



Soul Fuelled
& SELF MADE

MODULE 1

Define What Fuels YOUR Soul, Determine The Facets Of Life That Are Integral To Your True Fulfillment & Connect Deeper To Your Inner Fire

DEFINE WHAT FUELS YOUR SOUL

Look at your life & business holistically to get clarity on what TRUE success means to you

Welcome, officially, to your Soul Fuelled & Self Made adventure!

So stoked to have you here for the ride.

You have said YES to you. You have said YES to being the best version of you. You have said YES to the knowing that you can have YOUR version of 'it all'. You have said YES to being your best self in order to share your unique gifts and leave an impact on this world.

Seriously, I bow deeply to you.

This world, now more than ever, needs legendary leaders like you. Thank you for being you.

As human beings, we come into this world with no manual, no clothes, no human possessions. From the moment we arrive we are all about connection; complete clarity between what makes us 'off centre' and what fills us with joy & the knowing that all we really need is love.

Yet as we start going through life, especially if you're also an entrepreneur, we start getting signs that there IS some sort of manual, some sort of step-by-step process to fulfilment, some sort of magic bullet to 'having it all'.

My gorgeous fellow soul-fuelled leader, there is not. That is why you are here.

YOU are unique. In all your perfectly imperfect glory

What experiences, skills, beliefs, talents, passions, gifts, joys you have; will NEVER be duplicated again. THAT is your magic bullet/manual/guiding light. YOU are your signpost. YOU are your most precious commodity.

So if you believe that, or are OK to humour the idea for the sake of progress - then there are two truths here we need to honour:

1. you CANNOT die with your music still inside you - it is the only symphony of it's kind & the world would be a lesser place without it and you less fulfilled if you keep it within
2. YOU decide what facets of life are important to you & YOU are the one to create the treasure map of how to holistically live your most fulfilled & successful life.

And I'd love to throw in another truth to consider:

You are worthy and you are born to experience being sublimely happy.

As we go on with this journey, things we explore will be developed deeper in following modules, so please keep progressing through. Just do your best to absorb & action ideas and know we will expand and refine as we progress. It is not about perfection, it's about progress. It's time to move forward, continually. It's time to lead - and learn how you can grow EVEN WITH fear along for the ride. In doing so you will build your bravery muscle & step even further into your role as a soul-fuelled leader.

Let's do this!

LOOKING INTO OUR NEEDS & FEARS

Now although we've established that we don't have some sort of 'human manual' - there are a few resources & ideas that can be handy in our journey.

One is that they've discovered our brain and bodies are still wired much the same as our caveman ancestors. So 'fight or flight' is a very real experience when we get that stressful adrenaline rush - even though there are no sabre-toothed tigers to run from now.

Yes, this could be an extremely lengthy and in-depth exploration - but I find, sometimes, staying in 'research' mode can prevent us moving forward.

Simplicity is key.

Life can be easy.

In believing that, I feel these following two resources are extremely valuable to bring along in our Soul Fuelled & Self Made adventure toolkit.

6 Core Human Needs

This is a concept from **Tony Robbins** that covers 6 areas of relevancy to all humans. The primary being the first 4, and the last 2 being what we need to also include in our lives to experience deep meaning & fulfillment.

1. **Certainty**: assurance you can avoid pain and gain pleasure
2. **Uncertainty/Variety**: the need for the unknown, change, new stimuli
3. **Significance**: feeling unique, important, special or needed
4. **Connection/Love**: a strong feeling of closeness or union with someone or something
5. **Growth**: an expansion of capacity, capability or understanding
6. **Contribution**: a sense of service and focus on helping, giving to and supporting others

As humans we will naturally 'hunt out' ways to fulfil these needs - primarily the first 4. The question remains is to whether we obtain these needs in a resourceful or unresourceful way. For example: some people are always creating drama in their lives - this could be considered an unresourceful fulfilling of their need for uncertainty/variety. If we can be aware of these 6 core needs as a part of our genetic makeup & we continually practice the skill of self-awareness, we can seriously fast-track our TRUE happiness & correct our course swiftly if we find ourselves a little off track. We will add on to this as we progress throughout our Soul Fuelled & Self Made journey - let's keep it simple for now and acknowledge these human needs.

3 Universal Fears

When we look into the root cause for our self-sabotage, procrastination, hiding, self-doubt, in-action, blending into the crowd and so on & so forth - it comes down to 3 universal fears:

1. **Fear of being found out or not being enough.**
2. **Fear of not belonging.**
3. **Fear of not being loved.**

Having these in our Soul Fuelled & Self Made database are so damn handy because the more self-awareness we have around how & why we do things - the more QUICKLY we can tap back into our truth, divine light, sparkling soul essence & get back on with doing what we are TRULY here to do.

I've found throughout my coaching/mentoring journey thus far - these two tools have been ridiculously handy for myself and clients. Of course there are LOADS more we could look into - but we're about moving forward, leading by example and BEING our message. There are enough researchers and very smart people sitting on the sidelines of their lives and not truly LIVING. Let's not overcomplicate. Let's do this, baby!

