

THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

Issue #4 | October 2021



#EXPRESSYOURSELF

Joy: Our Most
Powerful Teacher

WITH JENNA TEAGUE

LIFE IN THE FLOW LANE

The Fluid Qualities
of Your Intuition

WITH KRIS FRANKEN

REDEFINING & ALIGNING

Building Your Confidence By
Doing Things Differently

WITH ASHLEY LOOKER

THE *Inspired* GUIDE



'JOY' by Amanda Sears
Photo by: Unknown



WELCOME TO #4 OF THE 'MINI' INSPIRED GUIDE eMAGAZINE!

The energy of **JOY is infused in this edition**. It is the gateway to the grandest version of yourself, to a life full of happiness and to a higher consciousness.

When you bring more joy into your life **everything seems brighter**, *because it is!* You are opening yourself up to more possibilities and expanding your senses which allows you to experience more beauty and perfection, and attract more joy!

When you consciously focus on living life in the now and on doing more of what makes you happy while releasing attachment, doubt, control, fear or expectation - **joy is a natural occurrence** - even in what may have seemed so mundane before.

I've been experiencing more and more joy each day as I focus on doing more of what makes me happy - whether it is being a sloth in my pajamas on the couch eating chocolate or out in the garden playing with the cats.

How are you incorporating more joy into your day?

- Amanda Sears, *The Inspired Guide*

4

**Do More of
What Makes
You Happy**
★Profile★

*With Finding Alice
(Bonnie Lindsay)*



14

**Your Zone
of Genius**

With Ben Goresky

6

**Struggling
with Finding
the Balance**

*With Tash
Pieterse*



16

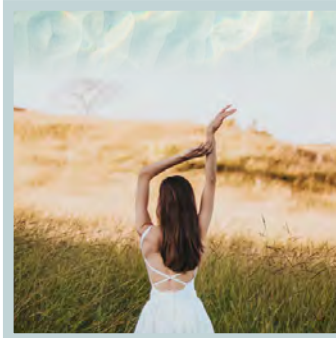
**Living an
Extraordinary Life**

*With Masha G
Ellman*

8

**Be Confident
in Decisions by
Connecting to
Your Body**

With Rachel White



18

**The Fluid
Qualities of
Your Intuition**

With Kris Franken

10

**Joy: Our Most
Powerful Teacher**

*With Jenna
Teague*



20

**The Magic
of Reframing**

With Carly Allen

12

**Building Your
Confidence by
Doing Things
Differently**

*With Ashley
Looker*



22

**Creating the
New & Embracing
the Unknown**

*With Amanda
Sears*



DO MORE OF WHAT MAKES YOU HAPPY

With Finding Alice

Hi, I'm Bonnie, owner, maker and wearer of many hats at *Finding Alice* where I make vintage inspired clothing for Wildflowers*, with attention to fit and of course, FUN.

I believe that children should have the freedom to explore who they are and how they see the world, which shouldn't be restricted by their clothes - *or what they are expected to wear.*

My clothing is designed with careful attention to wearability to give children the freedom to move, climb, run, and go on grand adventures.

*THE FREE SPIRIT OF A WILDFLOWER

A **Wildflower** is strong, determined and an independent thinker. She plays with abandon and embraces her childhood for all it's joy, mess and adventure. A **Wildflower** believes she can do anything. She doesn't worry what other kids say or think. She knows her worth.

She is **Fierce**. She is **Free**. She is a **WILDFLOWER**.

Style is always important, but not at the expense of movement.

Having children of my own I always loved creating pieces just for them - for dress up days, dance concerts and everything in between. When my youngest was born and I had older children in high school I wanted to do something that could bring in a little income while also letting me balance my idea of parenthood.

Somewhere along the way Finding Alice has become more than a business.

I have grown as a person, found my own voice, and started to gain a faith in myself by simply doing something that brings me joy... A joy that I get to share with others.

I LOVE family life, but this little business is something that helps me grow in a way I couldn't have imagined when I first started.

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

There is nothing I love more than seeing a Wildflower going on grand adventures, being quirky and loving themselves fiercely in something I have made.





The confidence and joy they have will get me happy dancing every time.

We all had that one item of clothing from our childhood. The one we always begged to be washed so we could wear it again. For me it was a purple plaid dress. Carefully handmade by my favourite Aunt; I was able to choose the fabric, and the style. *That dress made me feel like I could take on the world.*

As caregivers and parents, we want to support and nurture our children as they grow into adults. I believe allowing and encouraging children to make their own decisions on clothes, opens the door to important conversations.

