

# THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

Issue #6 | December 2021



## #EXPRESSYOURSELF

*Connecting to  
Your Inside Guide*

WITH SARAH JENSEN

## LIFE IN THE FLOW LANE

*When Your Dreams  
Feel So Far Away*

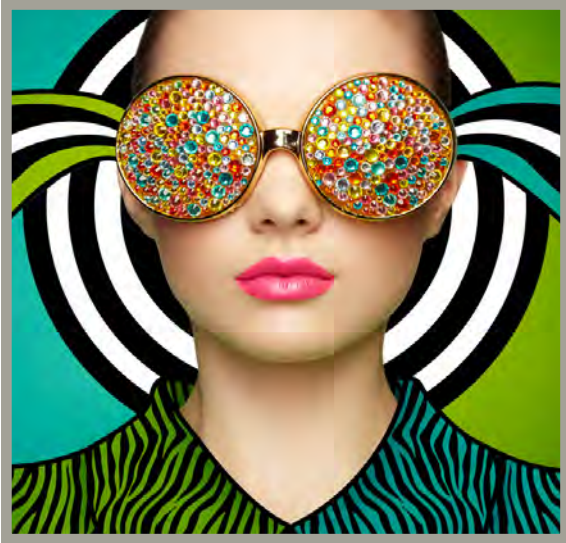
WITH RACHEL WHITE

## REDEFINING & ALIGNING

*The Gift That  
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WITH ASHLEY LOOKER

# THE *Inspired* GUIDE



'**PERSPECTIVE**' by Amanda Sears  
Photo by: Unknown



## WELCOME TO #6 OF THE 'MINI' INSPIRED GUIDE eMAGAZINE!

**This edition is infused with the essence of *PERSPECTIVE*.**

Perspective is something we all have and all are to everyone and everything around us and no two perspectives are ever the same, nor ever could be.

You could say perspective is the 'sum of all parts' as it is made up of our belief systems, relationships to experiences; what we have learned in our lives, how we have been shaped and by whom... it is how we experience life and is in turn influenced by each experience... *an unending feedback loop of perception and perspective.*

However there ultimately becomes a point in your life where you become aware of perspective and how you perceive the world around you and even why - once this awareness happens you can begin to consciously *choose how you perceive*, what your relationship is to things, what meaning you attach and how you interpret the world through your senses - you then shift your perspective to a higher space of open awareness, non-judgmental and comfortably detached observation with a willingness to look at things from multiple perspectives - in which everything is.

- Amanda Sears, *The Inspired Guide*



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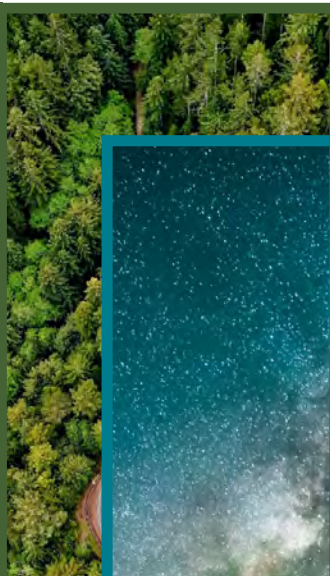
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# DO MORE OF WHAT MAKES YOU HAPPY

## With Hetho & Co

Hi! I'm Emily, the designer and creator of *Hetho and Co* - a handmade clothing label designed and sewn in South-East Queensland, Australia. Customers are able to create their dream dress, top or skirt by combining a designer fabric from the Hetho and Co library with one of over 50 garment styles! Fabrics are designed by talented Australian and international artists with some designs exclusively licensed to Hetho and Co.

*One of the foundations of Hetho and Co is to be inclusive and create beautiful clothes that make any person feel good wearing them.*

The label was established in 2019 when I moved to Sydney with my now husband Ben. I have practiced as a Speech Pathologist for almost a decade, and when we moved I took some locum positions back in Queensland, and began sewing and selling dresses in the time in between.

Hetho and Co was an excellent creative outlet, while living in a city where I didn't know anyone and it was the first time in my adult working life where I had some flexibility with working hours, which I really enjoyed.

I had my first child at the end of 2020 and it has been wonderful to be able to continue Hetho and Co (albeit at a slower pace) while spending lots of time with my child.

### HOW DO YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR BUSINESS?

A year or so into my business I realised that I only wanted to make clothes that I would wear.

So now, I choose designs based on whether or not I want to wear them, not whether or not I think my customers will like them.

This might not be the best business mindset, but it definitely makes me happy and means that I love everything I make.







I've found that delegating to and hiring other people to help grow my business is the key to being able to spend more time on the elements of business that I enjoy. One of the things that has helped me in that regard was hiring a photographer and planning photoshoots, so that I don't have to take and edit photos for my social media and website. I also have a local seamstress that does half of my sewing for me, so that I have time for the administrative side of the business.

I am currently working with a small manufacturing company in Brisbane to make small runs of ready-to-ship Hetho and Co garments. This is very exciting for me, because it means that I can spend more time on the designing side of things and less time sewing (which although I love it, it is time consuming).

### WHAT ARE YOUR FAVOURITE THINGS ABOUT HAVING A BUSINESS THAT MAKES YOU HAPPY? AND... HOW DO YOU DEAL WITH THE NOT-SO-HAPPY TIMES?

