



Soul Fuelled
& SELF MADE

MODULE 3

*Amp Up Your Energy, Confidently + Congruently
Brand YOU & Shine Brighter Than Ever*

AMP UP YOUR ENERGY

Along with your soul & mindset foundations you've already set, explore your physical needs to be your most radiant, clear, sexy & badass self.

Uncover what energises YOU & gets you vibing high for feeling maximum passion & supreme aligned productivity {along with some hot tips & resources for extra tools in your kit!}

Welcome to Module 3 fellow soul-fuelled leaders! Now is the time for us to AMP UP our energy, confidence & congruency to see us LIVE our individually designed commitments with ease and grace.

Throughout PlaySheets thus far, you've made your '**Self-Commitment Treasure Map**'; you've designed your '**Soul-Fuelled Mindset Rituals To Assist Aligned Action**' & you've crafted your '**Soul-Fuelled Manifesto**'.

What an amazing foundation you've laid for committing to, designing & living into your most truthful & exciting existence.

Please pause for a moment and HONOUR YOURSELF for the journey you've made so far. For the things you've said HELL YES to. For the things you've said no to. For the evolution of your grit, character & passion in even these past few weeks. You are incredible. Own it, baby!

I am so proud of the framework you've created for your raddest dreams so far. I want this ongoing adventure to be filled with EASE, GRACE and FLOW for you.

That brings us to this module! Onwards!

In order for that to be reality we have to tap back into an idea we explored in Module 2 - that our physiology creates our psychology. And that our inner representation of an event creates MEANING, which affects our state. SO - the way we feel in our bodies affects how we think and the way we think affects how we are - and all of this affects our actions. Interconnectedness - it's EVERYWHERE! So if we look at our bodies affecting our minds and our minds affecting our behaviour - it bubbles to the surface that our ENERGY is pretty damn integral to taking the most aligned actions day-to-day, yes?

If we believe what we've explored so far - then something else is also true: we can choose our energy & actions. Or more specifically, we can actively influence the way we represent experiences to ourselves AND the way we hold ourselves to help our actions align with how we truly want to live.

Our energy can be cultivated throughout the various facets of our lives we detailed as important to us in Module 1 - such as spiritual energy, physical energy, emotional energy and mental energy.

Personally, I find when I'm honing in on my treasure map & actively doing my mindset rituals then most of my energy for the facets of my life are naturally taken care of, bar one. PHYSICAL energy. You may be different and need to focus on another facet more so to EXPLODE your energy levels - and that's perfect! The PlaySheet coming up will help you here. For me, when I do make sure I'm carving out time to cultivate my physical energy - everything falls into place. As we explored earlier - when we gain muscle/strength in one facet of our lives, it helps raise the other facets as well. I find an UNLEASHING of energy amongst all facets of my life when I'm moving & nourishing my body well. It doesn't have to be a difficult process by any means - new research is showing even 20 minutes of movement/exercise, eating as much real food {non-processed; stuff your great-grandparents would recognise} in your daily meals as possible & drinking enough water are 3 ways you can ensure you're ticking your 'movement' & 'nourishment' goals off daily. You can go WAY deeper of course, specific 'diets' and workout programs that speak to YOU for a start. Remember, working out also releases dopamine (the neurotransmitter of motivation) and serotonin, which makes you feel happy. And as we've seen - when we feel good, we create even more of that AND we're in the space to make conscious legendary choices & take aligned action. YES PLEASE!

*“Take care of your body with steadfast fidelity.
The soul must see through these eyes alone, and if
they are dim, the whole world is clouded.”*

~ GOETHE

Now there are MANY ways our energy can be diminished and boosted and it's different for each individual. Again, it comes back to self-awareness to truly cultivate a blueprint that works for YOU. Hence the upcoming PlaySheet! Let's explore a little further first.

EVERYTHING IS A VIBRATION

“Never forget your real identity. You are a luminous conscious stardust being forged in the crucible of cosmic fire.”

~ DEEPAK CHOPRA

Everything is a vibration.

We are all connected.

“Universe” = one song.

Quantum physicists have explored and come to the conclusion that we exist in an intention field of consciousness. A field of infinite creativity and potentiality.

An intention field wherein 1 cubic centimetre of space contains more energy to make the universe three times over.

