



Soul Fueled
& SELF MADE

MODULE 5

*Shake The World, Make A Legendary
Difference & Design Your Legacy*

SHAKE THE WORLD

Embrace vulnerability, lose the filter, be the RAW legendary you & connect deeper with those you're here to elevate & rock out with.

Welcome to module 5 in YOUR Soul Fuelled and Self Made journey. I trust you're tapping deeper into what fuels & fires YOU up. I know you're even more aligned with your innate creative potential in designing your lifestyle and experiences each and every day.

You've envisioned your most fulfilled life. You've distinguished the facets of life that are most important to you. You've cultivated a treasure map to live a life aligned to what matters most to YOU. You've committed to rituals that support your aligned living on a daily basis. You've created a manifesto for YOUR ideal existence. You've designed a compass to help guide you back to what truly matters, whenever you need that assistance. You've explored how you can amp up your energy in any moment. You've delved into what forms of expression resonate with you & how you can show up even more in your life. You've looked into high-vibing your platform, tribe, offerings AND knowing your limitless potential.

You've had quite the adventure so far!

Please take a moment to acknowledge yourself for all of this. For choosing to create the life you dream of. For choosing to do this so you can lead by example and make a difference to those around you by BEING the lighthouse. As you know, we can all live this life of ours to a large degree however we choose to. We can keep the blinders on and not take responsibility for our thoughts and actions. We can stay in the dark regarding self-awareness, our true desires, and how our most joyful existence could potentially be. I'm sure you know a tonne of people who choose to live that way - perhaps because they know the option is there but fear has taken the driving seat or simply because they don't know of another way. It takes bravery, honesty, grit and passion to take the reins and live and LEAD as the person you deeply know you truly are.

I take my hat off to you.

Keep it up.

Please.

Now, more than ever, this world needs more self-aware, soul-fuelled & heart-centred leaders.

You deeply matter.

Now I need to ask one more thing of you.

Please stand up taller.

I know it can be hard to stand out from the crowd sometimes, but baby - you were born to do just that.

And it's not 'standing out' for vanity's sake {and not saying that is a 'bad' thing either} but it's standing out so you can BE that lighthouse for those around you. Standing out so you can lead. Standing out so you can share your message, your passion, your lit up self.

This world has had enough of pretence, scripted speeches, political correct blandness & airbrushed nothingness.

This world is craving more raw, real, vulnerable, adventurous, un-filtered, natural, cheeky, taboo, entertaining, refreshing TRUTH.

We both know you're a world apart from many around you. You're LIVING proof of a passion & heart-centred existence. But I know you can take it up a notch - as the courageous leader you were born to be.

“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”

~ BRENÉ BROWN

I'm not asking you to be fearless. I'm not pretending that this is going to be easy. I'm not saying that this won't scare the pants off you. Maybe it will, maybe it won't. What I CAN promise you is that your life will be enriched - in every sense of the world & in all facets - the more vulnerable, real and raw you are.

We all have unique experiences that have brought us to this point, right now, reading or listening to this soul-fuelled content I'm sharing with you. We LEARN from experiences. We CONNECT from stories. We LOVE knowing the 'humanness' of each other - it helps, heals, unites and breeds love.

At some point in our lives we think the “perfect”, standardised, conformed versions of ourselves are what we need to present to the world. ESPECIALLY in business - somehow it has been sold to us that the more 'cookie cutter' we are - the more people will like us or buy from us? I can tell you this with complete faith: this 'ideal' is going to be completely SHOOK UP in the years to come. The entire landscape is changing in terms of what we like to hear, see and HOW we absorb these things. People are questioning

the legitimacy of the 'news', questioning the 'perfect' facades around faceless {or airbrushed} companies and steering away from the conveyer-belt sameness of what's being fed to us via advertising and marketing.

We're craving FRESH. We're hanging out for MORE. We're wanting SOUL. We yearn for TRUTH.

How can you be a leader in this movement?

Simply: live what you love.

Let your passion OUT.

Grab your damn megaphone and share your stories.

It's OK to live congruently and be open and honest in all facets of your life. It's all one beautiful intricate tapestry after all. It may not be easy, but the more YOU you can be - the easier your life WILL get. You won't need to remember different 'uniforms' for various roles in your life. You can just be more, more and ever more YOU. It's a big ask, I know. To ask you to put yourself out on the line even more. To ask you do to that in all facets of your gorgeous life. I know. But I still ask it of you. Because I know you're more than capable. Because I know your story is important to share whilst you're here. Because I know you're a soul-fuelled LEADER of this next chapter of the world and you can lead by example.