I have always been a creative person and love the satisfaction of creating a beautiful garment. I am especially grateful for the wonderful community of customers I have who are always wonderful to work with. I love receiving customer messages and seeing their photos pop up on social media - it brings me so much joy!

Every now and then, I do get a customer who isn't happy with their garment, which isn't a nice feeling for me because I want to create clothing that is loved and worn. In those situations I really do whatever I can to ensure the customer has a positive experience with my business and we can come to a resolution we are mutually happy with.

*Collaborating with other creatives makes me happy within my business. It is a great way to feel as though you have some creative colleagues when you work by and for yourself.*

As my business grows, I've become more confident approaching the artists I love to create designs for me, even if they haven't designed fabric in the past. (Sometimes I don't hear back from people, but that might just mean we weren't the right fit.)

### WHAT ARE SOME OTHER WAYS THAT YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR EVERYDAY LIFE?

When I first started Hetho and Co, I didn't give myself days off, which wasn't great for my overall happiness so now I make sure that I have set work days so that I'm able to spend time with my family.

I make sure I have time for playing and being silly with my son; cuddling with my dogs, spending time with my girlfriends and eating out at yummy restaurants with my husband.

When I have time to myself I like to relax by spending time outside and love a good bath.

*I also will sew clothes for myself, without the expectation that I will release them to my customers.*

**HETHO & CO.**  
Emily Hetherington  
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# THE UNIQUE & SOUL-QUENCHING POWER OF STORYTELLING

With **Kris Franken**

**Stories help us feel connected, understood, inspired, moved, and most alive.**

Stories are the easiest, humblest and most powerful way to speak from one heart to another, from soul to soul and say: *You are understood, you are not alone, you have experienced pain and so have I, let's heal and learn and grow together even if we never meet.*

As long as there have been cave drawings and language, campfires and wisdom, humans have gathered together to tell stories. To share their ideas, to pass on knowledge, and to inspire change.

Deep inside of ourselves we all value learning through stories most of all.

*"Telling a story ... is very humanising, it's very connecting. We are literally wired to appreciate stories,"* said Chris Anderson, TED President.

Recently I read some fascinating neuroscience research that explains what happens to our brains when we read a story. While simple bullet points (*Ten reasons to exercise outside*) will activate the language centre of the brain, a narrative (*How walking in nature helped me find myself*) will activate many other regions, which is why hearing a story feels so real to us.

The more alive our brain is while we're reading, the more aware, interested and involved we are. The more we feel. The more we remember.

If a story includes a description of a fragrance or smell, the area of the reader's brain that processes smells will become activated.

And if you're able to use metaphors in interesting and unexpected ways, especially with the use of textural words, such as *"he had leathery hands"* – the sensory cortex becomes active.

Engaging others in stories is a powerful way





to get your message across, even (and especially) if you aren't an expert in your field.

***Through stories, you're able to inspire others because their brain is literally lit up while reading about your experience. They're experiencing it with you in so many ways.***

The reader is left moved, motivated, encouraged, understood because they are now able to turn your story into their own experience. *They're able to understand their own life by reading about yours. It's so powerful.*

And importantly, ***you didn't tell them what they should do with their lives, you told them what you did with yours.***

### **HOW TO TELL A GREAT STORY:**

- ★ **Know what you want to say and keep it simple...** not too long (unless it's a book!) and not too complicated.
- ★ **Be honest and from the heart.** Let your true emotions spill out onto the page and your reader will feel them too.
- ★ **Use unexpected words and ideas.** Keep it fresh. If your metaphors have all been heard before, you won't engage your

readers as much as if they were surprising and new (and easy to understand).

- ★ **Excite your reader...** tell a story that's fun or interesting, and deals with drama, humour or conflict.
- ★ **Centre the story around you or one main character,** so the reader is able to relate and follow the story clearly.
- ★ **Finish with a simple and powerful truth, idea or message.**

*"Stories have power. They delight, enchant, touch, teach, recall, inspire, motivate, challenge. They help us understand. They imprint a picture on our minds. Want to make a point or raise an issue? Tell a story."*

~ Janet Litherland

***Your story matters; it's a gift. Tell it. Release it to the world. Not for their opinions, but for your own healing and the possibility that you might just help someone else along your journey.***

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# WHEN YOUR DREAMS FEEL SO FAR AWAY

With Rachel White

**You have set yourself some goals, you have become clear on what it is that you really want to experience, and the initial excitement is an adrenaline rush.** And then... some frustration begins to arise when you haven't reached your goal yet, maybe some resentment and bitterness too... Your dreams begin to feel further away, and you are wishing you could still feel that initial rush. **Don't give up on your dreams just yet!**

The things we care about the most are the most susceptible to our energetic resistance. This is because they are likely in our mind and in our conscious awareness more than what we simply accept as 'fact.'

This is why our dreams can create resistance in our energy, especially when we begin to believe that they are 'far away.' *That belief can be contributing to keeping them at a distance.*

## HERE ARE 4 PRACTICES FOR WHEN YOUR DREAMS FEEL SO FAR AWAY

- 1. Check in with your intentions to pursuing this goal/dream** – pose these questions to yourself and be curious with what comes up...
  - *Is this still something that I really want?*
  - *Is there another way to receive the core feeling that I am desiring?*
  - *Have I been sabotaging myself in anyway?*
  - *Have I been trying to force this instead of allowing it to be an enjoyable journey?*
- 2. Create more safety in your body to allow yourself to receive your desired experiences.** If you are viewing your goals and dreams on a pedestal that are 'above' the current version of yourself.