The ability to use their own voice to make choices - even just with style - means they get used to, and begin to expect people to listen to their boundaries. I love the conversations that happen around our tees.

They are cute and comfortable (as a good tee should be), but they are also an opportunity to share a point of view - to show the possibilities; to say hello - it's never *just* a tee... there is a message there.

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

My favourite thing is the people! I am so blessed to have met the most amazing families, reps and customers, fellow business owners and those who follow the journey because they sew. *The community that I get to 'go to work with' every day inspires me in a million ways.*

We believe in better for our children. We want to see change, and we are all trying to find little ways every day to light up the space we're in.

They remind me every day of the good that is there... when you stop and look.

The not so happy times?

It's very tempting when I'm feeling overwhelmed to hide a little. So if I find that small things seem to be affecting my mental health more than they should, I spend time with those I love most - those people who fill my cup again... And cake! ... Because, some days you just need to eat cake.

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

I try to remember to have fun!
I can get seriously bogged down in all the little details of parenthood and running a business.

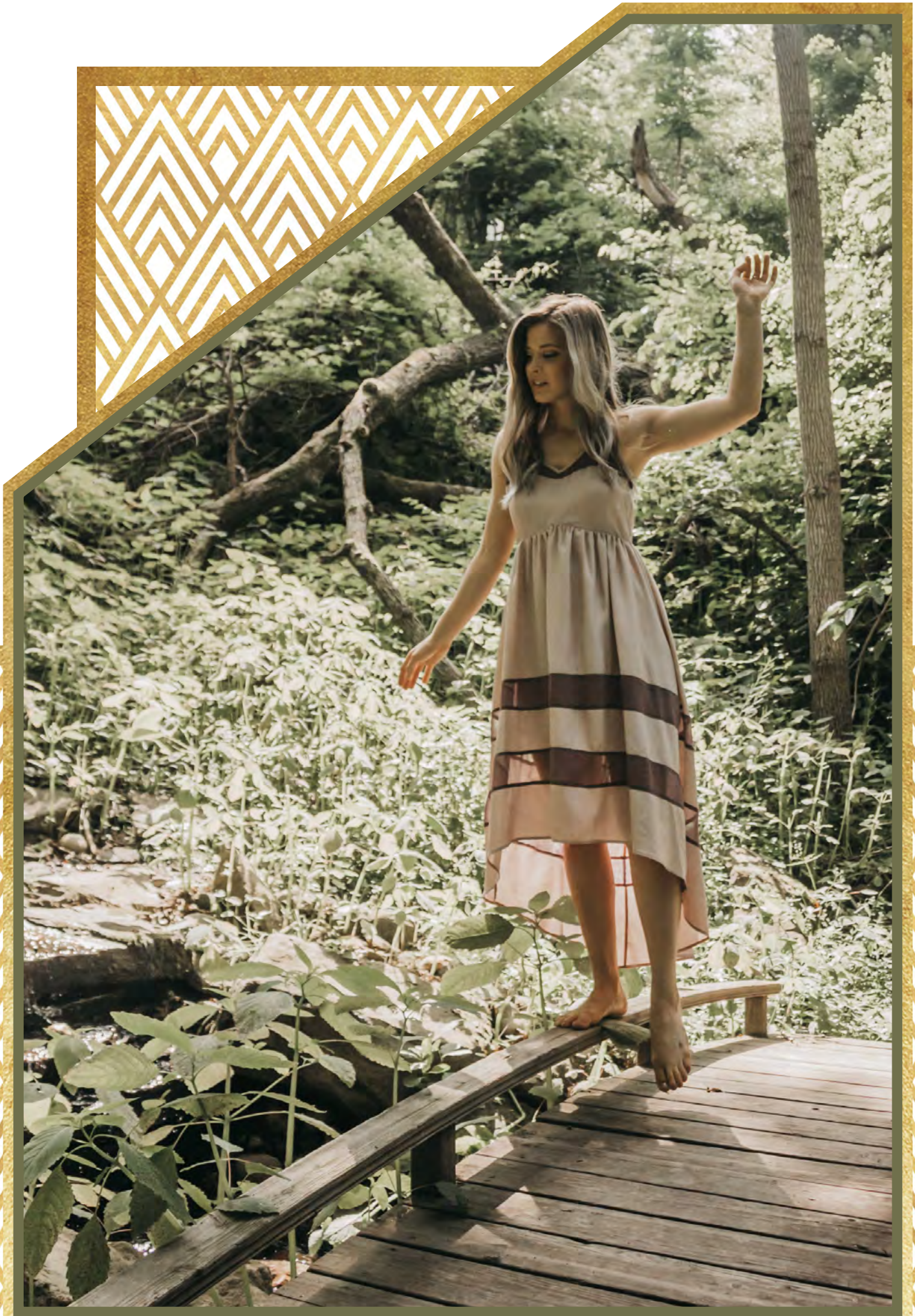
When I start to feel flat, the music gets turned up in the car and we all sing at the top of our lungs with great abandon!