LET'S LOOK INTO SUCCESS

“To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.”

~ EMERSON

It's a lot easier to define what TRUE success means to us once we look into an idea of what drives us as humans. Sometimes we have a vision of success but one of the core needs or universal fears halts us from truly admitting what WE feel is true in our hearts.

If we can use the core needs & universal fears as 'post its' in our mind - we can step through those 'safety measures' and get deeper clarity into what we REALLY, deeply want to create in our lifetime.

It's all about TRUE dreams that light YOU up and then taking steps to lasso them into your reality.

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.”

~ THOREAU

Our deep fulfillment and feelings of success truly come down to self awareness. And in being OK to go against the grain {our 2 'needs & fears' tools come in handy here} and another element is being OK to say 'no'. There may be areas of life we've said for a long time are important to us, such as a certain amount of financial wealth, however when we TRULY look at it - it doesn't really matter much to us, as an individual. So defining what success means to us is as much about what lights us up as it is about what we don't REALLY care about.

It's time to consider what YOU are passionate about, what a 'FULL' life looks for you, personally.

Oftentimes when exploring this, I've seen major breakthroughs happen. People finally beating a self-sabotage pattern because they see it for what it truly is: an unresourceful attempt at fulfilling a core need - so they replace it with a resourceful option instead. People taking a serious mental weight off their shoulders when defining what they REALLY want in their lives and deciding to live into THAT instead of a notion they previously thought they SHOULD follow. I've seen self-awareness boost simply by acknowledging areas of life that are ACTUALLY important.

Remember: when we shine a light into a room, we illuminate the shadows. Then we can stop being scared of the unknown - the 'boogeyman'. It was simply a shadow, something unclear, unknown. When we see it for what it is, it no longer has power over us. Self-awareness, baby - it's everything!

For defining what success means to us, individually, we need to give ourselves the permission to have our unique blueprint of success.

We need to give ourselves permission and the freedom to create a life of meaning, significance and importance to US.

None of us are created equal in terms of what lights us up - so we need to tap into our inner source of knowing, to design how fulfillment would truly feel. No one outside of you has the answer.

You have the tools.

You have the answers.

You can give yourself permission, freedom & forgiveness AT ANY TIME to move forward in your life.

Success is an inside job.

True fulfillment is in your hands - it can begin today - you can start RIGHT NOW.

Here are some ideas you may be passionate about:

- inner happiness
- enhancing your creativity
- connectedness to self
- simplification & clarity on your message
- living in the moment
- feeling deeply fulfilled & satisfied with life
- abundant energy
- playfulness & child-like freedom
- increasing your productivity quality & impact of your messaging
- shining your light & rocking the gifts you were born with
- blowing your mind as to your capabilities
- creating extraordinary results
- amazing relationships
- financial freedom
- building a business/career with heart
- being your most radiant, inspiring, sexy, badass self

Some of these may speak to you, others may not. And that's PERFECT. Remember, learning to say YES to what lights you up is just as important as saying NO to what isn't a 'hell yes'. It takes practice - but it's worth it, for YOUR best life, baby!

NOW is the time to explore your PlaySheet
'Envisioning MY Most Fulfilling Life'.

DETERMINE THE FACETS OF LIFE THAT ARE INTEGRAL TO YOUR TRUE FULFILLMENT

OWN what drives you, what is of utmost importance to you & the message you KNOW the world needs to hear NOW {from you of course, because there ain't no one quite like you, baby!}

Please, don't die with your music still in you.

You have SO much to offer, to enjoy, to harvest - in all facets of your one, wild life.

You can have all YOU want. Perhaps, if you believe it, you can't have 'balance' or 'it all' or 'it all right now' - but I deeply believe you can have all YOU want. And you can create a harmony of all those beautiful facets that brings peace & fulfillment to YOU. And that's what truly matters. What's more? When you are LIVING soul-fuelled, it is even EASIER to elevate all areas of your life. And that's where I want to focus - YOUR inner magic; YOUR music; YOUR passions; YOUR truth. There will be no one else like you on this earth, ever. No one will do what you're here to do - with your flavour, experiences & passion. You are NEEDED!

We're focusing on getting you into holistic alignment and into inspired action as ultimately that's what it's all about.

“Our job in this life is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it.”

~STEVEN PRESSFIELD

All areas of our lives weave together to create a beautiful tapestry. We feel out of alignment if we're neglecting a facet that truly matters to us. We feel energised & in alignment when we're giving some love to ALL the facets of importance to us.

Here are some areas to consider for your life - of course the MEANING of different facets & in what it takes for you to feel fulfilled in each is completely unique.

- Spiritual connection
- Physical health
- Emotional wellbeing

- Mental health
- Relationships
- Business/career
- Finances

You can totally make your own list as well, of course! We are all unique! Hopefully these facets help you define the pieces of the pie important to YOU.