Subconsciously you could be *fearing* actually having what you say you want.

If subconsciously you believe you have to sacrifice a part of who you are or do things that you don't really want to do, you will likely sabotage yourself because there isn't a strong foundation of safety in regards to having what you say you want.

Create more safety by addressing these subconscious beliefs, and feeling the sensations that move through your body.

*Having support through this mindset work can be very powerful if you have never explored this before.*

- 3. Keep putting yourself in motion** by taking one step at a time towards your dreams and trust that *the momentum will catch up to you.*

Trust your intuition and make the moves it leads you towards - *inaction creates stagnancy* - when you take action to be in motion you will naturally attract new ideas and opportunities to bring your dreams closer to you.

- 4. Be present in this moment and grateful for what you are experiencing now.** Your dreams are already being created and there is no fun in fast-forwarding to end points without getting to experience life in between.

***Every moment on your journey can be part of your art, the energy you show up in will be infused into what you ultimately experience.***

Your dreams may feel far away now, but when they arrive, and afterwards, you will wonder why you ever worried so much.

*Take the pressure off yourself and enjoy the journey.*

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# PERSPECTIVE IS A MIRACLE DRUG

## PERSPECTIVE-TAKING SKILLS REVOLUTIONIZE RELATIONSHIPS

With **Jenna Teague**

In our culture, we talk a lot about perspective.

We might even be tempted to think we understand everything about it.

Consider the familiar constructs of perspective in the form of...

- ★ *The gift of time*
- ★ *The wisdom of age*
- ★ *The power of a mindset shift*
- ★ *The point of view that only an outsider can offer*

While those types of perspective are well and good, there's another kind of perspective that's all too often ignored...

- ★ *The kind of perspective that revolutionizes human interaction and relationships*
- ★ *The ability to put yourself in someone else's shoes*
- ★ *The capacity to see life through the eyes of another*

This is what is meant by 'perspective taking', i.e. *the ability to understand how a given situation appears to another person and how that person reacts cognitively and emotionally to the situation.*

Perspective taking encompasses far more than empathy alone. It requires seeing things as others would see them, including their likes, dislikes, thoughts, and feelings.

When it comes to the closest relationships in our lives, almost as important as understanding our own wants, needs, opinions, thoughts, and behaviors is understanding the wants, needs, opinions, thoughts, and behaviors of the other person with whom we are in relationship.

The common denominator behind many relationship failures – from friendships to family to romantic partnerships – is the unwillingness and/or inability to understand the other person's perspective.

In a perfect world, we would learn all the perspective taking skills we need in life during childhood.

Living as we do in our imperfect world, though, we likely reach adulthood with some small – or not-so-small – gaps in our skills.

***The good news is that, like empathy, perspective taking is a muscle that can be exercised, strengthened, and honed through time, commitment, and intention.***

For example, reading stories, watching movies, meeting people from different backgrounds, and role playing are great ways to practice perspective-taking skills.







***When turned inward, perspective taking can even become a tool through which to understand ourselves better.***

And while perspective taking can be helpful in the best of times in relationships, it becomes even more essential in times of conflict when we need to understand not only our own perspective and the perspective of the person with whom we're in relationship but also the perspective of the relationship itself.

**There are 3 perspectives that exist in any relationship:**

- 1. Our perspective on ourself, the world, and the relationship – which may or may not prioritize sustaining the relationship*
- 2. The other person's perspective on themselves, the world, and the relationship – which may or may not prioritize sustaining the relationship*
- 3. The perspective of the relationship itself – which inherently prioritizes sustaining the relationship*

Understanding the three perspectives at work is essential, particularly due to the principle of inertia.

In relationships, as in physics, relationships continue in their existing state of rest or uniform motion unless that state is changed by an external force.

You – and the other person with whom you are in relationship – are the primary source of that external force, if applied.

So, will you consider the other's perspective, work together with them, and work with the momentum of the relationship in order to sustain it?

Or, will you exert external force on the relationship from your own perspective only to try to stop the relationship or bend it to your will?

In either case, growing your perspective-taking skills empowers, builds knowledge, and provides greater choice in all situations and all relationships.

*And choice is always a good thing, isn't it?*

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# THE GIFT THAT PERSPECTIVE GIVES US

With **Ashley Looker**

**In life, we get many, many choices...** We get to choose what we eat, what we wear, how we spend our time, who we spend our time with, and maybe most importantly (but in my opinion, most difficult), what we *think*. It is in fact a choice we are given every single day, without doubt - *how we are thinking about and viewing our lives*. Yet not many of us consider changing how we think and just how powerful what we think truly is.

It was just last year that I read the amazing Albert Einstein quote that many of you may already know:

***“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”***

*Is this the ultimate perspective-shifter or what?*

Last week, I fell ill and was definitely not feeling like my best self, let alone that this could quite possibly be a miracle.

The week before that I forgot an appointment and felt like I totally let the other person down.

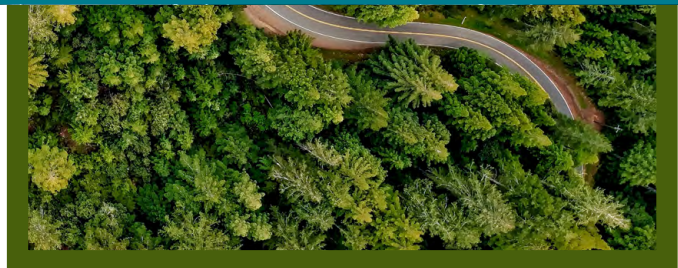
The week before that my husband went out of town and I missed him terribly.