Ellie (my youngest daughter) and I are about to learn to roller skate. I do vaguely remember being quite good at it when I was younger. Ellie expressed an interest so that's what we are doing. *Being silly, laughing until you cry, learning to be brave and to risk falling over.*

Finding joy in the small moments... like the feeling of a small hand in yours. Those are the moments I seek out that fill my heart and remind me to just breathe.

FINDING ALICE
Bonnie Lindsay
www.findingalice.com.au





STRUGGLING WITH FINDING THE BALANCE

With Tash Pieterse

I see you - *ambitious, hardworking, overachiever* - working hard to do enough, and be enough, and among it all, also striving for perfect balance in your life. Trying to make sure every area of life is taken care of to the same level so it all feels neat and tidy and shows 'I have my life together' - I get it. I'm here to bust that and tell you to stop.

Stop striving for the perfect balance. Instead, come back to *presence*.

**WHEN YOU'RE PRESENT,
EVERYTHING IS PERFECT.
EVERYTHING IS EXACTLY
AS IT IS MEANT TO BE.**

It's when we *strive* and *aim* for perfection that we create stories of what is wrong; we get lost and end up in balls of stress and overwhelm.

On a recent group coaching call one of the women asked 'how to create more balance'.

The thing is, life is a constant ebb and flow... You are always riding a wave that brings with it so many different feelings, thoughts, and experiences.

The ups and downs, ebbs and flows of life will always be flowing, yet in the present moment, everything is exactly perfect and balanced.

When you're fixated on trying to find the perfect balance, you are trying to control the waves that will always inevitably come.

So, instead of aiming for perfect balance or trying to figure out the best way to bring every single area of your life into perfect harmony, take a step back and come back to presence and let that be your foundation.

How you find your presence will be unique for you, try different things and see what feels good for you in the moment.

THE PRACTICES I USE MOST OFTEN ARE:

- ★ Meditation and journaling
- ★ Taking 3 deep breaths and re-centering
- ★ Spending time in nature
- ★ Naps
- ★ Asking "What's actually most important right now?" then doing that thing first
- ★ Moving my body - lifting or dance
- ★ Talking to a friend

When I remind myself of the 'now' and I'm present in it - there is absolutely nothing else needed in that exact moment.

**COMING BACK TO
PRESENCE IS A PRACTICE
AND WITH CONSISTENCY
IT BECOMES EASIER.**

I know there is so much resistance that comes with this and I can guarantee you will feel some of it come up for you. *Allow it, that's natural.*

What that is, is the stripping away from "what I should be doing" and instead allowing a different approach to be used. One that is right for YOU and feels good to YOU and your family.

There is no perfection in life and there definitely isn't the perfect balance between everything you have going on.

So, it's important to strip back the expectation and instead focus on how you can be more present in your life so you can enjoy each moment and realise that *it is actually all perfect.*

TASH PIETERSE
Life & Mindset Coach
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BE CONFIDENT IN DECISIONS BY CONNECTING TO YOUR BODY

With **Rachel White**

Throw out the pros and cons list and begin *tuning in to the wisdom of your body*. You can very well compose a convincing argument to justify any decision.

Your brain is wired to 'solve' questions, so if you ask '*is this the right choice?*' your brain will be able to find reasoning as to why it is.

When we embrace this truth: *that any decision we make could be the 'right' one*, we take the weight and pressure off our decisions, allowing ourselves to come up for air, and to make our choices with ease and confidence.

This truth allows us to realise that our logical mind isn't the best leader when it comes to making decisions that bring us into alignment with how we truly desire to live our life.

Just as the mind can find reasoning for anything, it can also find doubt for anything.

Let's put the mind aside for a moment.

Your intuition (which lives in your body) is much wiser than your logical mind - we often feel disconnected to this, given how much emphasis is placed on developing and using our mind in today's society.

The biggest downfall of using your mind alone to make your decisions is that you cannot possibly predict all the ripple effects and consequences.