“Vulnerability is the birthplace of innovation, creativity and change.”

~ BRENÉ BROWN

You want to change the world?

Start with you.

Share you.

Share light, passion, joy, excitement, soul-fuelled expression.

Start now.

NOW is the time to explore your PlaySheet
'My RAW Radiant Sexy Badass Self'.

MAKE A LEGENDARY DIFFERENCE

Develop even deeper self awareness over all your integral life & business facets to maintain a holistic balance unique to YOU that fuels fulfillment.

In exploring our earlier PlaySheets we might have detailed an extensive list of desires that truly can't be covered each & every day. Be OK with that. We're never going to have everything on our to do lists completed. We're not going to be able to take one step on every desire every single day. Not gonna happen. Nope - we're not going to finally have a 'zero inbox', a clear daily planner and every creation we dreamt of actioned upon lying on our deathbed. Sorry not sorry! For me, this is a relief for my perfectionist tendencies to realise that 'finished' point isn't ever going to arrive until we're, well... finished. Gee I get morbid a bit with you don't I?! We asked for the continual source of limitless inspiration right?! We can't kick a gift horse in the mouth. We trust we have infinite potential and creativity yet we want a carefully ticked off to-do list like a 1950s housewife?! Let's be careful what we wish for - in terms of not contradicting what we DEEPLY want. As we've already explored - the more we share, the more ideas come up for us! The more inspired we live our lives, the more creativity is dreamt up from within. It's a stream, a flow - not a measured well that can dry up. And we want the experience of the dynamic and ever-green FLOW, yes? Change is the only constant in this wild world of ours. The more we can embrace chaos - and find our centre amongst it all - the more we're going to DIG this life adventure we're on.

As we've explored, self awareness is such a big key in fulfilling our desires with speed, ease and grace. The best thing is - as we're tapping into our self awareness, it grows more. The muscle is building. The more we use it, the more natural it becomes. We habituate it. It then becomes an instinctual part of how we live our lives. A step by step process of 'overseeing' our perfectly imperfect selves to keep steering true north to our soul's desires.

Each day we strive to design our lives according to what matters to us, the more we are experimenting. The more we experiment the more experience we have to grow from moving forward. The more experience we have the more we can determine what CAN be accomplished in a day, a week, a month, a year. Sometimes we will overarch & other times we'll underestimate. It's an ever-moving dance as WE continue to evolve - the more awareness we can have the more compassionate we are with ourselves and the more we can FEEL GOOD whilst we enjoy the adventure of our lives!

The holistic balance you have carved out for yourself right now may have to be switched up in less than six months time. Life changes. We change. We can't expect things to

stay the same. So we need to have flexibility. We need to continually fine tune and tweak as needed. Some days, weeks or months may see you needing to have a significant focus on self care for example - that's LIFE, baby! Go with it. Just don't throw away your soul-fuelled desires because the balance is a bit skewed for a little while. Sometimes things may have to be put on the back burner for a bit. That's normal! Just don't leave them there indefinitely - use your compass to get back on track. You'll know when it's time. With self-awareness you'll be able to detect fear over truth.

At the end of the day this exploration all comes down to feeling good. Feeling happy, Feeling fulfilled.

So we need to keep looking at our rituals and daily activity and tuning into ourselves to make sure we're still on track to our MOST fulfilling life.

Your path is unique to YOU.

No one has the answer for you. You need to trust that you ALWAYS know you best. That you are already whole and complete. That you know what's best for you.

So in terms of making a legendary difference?

The difference we want you to have is the difference in your sense of self. Difference in your self love. Difference in how much of a best friend you can be to yourself. Difference to filling your heart with fulfilment.

Revise the completed PlaySheets "The Integral Facets Of MY Fulfillment", "My Self-Commitment Treasure Map", " My Soul-Fuelled Manifesto" and "My Soul Calibration Compass".

Revise any of your Soul Fuelled & Self Made content or PlaySheets whenever you need to.

Journal, without filters, what's coming through to you.

Empty your mind as often as possible.

Be the observer of your life as well as the adventurer in the drivers seat.

Live at this elevated and soul connected level to experience the width as well as the depth of your beautiful life.

Happiness is contagious. Joy is energy.

Energy is what connects us to like-minded souls and experiences. Collect kickass ones!

