worry.
- Write down when you have experienced shame in your past and do a morning pages on it.
- Spend some time on Evernote to define your intentions

- Remember to put your self-critic in check.
- Hear yourself blaming, justifying and judging
- Morning pages
- The artist dates
- Spend time on Evernote
- Say Something nice about yourself now!