



Soul Fueled
& SELF MADE



MODULE 6



*Lock In Your Progress For Continued
Momentum, Cultivate Grit & Nail Down
YOUR Daily Prosperity Rituals*

LOCK IN YOUR PROGRESS FOR CONTINUED MOMENTUM

Reflect on the positive progress you've made, why it's important to continue forward & what you need to support your on-going motivation & inspiration so you LIVE the life you were born for.

Welcome to the final module in our soul-fuelled and self-made journey!

So far we have done a stack of exploring throughout five weeks/modules of content via 5 eBooks, 14 PlaySheets, loads of audios to support the written ideas and some bonus videos.

You've envisioned your most fulfilling life, determined the integral facets of your fulfilment, made a self commitment treasure map, decided on mindset rituals to assist aligned action, created a manifesto, designed your soul calibration compass, determined what elevates your energy, looked at how you best express yourself, designed your aligned platform, created a high-vibe offerings blueprint, made a limitless creativity commitment, called in your raw radiant sexy badass self, outlined your heart-centred impact and designed your legacy!

Talk about an amazing adventure into YOU and what lights you up & is of most meaning to your one gorgeous life.

Take a moment and have a think about what you've learned about yourself so far.

Take a moment and think about the positive progress you've made.

Take a moment and congratulate yourself on being a rare being who has decided to take ownership of your existence and soulfully design it to be the most magical adventure possible!

And you know SO MUCH magic is up ahead. There is always loads more exploring to be done. But you know it's through taking action and throwing yourself into each day and CREATING new experiences that you'll then be able to carve out even further the life that has the most meaning to you. With experiences we grow, we flourish, we become even more 'US'. So keep saying YES. Keep trying. Keep giving things a whirl. There is so much to be enjoyed, savoured, appreciated, noticed and loved in this world. As as a soul-fuelled leader - you've got to keep paving the path, illuminating the way and leading by example.

Of course there is no way to know, predict or guarantee 100% happiness each and every day. That's a whole part of the adventure - we'd get BORED if we didn't have

the unpredictability in the mix - plus we're in a field of infinite potential so it's actually impossible to have a flatline existence! I think the best we can do is to continue to strive to be the best humans we can be. To promise ourselves that even when life gets tough, that we'll do the best we can in each moment. Sometimes our best might mean we only have the power to give ourselves some small level of self-care and we need help with the kids, career and every other facet to get by in that moment. Other times our best might be serious life-changing contribution to society. Our 'best' changes moment to moment, life season by life season. That's normal. That's OK. If we do the best we can in each moment - we are ON FIRE. That's living true, it's living to a standard, it's living by example as a damn good human. As we also explored in taking off our 'filter' - these harder times we'll experience in our life journey are FULL of learnings and also so amazing to share with those around us. We know more REAL leaders are needed in this current evolution of our world - and connection is through stories - vulnerable, real, TRUE stories of LIVING - especially living with passion, drive and from the soul.

When we're creating and growing a badass life, we'll get to different 'levels' and notice some of our fear, self-doubt & our very HUMAN 'comfort' or 'self-preserving' traits come to play. This is experienced by EVERYONE, even the most successful and happy people you can imagine. We all can have negative thoughts. We all can have fear grip us. We all can feel guilty or not good enough. Remember we explored the 3 universal fears in module 1?: fear of being found out or not being enough, fear of not belonging and fear of not being loved. Just remember when these things happen in your life - it's NORMAL. It happens to everybody. 'The Big Leap' by Gay Hendricks is an awesome book about conquering your 'upper limits' and I'd definitely recommend it as a resource.

Self awareness and your attention are going to be your two most helpful tools in your kit moving forward. Self-awareness so you can continually review and reflect and see where you are in the moment, in relation to your dreams so you can continually carve out the best life you dream of. Attention because what we focus on illuminates. We can't grow things we give no energy to {great to remember when we find ourselves in a negative state too as it's a good kick-in-the-butt reminder to shift our attention to something we REALLY want to see magnified!} With self awareness and your attention you'll be able to see how you can 'upgrade' next, what you can give some love to next and also notice the RADNESS you're creating so you can remember to acknowledge, bless and celebrate!

Keep making things as simple as possible. Boil things down to their most simplest idea. Choose to see things as easy. Remove complications where possible as they lead to procrastination and stagnation. Stay curious. Keep adventuring. Keep asking questions. Remember: it takes a village. Ask for help. Google. Expand.

Keep noting your progress. Daily. Notice what you've learned. Notice the gifts or the silver lining when 'bad' things happen. Celebrate the hell out of the 'good' things.

