

Living YOUR Empowered Life

Starts with Courageous, Empowered Action



Step 1: What do you want?

What do you want in your life? Have you ever sat down and really allowed yourself to dig into the well of who you are, your value, your strengths, and asked, "What do I want?" You are worthy of this self-discovery. What do you want in your life, career, relationships? Keep asking until you feel complete:

Step 2: How do I desire to feel? When you create what you want, you will feel?

We have a really insidious way of keeping ourselves from feeling the way we desire until our life has lined up in a certain way to "give us the feelings." The waiting game is over because life will never give you what you desire to feel. We have to get clear on how we desire to feel so that we can feel it first. The desired feelings then lead us to take inspired, courageous, and empowered action to create our reality.



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Step 3: Take the next right, courageous, and empowered action step that supports how you desire to feel.

Career: What do you want in your career?

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When those things come to fruition, I will feel: _____, _____, _____

What empowered action can I take today to support my desired feelings?

I give myself permission to: _____

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Relationships/Family: What do you want in your relationships/ family?

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When those things come to fruition, I will feel: _____, _____, _____

What empowered action can I take today to support my desired feelings?

I give myself permission to: _____.

Money/ Finances: What do you want in relation to money/ finances?

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When those things come to fruition, I will feel: _____, _____, _____

What empowered action can I take today to support my desired feelings?

I give myself permission to: _____.

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Health/ Physical Fitness: What do you want in relation to your health/ physical fitness?

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When those things come to fruition, I will feel: _____, _____, _____.

What empowered action can I take today to support my desired feelings?

I give myself permission to: _____.

Fun/ Play: What do you want in your life in relation to fun and play?

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When those things come to fruition, I will feel: _____, _____, _____.

What empowered action can I take today to support my desired feelings?

I give myself permission to: _____.

Emotional/ Spiritual Well Being

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When those things come to fruition, I will feel: _____, _____, _____.

What empowered action can I take today to support my desired feelings?

I give myself permission to: _____.