Something to remember - if we have some really strong 'muscles' such as our business/career - but then some weak/neglected 'muscles' such as our physical health - we are overall not feeling as fulfilled as we possibly could. In realising all the areas of our lives are truly interwoven with each other, we can set ourselves free. We can clearly see where we need to attend our focus. We realise that as one facet becomes strong it builds the strength of another facet. As love & attention is given to each area, we holistically flourish and elevate even higher - as an aligned, energised being.

Because of our individual passions and experiences, we all have a message we're here to share with the world.

Sometimes we can feel a little unclear on our 'purpose' or 'mission' or 'calling' because of the way society speaks about it. What we need to come home to however, is not what other people value or think, it's coming home to US. So in looking at what success means to us and in looking at the areas of life that are integral to our true fulfilment, life becomes a little simpler. Our path becomes a little clearer. And the things that matter to us are highlighted.

Your purpose, your mission is to BE your most lit-up self and share what lights you up.

It can be that simple.

Your purpose can change over time.

But do remember, we are energetic & spiritual beings and we magnetise things/experiences/people to us that are of a similar energy. To put it simply - consider yourself a magnet.

If we believe we are magnets, that let's own that power.

The world doesn't need more collecting & congregating of fear/self-doubt/scarcity/inaction/procrastination. The world needs more LIGHT. So please don't discount how important it is to follow what inspires you, your passions, your excitement. It's so funny that we can be quick to say those things are not very important and that we should let the opinions of others matter more. Your purpose is to be your best self, because in

doing so you light up those around you, you inspire those around you, who then in turn head down the path to being THEIR best selves and inspiring those around them. It's a wildfire of the best variety. And you have a role to play in it. Which kind of wildfire are YOU going to contribute to?

Consider this Cherokee legend 'Two Wolves':

*An old Cherokee is teaching his grandson about life.
"A fight is going on inside me," he said to the boy.*

"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

NOW is the time to explore your PlaySheet:
'The Integral Facets Of MY Fulfillment'.

CONNECT DEEPER TO YOUR INNER FIRE

Get deeper clarity on your dreams, goals & desires to create a treasure map unique to you so every day you know clearly WHY you're rocking out as the high vibing soul-fuelled leader you were BORN to be.

Now is your time.

Now is the time to connect deeper to the fire that burns within you, to ILLUMINATE your true passions, purpose & desires.

Now is the time to once and for all EMBRACE your gifts & inner magic.

You are here to LIVE your song & your dreams.

You were born to EXPRESS your message & 'die empty' having shared your truth, daily.

"I'm not afraid. I was born to do this."

~ JOAN OF ARC

It's time to commit to living a life of no regrets.

Your happiness, success & fulfillment is an inside job. It's SELF MADE, baby!

And the key to it is: what fuels your soul.

Yes, sometimes it's easy to say no, to shy away from what truly moves you.

But remember, no one is going to speak your message for you.

No one is going to live your dreams for you.

No one else is responsible for you being your most radiant, joyful, lit-up, inspired & badass self.

So let's dive a little deeper into the journalling, vision boards & facets we've explored so far. Let's make a list of our dreams, goals, desires that are most important to us.

Let's create our treasure map of what we most want to experience, be, do, have and give. Because as we dream we also need to remember that the legs to these dreams

are built TODAY not tomorrow. So we need to take action DAILY to accomplish these beautiful incredible amazing dreams we want for ourselves. And life happens, oh yes it does. SO we need to remember WHY we've committed to doing a particular action each day. We need our individual treasure maps so we can print out the sucker and shove it in front of our own face when we feel like we're getting off track. "See, baby! THIS is why we're committed to doing this today. THIS is why we're taking the 'harder' path. THIS is where we're headed. THIS is our treasure. Let's get to work!"

A few things to remember: you can have as many or as few goals and dreams as you want. There is nothing set. However you need to get ideas out of your mind - you can always cross them out if you realise you don't really care about them. But for all facets of your life that are important to you - you need at least one desire/goal/dream to be the beacon you are aiming for, the north your compass is pointing to, the treasure on your map you're directing towards. Once we know what we want, things truly become easier, because we have a foundation now, an end goal. Now all that matters is connecting the dots & making aligned decisions to get us there. To keep tapping back into that treasure map, no matter how long it takes, because we KNOW that's what we want. And that's why it becomes simple, because the things that don't matter fall away - just sitting outside of our peripheral vision as we direct our focus to what we truly want. It becomes simple because we keep making one 'best move' after another and course-correcting as needed to get to where we want to go. We have a map. We're not just carousing around the country-side. We have a destination. Out of all infinite potentials, we've made a call. We've MADE a decision. Now it's the journey ahead and remembering to continually look at our 'map'.

You've got this, baby!

NOW is the time to explore your PlaySheet:
'My Self-Commitment Treasure Map'.



#soulfuelledselfmade

#makeblisshappen

#blissinventive