The week before that a potential client said “no” to my services.

*How on earth could these be miracles?!*

Honestly, I don't know. And I don't dare try to answer that question...





What I can offer is this:

***When we give ourselves the opportunity to see things from a new perspective, we give ourselves a huge gift. As a matter of fact, I feel like our growth and evolution as humans, depends on it.***

*Perspective gives us the opportunity to challenge our assumptions and think differently.*

When we don't challenge our own thinking, things become stagnant, life loses its lustre and in so many ways, we start to atrophy and ultimately stay stuck. *Perspective brings us back to life.*

When we see our lives one-dimensionally, if you will, we miss out on so much wisdom, and yes, *perspective.*

**Life without perspective makes the falling ill, *sickness.***

Seeing illness with perspective means seeing that this could also be a message from your body that you've pushed it too far.

**Life without perspective makes the forgotten appointment, *a let-down.***

Seeing the missed appointment with perspective and curiosity makes it an opportunity to rework your calendar in a way that actually works for you.

**Life without perspective makes the partner on vacation, simply *loneliness.***

Life with perspective makes it an opportunity to be grateful for all the things you miss when your partner is gone.

**Life without perspective makes the loss of a client, *failure.***

Life with perspective makes the loss of the client an opportunity to reevaluate if a 1:1 client is really what you want and need right now.

***And quite honestly, I would much rather see the world through the lens of perspective, curiosity and miracles than happenstance and meaninglessness.***

*Perspective gives life meaning.*

**Here are 3 journaling prompts to explore your relationship with perspective and how shifting your perspective can shift the way you view your life:**

- 1. What situation in your life needs a shift in perspective? How could this perspective shift support you in your life?*
- 2. Through what lens are you going to decide to see your life with today?*
- 3. What if everything in your life, good bad and different, is as exactly as it should be?*



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# 5 EASY WAYS TO PRACTICE SELF-CARE AT WORK

With Tash Pieterse

**Work isn't meant to be the place where you go to hustle to the point of burnout and overwhelm.**

*Work can be a place that you go to be epic and get sh\*t done AND feel good, energised and flippen happy in the process.*

This can also apply even if you're not in your dream job right now - you still get to choose how you act, feel and respond to what happens while you're there.

Let me also say - self-care isn't only massages, bubble baths and drinking tea by candle light - NO...

...It's also the boundaries you put in place to protect your energy, the time out you take to do the things you KNOW make you feel good, and it's in the commitments you honour that you make with yourself.

*That's self-care. And there's a place for all of it at work!*

**Here are 5 easy ways you can start practicing self-care at work that will start to change your life!**

## #1 - ARRIVAL ROUTINE

As soon as you get to work pop your stuff on your desk and then go make a cup of tea/coffee or grab a glass of water. Doing this helps you transition into the next segment of your day 'I've finished commuting, now I'm starting work'.

This small little routine can create a little bit of mental space as you switch from one activity to another.

*What I see and hear often with my clients (and what I did FOR YEARS) was jump straight into emails as soon as I sat down. Not even take a breath to acknowledge what I was about to get stuck into it.*

## #2 - TAKE 3 DEEP BREATHS BETWEEN TASKS/ACTIVITIES

When you finish one thing, pause, take 3 deep breaths (right down into your belly), pause, then go about starting your next activity. Do this before you start any new piece of work, going into a meeting or even leaving a meeting.

This small ritual allows you to release any stress you're holding onto by tapping into the parasympathetic nervous system and telling your body you're safe, enables you to come back and be present to how you're feeling and what you're doing, and gives you a boost of clarity.

*Don't tell me you don't have time for this - it will literally take you 30secs - less time than you'll spend on Instagram during your work day... just sayin'.*

## #3 - SCHEDULE YOUR LUNCH BREAK & MICRO PAUSES INTO YOUR CALENDAR

If they aren't scheduled in it's easy to forget that you need to do it. You know those days where it's 3pm and you're like "oh crap I forgot to have lunch" - well. That ain't good for you! Period! Set time in your calendar for your lunch breaks and micro pauses. Block them out as 'busy' so they can't be booked over (unless you choose to accept a meeting over it).

If you choose not to take lunch or ignore the reminder when it pops up, *that's you making a conscious choice rather than hoping to take a lunch break today.*

You are NOT designed to stay focused for 8 hours straight. The brain needs food, air and space to function at a high level.

*Give yours what it needs.*



#### #4 - SAY "NO" MORE OFTEN

Being successful in your role is not dependent on you saying "yes" to everything and everyone.

*Success is being able to do the work you have to a standard you're happy with and not feeling overwhelmed while doing it.*

Getting really clear on what you have on your plate, what's actually your job and what you can realistically get done - then say "no" to the rest. *Yes, it will feel uncomfortable (I've been there), but the discomfort of severe stress, burnout, overwhelm and anxiety is much worse.*

Start with small things and as you build confidence, get to the bigger things.

Have a catch up with your manager about how you're feeling and what's going on so you can get them on board with this as well.

#### #5 - GO HOME ON TIME

There will ALWAYS be more work. Your workload will literally never ever stop, so don't let it control you.