Making decisions from your intuition requires you to have trust in yourself and trust that if you feel guided to do something, that it will be of service to you even when you don't logically know how.

The difference between your intuition vs mind leading decisions can be found within the initial response - *notice the visceral reaction of your body (the deep inward feelings).*



INTUITION – You will feel the visceral YES and within three seconds your mind will begin generating thoughts to convince you otherwise, planting seeds of fear and doubt.

MIND – You will feel a visceral NO and again within three seconds your mind will generate thoughts that attempt to talk you into saying yes.

Practice noticing what comes first and what then comes in to create inner conflict.

We all have different body cues. Becoming in tune with your own body will heighten your ability to feel intuitive guidance.

Your intuition and your logical mind are usually diametrically opposed because your mind does not want you to expand past what is familiar (even when it is uncomfortable), to the mind this is what keeps you 'safe'.

Your intuition wants to guide you towards expansion, even when there is some discomfort in the transition.

Bringing your mind and body/intuition into unison requires the feeling of safety within the unfamiliar.

Remember that you can always make a new decision.

Some decisions require more intention and deeper consideration, however the decisions you are making every day and getting caught up in, for the most part, do not require you to consider the 'pros' and 'cons' – *just make a choice and keep moving.*

When you avoid making a choice, you carry the heaviness and often the decision will end up being made for you, which will only dilute your confidence and connection to your body.

RACHEL WHITE
Coach, Author, Speaker
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JOY: OUR MOST POWERFUL TEACHER

3 LESSONS I LEARNED FROM JOY

With **Jenna Teague**

If asked for a simple definition of joy, we might say, "*an emotion*".

If asked for a synonym for joy, we might reply, "*happiness*".

Of course, joy feels incredible! Exhilarating, even.

But if we gave those seemingly indisputable answers, we would be wrong – *because joy is so much more than a good feeling.*

Far beyond a feeling, joy has been a powerful teacher in my life, and I would love to share some of the greatest lessons I've learned from my relationship with joy.

LESSON #1: JOY IS ENDURING

Rather than a feeling or emotion, joy is an enduring state of being. What that means is that joy can coexist with competing emotions – and even contradictory ones, like sadness.

Emotions, like happiness and sadness, are more fleeting and transitory than states...

...They pass through us more quickly.

Unlike states, emotions also lack the intensity and power to coexist as contradictory emotions. Opposing emotions, like anger and peacefulness, essentially cancel one another out.

Joy, as a state of profound pleasure and elation, plays well with others

It can run like a program in the background of your life and hold possibility even while contradictory emotions pass through your heart and soul.

In more good news, your well of joy is self-perpetuating. It never runs dry, and you can dip into it whenever you need.

LESSON #2: JOY IS EXPANSIVE

Joy is the ultimate space holder.

Inherent in joy is the knowledge that anything is possible, and that possibility spiderwebs throughout your life of its own accord.

Like sunlight streaming through a window, joy brings brightness and crowds out darkness.

Open your blinds and allow it in.



LESSON #3: JOY IS RESILIENT

The power, intensity, and enduring nature of joy; the fact that it coexists with emotions, even contradictory ones; and its nature as a self-perpetuating state, make joy one of the most resilient states and greatest sources of resilience in our own lives.

LET'S LEARN HOW TO BORROW FROM JOY.

- ★ **Borrow its power** – and stand in your own.
- ★ **Borrow its endurance** – and stay strong through the fleeting challenges that cross your path.
- ★ **Borrow its expansiveness** – and hold space for the power of possibility in your life.
- ★ **Borrow its resilience** – and bounce back from the blows that might otherwise knock you down.

Now that I've shared my 3 essential joy lessons, I would love to know...