Us mere mortals exist under the illusion that we're all ordinary. That we have limitations. It's our Achilles heel. But the good news is ~ we are all capable of transcending. All we need is awareness so we can shake our limits and give our soul {our highest self, our true inner essence} the space and freedom to expand and GROW.

If we believe there is even the slight chance we live in a field of pure potentiality where there are infinite possibilities, then if there is some experience we want, we need to be on that wavelength or 'radio show', yes? If we're tuned in to Country FM but wanting to groove to reggae, we've got to switch the dial right? So, for a lot of things, it comes down to what we're tuned in to. The energy. The vibration. The way we feel. The vibe we're expelling and utilising in each moment.

Does that feel like something you can work on?

Are you ready to live large?

ENERGY EXPLORATION & TRANSFORMATION

YOUR energy is your life-force, it's your creativity, it's your source of all abundance.

So it's kinda important.

Protect your beautiful energy like a precious jewel. Like a secret hidden power that is all yours to cultivate and enjoy.

Explore how you can transform your experiences to the next level!

Remember:

attention = energy

intention = transformation

Some important questions you can ask yourself to help with transforming what you want to change:

What am I focusing on?

What do I intend to happen?

These questions can help steer us back on course to AWARENESS as well as creation-mode - where we are intention/results focused - therefore getting us back on track with our 'treasure maps'!

You deserve to be your most most radiant, clear, sexy & badass self.

It's time to be consciously aware of what energises YOU & gets you vibing high. It makes it SO much easier to tune into YOUR passion-station, inner-magic, self-radness and then kick off supreme aligned productivity. Why not make life as easy as possible for yourself, right? It's all ready for you. And it's YOUR gold to then do with what you will. {As I would tell my son: with great power, comes great responsibility!}

HOT TIPS:

- DO your Energy Blueprint PlaySheet - no one can do it for you and the self-awareness you'll gain from it is pure GOLD!
- Here's a post-it I've made which I think I adapted from an internet meme originally - it really helps me to centre into my body!

Eat when you're hungry

Rest when you're tired

Relax when you're stressed

Step back when you're overwhelmed

Listen to your body.

- If it interests you, look into modalities such as EFT {emotional freedom technique}, acupuncture, kinesiology & acupressure as additional tools in your 'energy toolkit' to help align your physical body, remove blocks & increase the flow of your beautiful energy!
- Look into intermittent fasting - a lot of influential {& affluent} leaders recommend occasional or consistent fasting as part of their energy manufacturing rituals. Make the call for yourself - as with all things!
- Harvest time - find your sweet spot of when you're most in flow - it's either early in the morning or late in the evening usually. I'm a mornin' gal personally. Make sure when you figure out which one is yours that you carve out blocks of time to make what matters most happen. It can be like pushing sand up a hill to try & fit yourself into the opposite time block if it doesn't come naturally. This may mean you need to get up earlier OR stay up later - play around with it. When you find yourself there a few times, you'll realise it's so damn worth it for the little lack of comfort to be harvesting YOU time!
- Don't forget nature as part of your energy plan - we are truly a woven part of this cosmos & we can tune back into our natural abundant energy from even simply standing outside & looking up.

MAKE YOUR LIFE A MASTERPIECE

Noticing our energy is going to be an ongoing exploration throughout our lives - but we're only going to get more badass at it as we practice!

If we can charge up ourselves like a solar panel, like the self-charging battery system we are - then we are in an incredible place to start our best work. To create. To share. To express. To inspire. To love.

Make your life a masterpiece.

Embrace and express your inner magic.

Because your soul-fuelled expression is your legacy.

NOW is the time to explore your PlaySheet
'My Energy Blueprint'.

CONFIDENTLY + CONGRUENTLY BRAND YOU + SHINE BRIGHTER THAN EVER

Refine your visual & energetic representation to your tribe so that the personal branding of YOU lights you up & sees you fearlessly showing up daily to share your inner magic.

We looked into amping up your energy as THAT is what people truly feel when they come across you - in terms of your message, blog posts, videos, 1:1 sessions - any type of sharing! When someone comes on board with team YOU - they're there for your energy. Yet another reason why it's so damn important to cultivate, create and harvest that GOLD, baby!