*Go home on time and spend your evenings doing things you love and enjoy. Spend time cooking and eating a good meal; get to sleep on time, etc.*

When you honour yourself by going home on time it means that you re-energise and refresh to show up as your best tomorrow.

*Every time you stay at work late and miss doing the things that make you feel good you lose your enthusiasm, spark, and joy for what you're doing.*

The later you stay, the more energy you drain and the more unproductive you become. So going home on time means you'll do better work the next day and get through so much more!

*Remember, self-care isn't selfish. It's bloody necessary. End of story.*



**TASH PIETERSE**

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# CONNECTING TO YOUR INSIDE GUIDE

With **Sarah Jensen**

**Have you ever thought about the word 'information'? Particularly in the context of connecting with yourself...**

We crave and seek and devour information...  
*To help us sleep. To help us feel healthy.  
To help us understand ourselves better.*

But let me ask you another question. *How can we gather the information we need most, if we're always looking OUTside of ourselves to access it?*

Isn't that 'OUTformation'?

And if everything we learn in life that comes from outside ourselves is OUTformation, what actually is *INformation*, and how do we access it?

*To me, INformation is the guidance and wisdom inside of us.*

You might call it your higher self, your inner wise one, your Soul's voice, or something else...

***It doesn't really matter what you call it, but it's that conscious and compassionate voice inside of us that has our back, knows we're awesome, and holds the answers we seek in any situation. It's the part of us that knows who we are and what we need. It's unemotional, unattached to outcomes, and unequivocal in its belief in us.***

As for how we access it, well there are lots of ideas and insights on the internet, but what if we try a fresh approach instead?

What if, rather than asking every woman and her giraffe for a few tips and tricks, we harness the power of *INformation* and go *inwards* instead.

Because, while it's all well and good to want a quick fix or 'one size fits all' solution, the way we each connect with, and turn up the volume on, our inner guidance will be different.



***And sometimes it takes a splash of courage, and an enthusiastic middle finger to the rule book, to give it a good crack.***

So, rather than write a prescriptive post filled with '5 fast and fabulous ways to connect with your inner guidance', I wanted to extend a heartfelt invitation to you instead.

***An invitation to play, explore, experiment and invite your inner guidance to share its magic with you.***

I invite you to begin to notice the difference between the voice of your 'inner critic' and the voice of your 'inner wisdom'.

The difference in their energy. The difference in the quality of ideas, insights, and support they each offer you.

*Are they trying to help you, or hold you back? Are they uplifting you or running you down? Are they fueling your expansion or contraction? Your hope or your fear? Your confidence or your self-doubt? Just start to notice.*

I also invite you to bring awareness to the way your inner guidance communicates with you.

Perhaps it's through sound - *you might feel as though you're hearing words or having a conversation with your highest self.*

Perhaps it's a feeling - *you might feel energy or sensations in your body, have a 'gut response', or you may 'just know'.*

Perhaps it's something else altogether...

***Let yourself become a curious observer of your own inner landscape and the way your energy is trying to guide you.***

Last but not least, I invite you to begin to observe - *when does your highest self speak the most clearly to you? When do you hear it, feel it, or receive its guidance?*

Perhaps the messages come through loud and clear when you're meditating, journaling, dancing, walking, or praying.

It could be *anything*, so let yourself explore different things until you discover what works best for you.

And, as you begin to identify when, or through which practices your inner voice most easily speaks with you, you can then *consciously cultivate and strengthen that connection by creating more space for those practices in your day to day life.*

The magic is this - *the more you begin to ask your inner wisdom questions and create space to receive its responses, the more attuned you'll become, and the more natural it will feel to access your own, beautiful source of information.*

***It's a practice you can explore over a lifetime, but it doesn't need to take a lifetime to start to access the wisdom inside of you.***

It's available to you in any moment. All you need to do is ask, open your heart, and listen to what your soul has to share with you.

Know too, that the more you practice and play with this, the stronger the connection to your inner wisdom will become, and the more quickly and clearly you'll be able to access it - *so keep trying!*

And let it be something you *allow yourself to enjoy the exploration of*, rather than a destination you chase at full throttle.

**If you need a few suggestions on where to get started, here are those 5 fabulous things to try:**

- ★ *Let your inner wisdom know you're listening and ask what it has to share with you.*
- ★ *Pay attention to your physical or visceral responses to ideas, questions or opportunities that come your way.*
- ★ *Create room for your inner voice to speak to you through meditation.*
- ★ *Use the pages of your journal to connect with your inner wisdom.*
- ★ *Imagine your highest self sitting on the couch next to you. Ask it questions and invite it to respond.*

And remember, there's no one or 'right' way to do this, there's just an invitation and opportunity for you to explore, play, and identify what works best for you.

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# 5 WAYS TO NOURISH YOUR INTUITION

With **Kris Franken**

***When you connect to your highest self, your wild intuitive voice, you can navigate the world from the empowered & wise seat of your Soul.***

**HERE ARE 5 WAYS TO NOURISH YOUR CONNECTION TO THIS VOICE:**

## 1. MINDFULNESS & MEDITATION

Breathe deeply. Deep breathing brings you back into your precious body, where much of your intuitive awareness comes from. *Keep breathing and opening your heartspace, let the love move through you and tune in with all your senses into the present moment.*

Meditate to remind yourself that you are the watcher... the being. You are not the doer, the hustler, the body, the mind or anything else particularly human. *The true you is watching the show and gently guiding from inside your heart space.*

Regular meditation takes you into an alpha state – *relaxed awareness* – which is where you strengthen your ability to interact with and understand the energy in yourself and others. *Learn to be mindful of the world without using words... just noticing energy without judgment is a powerful gift.*

## 2. NOURISHMENT

Eat well and drink lots of water, because the better your wellness, the clearer your mind and the easier it is to sense what's going on inside.