Progress, not perfection. Awareness, always.

Keep connecting in to what moves you, what lights you up, what you want to help with.

Let yourself be wildly happy. Let yourself feel ALL the emotions that bubble up - don't give yourself a lid or a box. Imagine yourself going with the flow of a stream, not battling in the opposite direction.

Stay connected to what inspires you. Surround yourself with beauty. Engage all your senses. Make your daily existence motivate and inspire you - small touch by small touch. It all adds up.

Keep noticing.

Keep heart.

“Enthusiasm is the energy and force that builds literal momentum of the human soul and mind.”

~ BRYANT H. MCGILL

You've got this. You've ALWAYS got this.

Now is the time to explore the PlaySheet:
My Continued Momentum

CULTIVATE GRIT

Explore discipline of successful leaders as inspiration for fine-tuning your OWN grit & establish your 'get back on track' plan should 'life' get in the way of your soul's work.

We've come to this point and we KNOW that WE are in the drivers seat of this life experience. We KNOW we are the key to having the life we dream of, or not. We know we are the only ones that can truly make ourselves happy. It doesn't rest on anyone else's shoulders. And that can be an awesome thing and a tough one too, when life gets hard, as it does from time to time.

Let's be realistic & not just pie in the sky. Shit happens. 'Life' happens. It does. But what counts is what we do next. It's all about getting back on the horse. Because that damn horse holds the KEYS to our true desires and fulfilment. It's a GOOD horse, baby! It's just fear getting in the way and trying to make it all seem a bigger deal than it is. Just dust yourself off and hop back on. Repeat as often as needed.

Grit, resilience, tenacity and discipline are ALWAYS in play when looking into the lives and mindset of successful leaders. I truly believe these traits are much easier to cultivate in ones self when there is a big WHY behind the work, clear passion behind action, a larger reason or MEANING to actions. We've delved into those areas time and again in this soul-fuelled adventure so trust that you've got a lot of the structure already set to make this easy for you. What you need to ensure now is that you'll keep on keeping on. You've already set up a few tools such as your Soul Calibration Compass to help in this arena, but as discipline is something you'll need to action every single day, it's always worth looking a little deeper into.

The best book I can recommend for you and I'd recommend it time and again is: 'The War Of Art' by Stephen Pressfield. It's short, it's real, it's connecting, it's eye-opening, it's a bible for anyone creative. Read it. Read it again.

Here are a list of daily discipline practices that appear time and again in the routines of successful people {an area I LOVE exploring!} -

- Gratitude
- Meditation
- Exercise - cardio, resistance, weights, stretching
- Rebounding
- Getting upside down, literally

- HIIT exercise: 10-15 minutes of something like 30 seconds sprinting, 30 seconds walking
- Dry body brushing
- Planning/scheduling the next day the night before
- Setting intentions before acting
- Setting a top 3 list of things to accomplish for laser focus
- Learning - continual growth and being influenced by the 'greats' of your industry/passion
- Tracking income
- Mindset work
- Motivation - connect to what motivates you
- Inspiration - looking within to reconnect with what deeply inspires you
- Tech-free time - to enhance creativity and block out time for utmost productivity
- Intermittent fasting - for boosting energy - an overview is [available here](#)
- Green foods
- Lemon water first thing
- Getting up earlier
- Journalling
- Review goals
- Solid connection time with loved ones - even if for small amounts of time, it's concentrated and focused time
- Emailing - setting timer or certain blocks of time for attending to emails

Tony Robbins as his 'priming' morning routine which includes: three sets of 30 '[Kapalabhati Pranayama](#)' breaths, a few minutes of expressing gratitude, a few minutes of praying.

Robin Sharma has his 20 / 20 / 20 formula for his morning routine, ideally being the first hour of your morning. 20 minutes of intense exercise, 20 minutes of reviewing your

annual plan and reflecting on quarterly goals {he recommends having 3 big ideas for the year and 3-4 main focuses for each quarter} and final 20 minutes in learning - reading or journaling.

Steve Jobs used to start his day asking himself "If today was the last day of my life, would I be happy with what I'm about to do today?" He also wore the same outfit, a uniform of such. Einstein apparently did the same so as not to waste brainpower on choosing an outfit each morning. Interesting idea - as with all ideas - they can be something that you take something from to action in YOUR life, or not. Some things will inspire you and suit you, others won't. But as success breeds success it's always worth looking to the greats as 'models' and seeing what could also work for you.

When I was 17, I read a quote that went something like, "If you live each day as if it were your last, someday you'll most certainly be right."

It made an impression on me... and since then, for the past 33 years I have looked in the mirror every morning and asked myself, "If today were the last day of my life, would I want to do what I'm about to do today?"