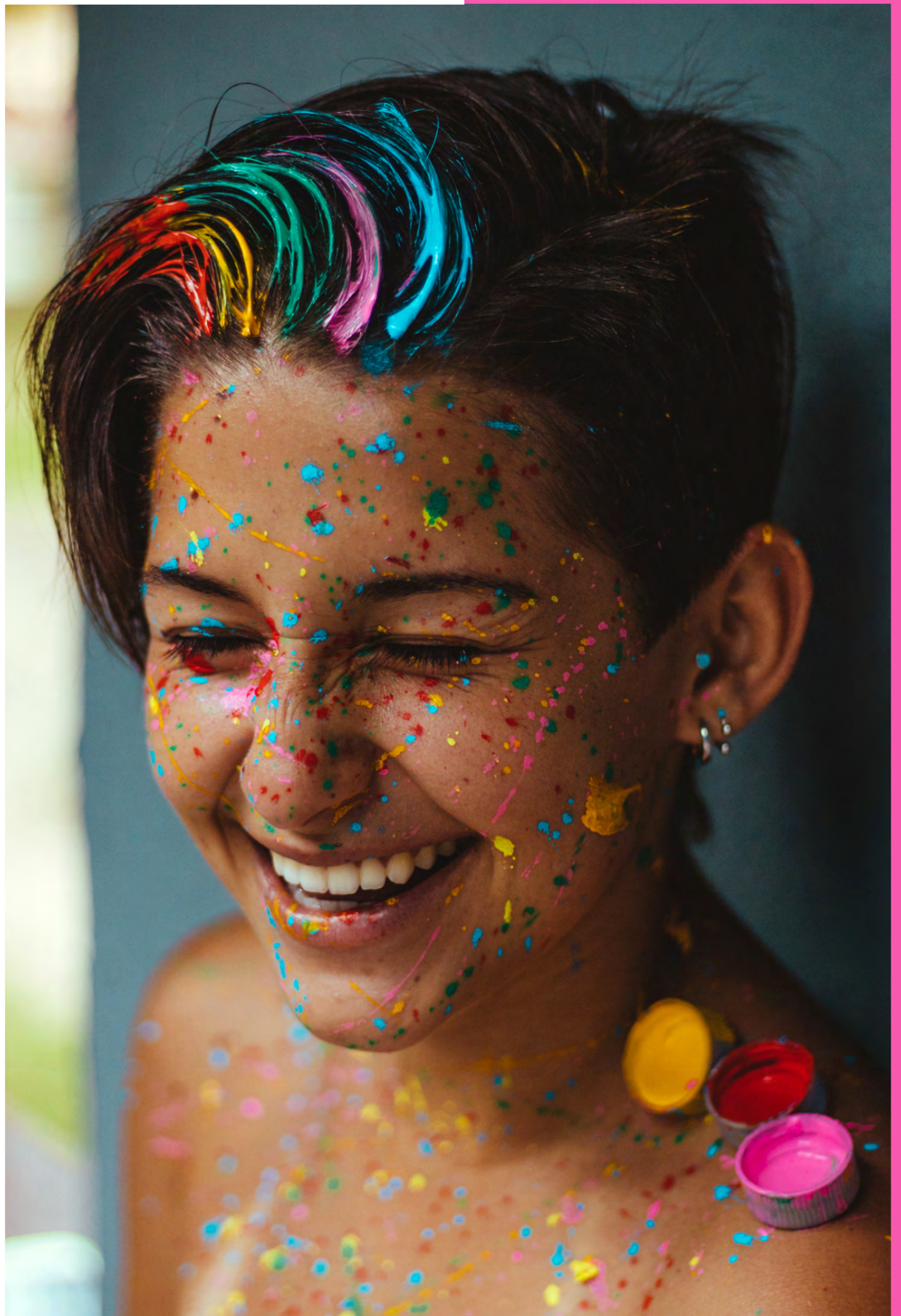
- ★ *What is your relationship with joy?*
- ★ *What has joy taught you?*
- ★ *What would be possible if you called more joy into your life?*

I'd love to leave you with this invitation:

**WHEN YOU FEEL HAPPINESS,
AMPLIFY IT INTO JOY.
WHEN YOU EXPERIENCE
NEGATIVE EMOTIONS,
REMEMBER THAT JOY IS
ALWAYS COEXISTING WITH THEM.**

JENNA TEAGUE, M.A.
Psychotherapist + Coach
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BUILDING YOUR CONFIDENCE BY DOING THINGS DIFFERENTLY

With **Ashley Looker**

I've always had a pretty, let's call it 'interesting' relationship with confidence.

Growing up I was surrounded by 6 male cousins who were, at best, confident, at worst, arrogant.

As an introverted, empathetic child I grew up not understanding how I could be confident without being 'full of myself'. So for many years, and because I associated confidence with arrogance, I played small.

I made sure to stay quiet about achievements and definitely never bragged about anything wonderful I did. *This trait, unfortunately, followed me into my adulthood.*

Regardless of what your personal experience was like as a child with confidence - *or even as an adult* - confidence is something we are taught and learn over time.