Laugh often and loudly, set boundaries, be with people who feel good, do work that fills you up, and look for ways every single day to nourish your whole self. Try new soul-quenching rituals. Seek pleasure without guilt. Know your power. *Your intuitive development is helping the world around you even if you don't share it as such.*

When you are happy and well, you are more likely to be open to and trusting of the intuitive nudges that come to you.

***Take care of yourself without apology.***

## 3. GRATITUDE

Grateful, positive thoughts have a massive impact. Try this every day: *"I love myself. I trust myself. I listen to myself. I am worthy of receiving guidance."*

Whatever you're grateful for will bloom so much bigger.







Shower yourself with gratitude every single day, and thank your Higher Self for guiding you.

Message one person every day to tell them why they mean so much to you.

Keep the gratitude flowing towards your Soul, your Highest Self, and for the love and wisdom that comes so readily from it.

#### 4. JOURNALLING

Sit down in a quiet space with a pen and paper and ask your Soul to come through and lead the way in a journal session. Let it share what's really going on inside. *Journal your questions and let the answers flow from your heart and Soul.*

You can also journal your intuitive thoughts on an idea, project, person, or decision. Journal every time you notice an intuitive hit.

Journals are a safe space for fears to be heard... write letters to people you want to cut out of your life (then safely burn the pages), to the kind of friends you wish to call into your life, to your future lover, to your ideal boss, to your children, to the Universe.. then live as though it is already done.

*Don't forget to write love letters to yourself!*

#### 5. FULL EXPRESSION

Being a full-expression being will allow emotions to move through you, it will bring you into a sacred way of being in the flow of your life, which is where intuition lives.

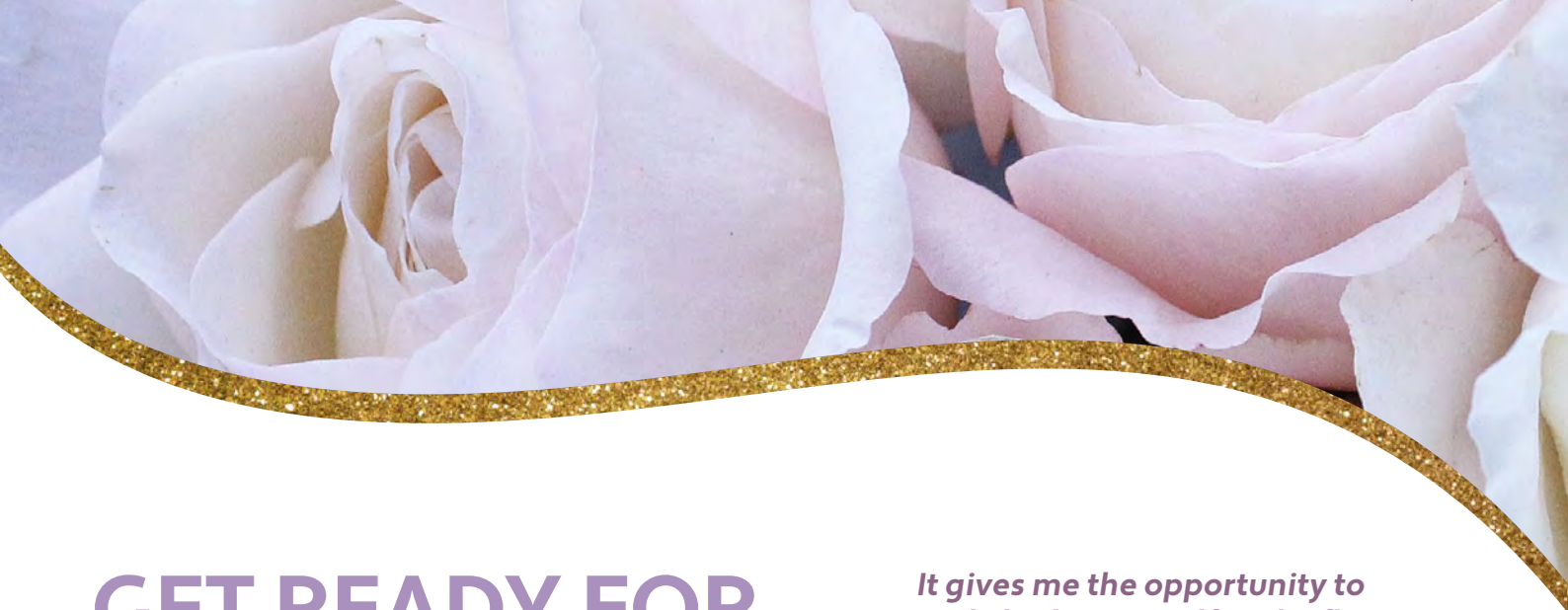
Always in flow and always bringing you back into alignment with your true Self, your intuition is able to shine through when you are fully expressed and in motion.

So sing! Laugh, let the anger out safely, dance, walk, get your yoga on, move your body, and find your inner grace and fluidity.