And whenever the answer has been, "no" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything: all external expectations, all pride, all fear of embarrassment or failure... these things just fall away in the face of death... leaving only what is truly important.

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked; there is no reason not to follow your heart.

No one wants to die. Even people who want to go to Heaven don't want to die to get there. And yet, death is the destination we all

share. No one has ever escaped it. And that is as it should be, because death is very likely the single best invention of life. It's life's change agent. It clears out the old to make way for the new.

Right now, the new is you, but someday not too long from now you will gradually become the old and be cleared away. Sorry to be so dramatic, but it's quite true. Your time is limited; so don't waste it living someone else's life.

~ STEVE JOBS

Richard Branson asks himself two questions when considering a new idea: “what’s the worst that can happen?” And “can I handle that?” I love this and find myself remembering it time and again to use myself because it helps makes life SO much easier. It makes the answer and therefore the way to proceed a no-brainer because it’s clearly either a ‘yes’ to progress or a ‘no’ to halt. And it’s SO much easier to keep making progress, having discipline and cultivating grit when we’re taking action, seeing results and making aligned choices that support us.

Nike has a damn good slogan on cultivating grit:

just do it

Make it essential to keep assessing what motivates you and what sees you taking action. You want to notice the clues your success leaves. You want to make it easy for yourself to keep having MORE success. Set yourself up for greatness. Set yourself up so that even if you get down, you know the way back.

Just do it.

As always, you’ve got this.

Now is the time to explore the PlaySheet:
My Cultivated Grit

NAIL DOWN YOUR DAILY PROSPERITY RITUALS

Get deep-seated clarity on the legacy you're creating, the music you need to unleash & lock in YOUR non-negotiable daily prosperity rituals so you set yourself up for being the best version of yourself & being the change you want to see in the world as a soul-fuelled & self-made leader!

Prosperity: wealth, success, affluence, the good life, good fortune, ease, wellbeing.

The idea of your prosperity covers so many ideas, yet it all comes down to an abundance of GOODNESS. And of course, that 'goodness' is completely defined by what matters most to you and to me, individually.

When you're feeling good, you're going to be more of the true YOU, you're going to give more, you're going to share more of what's within you and you're going to be connected to making a difference in the way that is important to you.

So it's pretty damn important to get you feeling good, baby!

You know you've only got each moment, each decision, each day in per which to make the difference you want to make, to unleash the music that's within, to get that one step closer to your big desires.

You need to set yourself up for success.

You need to have a plan to prosper.

Rituals to support your ease.

Activities to activate your good fortune.

It's just a matter of choosing what's important. Then turning those choices into habits. Which is kind of the act of continually choosing - but like brushing your teeth, the brainpower is taken out and you just do the damn thing.

Now is the time to trust, even more, that you are important, your life's work is important, your legacy is important and your inner magic is NEEDED.

Now is the time to decide, once and for ALL that you are in this life for the long haul, for ALL the life minutes you have left, for ALL the beauty and pain that's ahead, for ALL the desires that you dream of - no matter what it takes. Because you deserve your most beautiful life and you're the one that can make that dream a reality.

Now is the time to KNOW that in living soul-fuelled, the entire adventure, the journey, is what matters because as you progress you're injecting love into all facets of your life and FEELING GOOD - meaning you're already THERE each step of the way. You're only going to get more and more THERE, that's all, because you're living your dream breath by breath already! Yes some physical accomplishments will *truly* manifest down the track, but they'll only ever be real for you because of the tiny choices and steps you make throughout the journey there. Your power is in the moment. Your power is a daily thing. You don't need to wait another day. You don't need to start on Monday or the 1st of the month. You can make a decision in any moment to start feeling better. To start bringing your treasure to you.

Guess what?

You are the absolute best at being you.

No one can be you better than you can.

So show us what you've got.

Lead. Influence. Light it up!

This world needs more soul-fuelled leaders, don't you dare rob us of that. You said yes. You are needed. And we are DAMN ready.

Lock in what you need to lock in to make it happen.

Choose for it to be easy.

Be yourself.

Share yourself.

Let yourself be the lighthouse you were born to be.

Let yourself be the happiest and best version of yourself.

THAT is your magic. That is your power. That is your legacy.

Shine on gorgeous.

Now is the time to explore the PlaySheet:
My Daily Prosperity Rituals

A white circular logo with the word "bliss" in a purple cursive font and "INVENTIVE" in a purple sans-serif font below it.

bliss
INVENTIVE

#soulfuelledselfmade

#makeblisshappen

#blissinventive