Keep experimenting. Keep learning. Keep exploring.

Stay fresh. Stay the 'learner'. Keep asking questions. Keep playing. If you want to be the master of something - be the master of your passion, of your love, of your joy.

We make a difference to our worlds and those around us when we are our most lit up selves.

Light it up, baby.

Be the lighthouse.

NOW is the time to explore your PlaySheet
'My Heart-Centred Impact'.

DESIGN YOUR LEGACY

Get deep-seated clarity on the legacy you're creating, the music you need to unleash & the inner magic you MUST share before you die.

There is A LOT happening on our earth in terms of conflict, suffering and hurt. It's definitely what the media likes to focus on, that's for sure. And it's TRUE that there is a tonne of seriously bad shit going on. I don't think positively minded or optimistic people are ignoring these things. I believe the only way true change is going to happen is from a place of GOODNESS: love, passion, commitment, drive, compassion. I understand life can get overwhelming at times and specifically on a global scale it's easy to feel insignificant and wonder what you - one person - can do? I get it. But think about your heroes, think about those you idolise, think about legends that inspire you. Did THEY have a tonne of resources at their disposal? Did they have an army behind them from day one? Did they believe they were too small to make a difference? Did they trust they were doing the right thing? Did they commit to what they believed in? Did they put one foot in front of the other despite adversity?

If you find it hard at times to realise the significance of YOUR impact, YOUR legacy in this lifetime - consider the following from Lao Tse:

*If there is to be peace in the world,
There must be peace in the nations.*

*If there is to be peace in the nations,
There must be peace in the cities.*

*If there is to be peace in the cities,
There must be peace between neighbours.*

*If there is to be peace between neighbours,
There must be peace in the home.*

*If there is to be peace in the home,
There must be peace in the heart.*

I truly believe the best we can do - the best legacy we can leave - is to be our most connected, truthful, vulnerable selves. Because then we come from love in our interactions. As perfectly imperfect humans of course. We're not always floating around on unicorns and rainbows and guess what - we will stuff things up from time to time. But if our general rule of thumb is that we're committed to continual improvement, consistently aiming to be the best we can be and always doing what we can to be legendary humans - then THAT is what matters, right?

I've said that a few times about my kids - in my heart, I simply truly want them to turn out to be good humans. The world ALWAYS needs more good humans. They are our gems and they inspire and create the next generation. See - our desires, wants, hopes can all boil down to something very simple. Good humans.

We've explored how we create our worlds via the meaning we give experiences.

Our thoughts and beliefs permeate our perception of 'reality'.

Thoughts become things.

It's now time, more than ever, to consciously create - our thoughts, our words, our meanings, our actions.

It's now time, more than ever, to consciously create our legacy.

YOUR legacy may be super small + minute or completely colossal. That is up to you, what stirs your heart and what you feel you were put on this earth for. But let me say this:

1: if you have what you deem a 'minute' legacy - DO NOT downplay this. Own it! Rock it OUT! Please do not sell yourself short. It takes a village, baby.

2: if you have what you deem a 'colossal' legacy - DO NOT play into overwhelm. Do not try and line up all the steps to achieving it. Don't put off starting because it seems too big, too lofty or too much. The pyramids in Egypt started a block at a time. Stay faithful. Trust you were given this idea of a legacy for a reason and keep doing the best you can.

All too often we don't consider death - we go on as though we'll live forever. WAY too often we don't think about what meaning we want our life to have in the time we have. But I've found, when we amp up the meaning, the purpose, the GIVING in our lives - we experience a much more abundant, happy and FULL life. When we focus on positive impact, on making a difference, on being the best we can be and collectively aiming to raise consciousness - MAGIC HAPPENS. When we live from this sort of standpoint, we're living from a place of pure love - and truly, that's what it's all about isn't it?

Connection.

Love.

Be OK with deciding what you want to be known for, even if it's simply amongst close friends and family, for your life. Be OK to reverse engineer what comes up for you and begin making it a reality. Be OK with thinking about your own mortality and in turn, about what you want your select life minutes to MEAN to you, those around you, the world.

Please, I beg of you:

Don't die with your music still inside you.

Embrace and express your inner magic.

Because your soul-fuelled expression is your legacy.

Seriously, let's live like we give a damn.

NOW is the time to explore your PlaySheet
'My Designed Legacy'



#soulfuelledselfmade

#makeblisshappen

#blissinventive