***Your intuitive voice is always there, loud and clear, and with these tips you'll shift the blocks that are getting in the way of you hearing it.***

**KRIS FRANKEN**  
Spiritual Author & Guide  
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# GET READY FOR THE NEW YEAR, NEW YOU

With **Masha G Ellman**

**I love December... it's the gateway into a new year; it holds the energy of a new beginning that is waiting for us to embrace and the promises of new possibilities for us to explore.**

December invites us to rethink ourselves, honour ourselves, celebrate who we are and look for the future with renewed hope and promise.

But, before embracing and planning for the new year, it's empowering to review this past year and take a little time for reflection to unravel the year.

***Going over the year can give you clarity and access to inner strength you may not even realize you have.***

In this way you're an active participant in the unfolding of your life and not a bystander just watching from the sidelines.

**I like to look at:**

- *What worked and what didn't.*
- *What habits helped, what goals I'm no longer aligned with.*
- *Where I want to make changes.*

***It gives me the opportunity to gently look at myself and reflect on my growth, celebrate what I accomplished and take note of where I failed before focusing on the new year.***

Without giving myself time to review, what I'm doing is carrying all the old stuff into the new year and continuing on the same track.

I light a candle, take a few deep breaths, say a little prayer of thanks. I have a hot cup of tea next to me and my journal, I'm now ready to reflect, dream and imagine.

I start with listing my accomplishments, any AHA! moments and goals I reached.

It's my annual ritual to unpack, process, let go, and re-imagine myself. *It's my way to honour this past year and open to the new year.*

***If we want to live our dream life, we must take time for reflection and dreaming.***

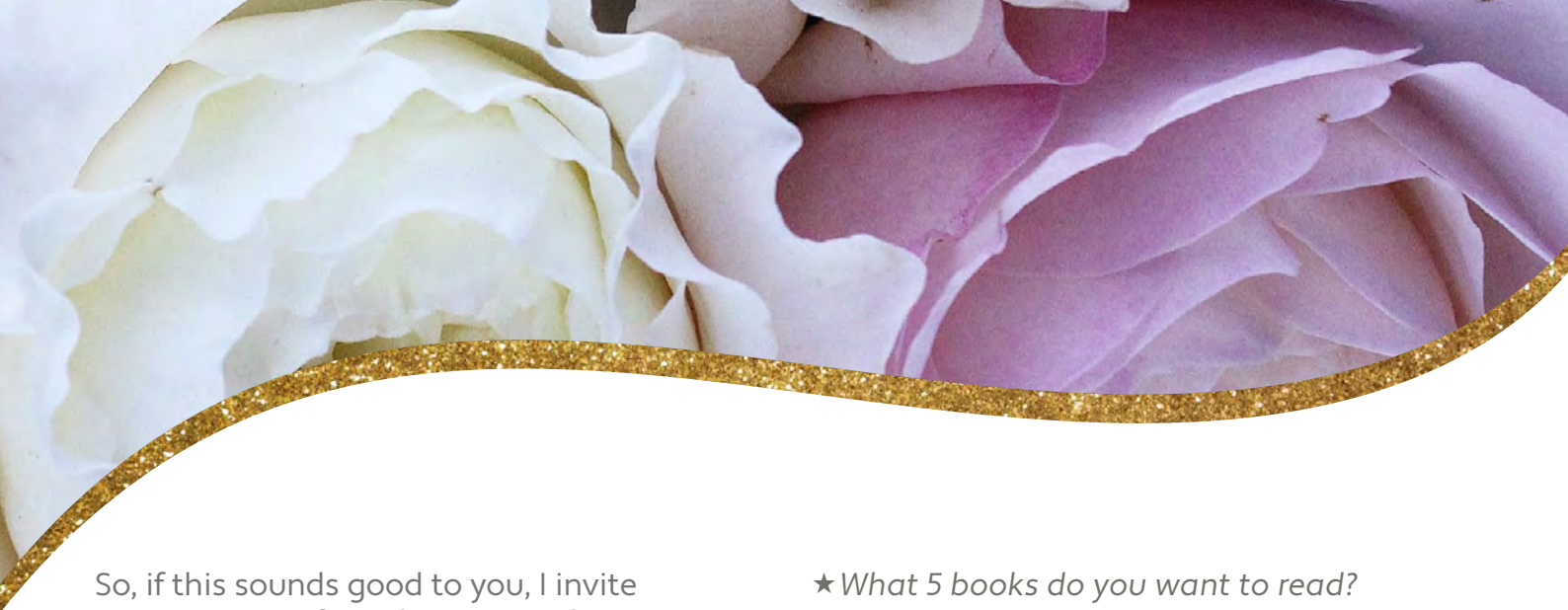
Consider this your invitation to design your new year. *Make this time a special, delicious time for you, not a job that 'has to get done'.*

Approach it with an open mind, open heart, gratitude and a willingness to receive and let go.

Don't beat yourself up for goals you didn't meet or forgot about; be gentle with yourself and make it fun.

Take your time - there are no rules - what works for you is the perfect way for you.





So, if this sounds good to you, I invite you to get comfy and get started...

### FIRST REVIEW:

List your accomplishments. Instead of starting with all that *didn't* work out, start with what *did*; what made you feel good and joyful. What made you feel proud of yourself. *I find this really raises my vibration and sets me up in the right frame of mind.*

List what you've learned, what you overcame, what you're most grateful for and any AHA! moments.