So in terms of the personal branding of YOU - it's two-fold, energetic & visual. It's the natural flow-based content you create simply by speaking/writing/sharing what comes forth from within you due to your passions, skills, education et al. Then it's also the digital/physical representation of that message {i.e.: the graphics you share, the images you use, the website you share from, your logo, your colours, your fonts, your personal style, your fashion, your visual representation.}

Be a game changer in both arenas: shine your message true & brightly like a lighthouse - radiate it baby. Secondly: stand by it with fearless confidence by DIGGING your visual representations so it is all an aligned, elevated, exciting platform for you to share your inner magic from, daily.

"Branding" is the congruent image you are showing the world each day - online and offline. The easiest thing to do is to be, LIVE, your real, vulnerable, genuine self - as you would be chatting to a client in real life or amongst friends. Then you don't need to THINK about 'brand YOU' - you just think of terms of 'team YOU' & how you can share YOU even more - people will 'buy' YOU {or your energy, your passion} at the end of the day. So anything visual needs to tap back into the wavelength that IS you - so if you try and have self awareness around your logo, colours, image choices, clothes choice, interior choices moving forward - EVERYTHING ends up branded YOU because it's all aligned! Just take it one step at a time. Keep connecting into what lights you up. That's always the best place to start! You can grow & develop from there.

How you ARE in the online & physical worlds - THAT is you, getting your message out, daily ~ it's your expression! Try not to filter too much, but do be aware that everything is connected and it's time to BE, consistently, the person you truly want to be. It's time.

STAND UP SOUL-FUELLED REBELS

It's your time to shine.

It's YOUR TIME to blow your own damn mind.

It's your time to stick your middle finger up to procrastination and start SERIOUSLY digging in to your TRUE soul work you were BORN to rock this world with.

You don't know how many days you've got left on this earth. Life minutes as the gorgeous Alexandra Franzen calls them. None of us know how many minutes are left on our clocks. Yet sometimes we act like we'll live forever. We won't. But we can make a hell of a difference in the time we are here. We can rock the damn socks off those around us, leave big impressions on the hearts of those we loved and make a badass difference towards the things that we are passionate about.

We're passionate about these things for a reason.

We chose to be here.

Let's act like it.

Not sometimes.

DAILY.

Let's be leaders of sharing our soul-fuelled inner magic with the world. Let's inspire others to play a bigger game and share THEIR lights even more. Imagine if this world was run from intuition, inner guidance and humans following their divine talents, passions and desires. SHIT WOULD CHANGE baby, big time.

So this exploration is for YOU and me: rebels with a cause: creatives, entrepreneurs, innovators, spirit junkies, healers, wellness devotees, lovers, leaders and seekers who want to leave the world a bit better.

EMBRACING AND EXPRESSING YOUR INNER MAGIC

I believe we are put here on this earth to share our truth - our divine gifts - our passions. To EXPRESS what makes us, US. What excites the butterflies in our stomach to flutter around.

We're all different. There is no ONE WAY to get our message out there or to do our soul work. It's all in the eye of the beholder.

Soul means:

1. the spiritual or immaterial part of a human being or animal, regarded as immortal.
2. emotional or intellectual energy or intensity, especially as revealed in a work of art or an artistic performance.

Fuelled means:

1. combustible matter used to maintain fire, in order to create heat or power.
2. something that gives nourishment; food.
3. an energy source.
4. something that sustains or encourages; stimulant.

Expression means:

1. the action of making known one's thoughts or feeling.
2. a look on someone's face that conveys a particular emotion.

What I'm sharing here for 'expression' is more 1 from above, but how important is 2?! Whether it's a look on a face or felt through a piece of writing - it's the truth, the essence, the real-ness, the essence of the author that connects to the reader/audience/tribe. SO important to remember - especially as we're exploring SOUL-FUELLED expression.

So we could say we're exploring:

Spiritual Stimulant Sharing!

OH HELL YES!

Let's venture forward, baby!

LIVE YOUR SONG. LEAVE YOUR LEGACY.

It is said, and I believe truly, that we have a lived life AND an unlived life. What I'm passionate about is lighting up that inner magic in all of us because THAT is our link to our 'unlived' life. If we can harness THAT magic and take action on it - then we close the gap between where we are and where we want to be.