- ★ *What did you celebrate about yourself?*
- ★ *What did you not do because of fear?*
- ★ *Where did you not follow your intuition and why not?*
- ★ *What can you do different next year? Where can you improve?*
- ★ *What lessons did you receive that helped you grow?*
- ★ *Did you have a word for the year? How did your word support you?*

### GOING FORWARD:

Ask yourself:

- ★ *What do you want? What area of your life do you most want to improve?*
- ★ *Where do you see yourself in six months or, at the end of next year; devise a plan to get there.*

★ *What 5 books do you want to read?*

★ *This is the year that I will do\_\_\_\_\_, nourish\_\_\_\_\_, learn\_\_\_\_\_, become\_\_\_\_\_ (fill in the blanks.)*

★ *What you hope to accomplish can only happen if you put your attention on it.*

★ *Do an internet search for more questions.*

★★★

Taking time to review and plan ahead, is a way to get insights, solutions, ideas and create change.

It helps you to focus in and create a greater vision for yourself.

*It's a way to help you take your life into your own hands and be the master of it.*

***It's your sacred responsibility to live in your life fully, to be aware of it and plan it. To be involved in your life and present in your journey, and to start the new year EMPOWERED.***



**MASHA G ELLMAN**  
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THE INSPIRED GUIDE

# WORK WITH ME

*lifestyle & business guide*

20 Hours FREE\* Per/Month

\*3hrs Maximum Per Person

*(You can donate any amount afterwards if you feel guided.  
Normal hourly rate \$44-\$88p/hr)*

## FIND YOUR HAPPY PLACE

**Life is meant to be EASY & JOYFUL. Your heart leads the way which is guided by how you feel in every moment.**

I know what it is like to feel overwhelmed and unsupported in life and business; especially when the way everyone else is doing it just doesn't feel right... so I am here to be the guide for you that I always wanted. *Are you ready to boldly and courageously step into your happiness?*

## EXPRESS YOURSELF

**Life is for living YOUR way! Stand out by being YOU!**

Often we fall out of alignment with our higher vision and hide inside the comfort of what we have always known - but if you are seeing this, then maybe it's time to shine your light bright and in the way that feels so light and right to YOU! *Express your light, YOUR way!*



## CORE SERVICES

*Ways in which I can be of service and support:*

### 01. BUSINESS

Life is meant to be joyful - this includes your J.O.B (Joy of Being). Are you ready to turn your passion into a meaningful business or energetically re-align your existing one?

### 02. LIFESTYLE

Are you ready to live life more consciously with more passion, joy, ease, empowerment and inspiration? Move beyond fear, lack and overwhelm into love, abundance and worthiness?

### 03. UNDEFINED

Do you feel stuck or lost in life with no direction, passion or motivation... does it feel like you are floating in limbo? Then it's probably time we had an inspired chat.

#EXPRESSYOURSELF #EMBRACEYOURTRUTH #BEMOREHAPPY #FOLLOWYOURBLISS



## SERVICES *Business*

We work together to ground your vision and bring it to life and into alignment in a fun, fluid and expansive way - in doing so we develop clear ideas and dislodge any limiting beliefs or fears holding you back, creating space to expand into your passion. Once your vision is grounded, we bring it to life using dynamic visuals, consistent style and engaging content that aligns with your vision and energy.



## SERVICES *Lifestyle*

If you are ready to do the inner work and put it into practice in your life; to express your authentic self and embrace your truth, then I am here to guide you with inspiration, resources, practical advice, intuitive guidance and wisdom gained from experience. I meet you where you're at with no judgement. I can shed a little light on any limiting beliefs, ideas and behaviours to shift your perspective so you can move further into a life with more love, happiness and joy.



## SERVICES *Undefined*

We all go through times in our lives of transition; where we are no longer who we once were, but not yet who we will become - we are just floating in a type of limbo.

If you feel it is time to get grounded again or soar higher, then we can have an inspired chat with no pre-defined ideas or direction and let the answers just come through in flow... perfect for igniting new ideas, passions and experiences!



## EXAMPLES

### BUSINESS

- Grounding Your Vision
- Finding Joy in Your Business
- Visual Elements & Styling
- Brand Alignment & Voice
- Website Design & Copy
- Social Media & Marketing
- Guidance & Training

### LIFESTYLE

- Shifting Your Perspective
- Finding Your Inside Voice
- Planning & Processes for More Ease

## GET IN TOUCH

Free Space Are Limited, Enquire Now

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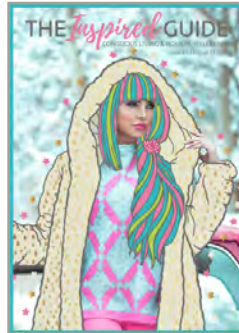
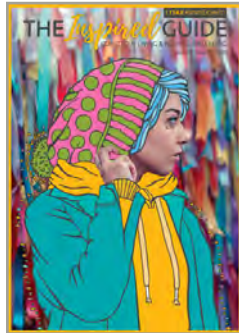
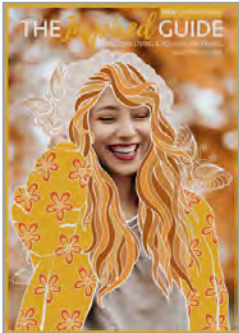
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[theinspiredguide.nz/workwithmefree](https://theinspiredguide.nz/workwithmefree)



# THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

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