And at the end of the day - at the end of all of our days - I want us to say that we gave it our red hot best. We did it. We sang our song. We embraced our magic. We shared our truth. We TRULY lived our soul-fuelled life. We can rest easy.

Regrets aren't for us. Regrets aren't for rebels with a cause. Mistakes? Hell yeah. But we're the ones in the rubble, baby. We're the ones giving it a whirl. We're not on the sidelines. We're in the ACTION. We're expressing our truth - no bottles with lids within no more.

ONWARDS, legend!

EXPRESS YOURSELF.

Seriously - now is the time to let what's within OUT & share it, baby!

Now is NOT the time to hide, to let perfectionism or fear take the lead. You can improve as you go along your journey. JUST. GET. STARTED.

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

~ HENRY VAN DYKE

And if you're already on your path - now is the time to rise even higher - stretch your limits, don't stay comfortable for too long - always aim to be green & growing.

There are SO many ways to unleash what's within. Here are some ideas:

Writing

- Social media - snippets shared, 125 characters on Twitter, long or short thoughts on Facebook
- Blog posts - journalled thoughts & sharings or thought out essays on researched

topics

- Articles - for printed or online publications
- Memes - short & sweet shareable ideas that spark a reaction/connection - can simply be words or mixed with imagery also

Speaking

- Audio recordings - waxing lyrical straight into your iPhone or professional podcasts submitted to iTunes
- Videos - fancy set ups or quick selfie videos when you can spare a moment
- Social media - you can use apps like Facebook, Instagram, Periscope & Snapchat to share your audio and/or videos

Visuals

- Artwork
- Music
- Poetry
- Songwriting
- Photography
- Dance / physical expression

There are SO many creative pathways out there. It's up to you what speaks to you and gets your heart beating faster.

And the one/s that do?

DO THEM.

Schedule those suckers in.

THAT is how the world needs to get their taste of you.

DAILY.

Schedule this in. Make it stick. Make it a habit. It's going to be hard. But you KNOW it's important. You KNOW you were born to do this. To share this message. So drag

your ass to your chair/easel/microphone and get something done. It doesn't have to be brilliant or perfect or long. You just need to share and keep sharing. As Todd Henry says - you need to DIE EMPTY.

Make it simple.

You have a message. It excites you and you're passionate about it.

Share it.

Repeat daily.

BUILDING YOUR TRIBE. INVOKING CONFIDENCE. BEING CONGRUENT.

Be conscious about:

- being consistent
- branding YOU
- showing up - in all your perfectly imperfect glory - the world is so damn ready for more REAL!

Here's a short & sweet video I made about branding congruency that you may like.

You want to feel LIT UP. You want to confidently SHOW UP every day, knowing your representation of your message reflects the heart & soul behind it.

I know this is important because this consistency builds trust. I witness it daily with our own community & through our clients. I also witness the confidence that arises when helping clients cultivate their visual identity. And as I've said a few times already throughout our journey - the more things to help make this journey EASIER - to bring more ease, flow & grace - I'm ALL for them.

NOW - this is important, you can see my reasonings here as to why your visual identity supports your energetic one. But PLEASE do not let this see you stopping your progress and see you dilly-dallying in Inaction-Land because your branding isn't 'on fleek' yet! You can always improve. You can always re-brand. Schedule it in. You can always go back & edit/republish old material to your new branding {when ready} if you desire. OR

you can leave everything as it was & when your kickass branding is ready, your tribe will be able to see your journey of growth! Another gift to your tribe to show them it IS an adventure, an evolution and that THAT IS OK. You are worthy regardless. You can TAKE ACTION regardless. Progress over perfection. Basically - decide what matters to you. Decide what would help you LIGHT UP more than ever. Decide what would SUPPORT you to share your truth even more FEARLESSLY. Then book it in, schedule it in, mark dates in your calendar to get that party a-happening! And continue on sharing what you can, with what you have, NOW! Don't put things off until tomorrow because of perfection. Act now. Get better daily. That's all.

Don't die with your music still in you.

Embrace and express your inner magic.

Because your soul fuelled expression is your legacy.

NOW is the time to explore your PlaySheet
'My Expression Blueprint'.



#soulfuelledselfmade

#makeblisshappen

#blissinventive