Some of us learn that being confident is arrogant, some of us are taught not to be 'too big for our britches', while others are taught to be humble and nothing more. *That being said, confidence is still an inside job.*

Now, as a 37-year-old woman, I've been thinking a lot about my confidence over the past few years, asking myself questions like "am I really going to spend my entire life feeling insecure? Is that really how I want to live the rest of my precious life?" Of course not!

Everyone wants to be confident!
But how do we do it?

**WE MUST RE-LEARN IT,
RE-FRAME IT, AND RE-SHAPE IT TO
FIT THE PEOPLE WE ARE TODAY.**

One of the most powerful ways I have been practicing confidence over the past few years is by doing things differently in my life.

In order to grow your confidence, you have to get uncomfortable, and eek! You might even have to mess up or be 'imperfect'.

HERE ARE 6 PRACTICES I'VE TRIED THAT HAVE WORKED FOR ME:

1. I challenge myself to get uncomfortable in small ways. That zoom call I'd usually stay off video for? I turn my camera on. That coaching exercise I've been too scared to try with a client? I request we give it a try during a session. Those 10 minutes of free time? I sit in silence instead of reaching for my phone. That feedback I'm terrified to receive? I ask for it. In these tiny ways I've started to learn I could actually get uncomfortable and, much to my surprise, survive. To grow your confidence means to see yourself through your discomfort.
2. Every day, I wear clothes that make me feel powerful and elevate my mood.
3. I've committed to a path of self discovery. The more deeply and completely we know ourselves, the more confident we feel. And because I know what I need, what I want and who I am, I've become more confident in myself to ask for those things.
4. I adopted a 'beginner's' mind. Oddly enough, taking on a beginner's mind allowed me to realize I had so much more room for expansion and growth, whereas before, I would put a ton of pressure on myself to 'know it all' in an area, which essentially crushed my confidence.
5. Instead of beating myself up (which feels normal to me - yikes!), I practice self compassion. I take it easier on myself (which feels uncomfortable) but builds my confidence at a much quicker rate!
6. I've stopped tracking my habits (which has been incredibly comfortable to lean on my habit tracker) and instead started relying and trusting myself that I could follow through.

*Which one resonated with you the most?
Which practice are you willing to try?
Or, is there another practice you're excited to implement in the coming month?*

ASHLEY LOOKER

Empowerment Coach

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YOUR ZONE OF GENIUS

With **Ben Goresky**

Being in your zone of genius is more important than your qualifications. I care more about whether you're passionate, purposeful, and doing what you love, than I do about your qualifications.

The degree on your wall doesn't mean anything if you hate doing the work you do.

There are a ton of therapists out there that aren't helping people.

There are a ton of doctors out there who are total messes, personally and professionally.

And, I know a bunch of non-therapists who are the best therapists I know.

I know a bunch of non-doctors who are more well-informed and well educated on overall human health than medical doctors.

It's not about training. It's about being in your zone of genius - the place where you bring your passion to your work.

NO AMOUNT OF TRAINING WILL MAKE YOU A MASTER UNLESS YOU LOVE WHAT YOU ARE DOING.

But we LOVE security. We seek security over our passion, because that's the 'safe' move.

So we go for that training to get the good job, with little regard for whether we might like it (or be good at).

The training is often led by an ancient bureaucratic behemoth with outdated instruction and heavy structure that adds layers of complexity to the learning process.

THE WORLD NEEDS YOUR GENIUS.

It doesn't need more people taking training and degrees in professions that don't suit them.

The degree or training doesn't put you in your zone of genius. You put yourself there.

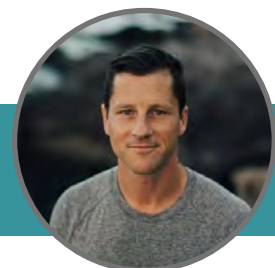
So if you've been procrastinating on doing the thing you love, here's my push for you to start now.

HATCH A PLAN, AND FIND A WAY TO BRING YOUR GENIUS TO THE WORLD... IT'S NEVER TOO LATE.

Some of the most masterful geniuses I know quit their cushy, predictable jobs (that they hated) to do what they love instead.

They have encouraged me to bring my genius to the world. Now I'm encouraging you. Start now.

PS. Training does matter. I've done a bunch. Some training gets you to the endpoint more effectively than others. Direct mentorship is the best. But if you're passionate about what you're learning, you will actually learn it and become a good ambassador for the profession



BEN GORESKY
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LIVING AN EXTRAORDINARY LIFE

With **Masha G Ellman**

I always knew that there was something more that I could be and could have. I always had that feeling that I wasn't living my life in my fullness. I didn't know what it was or how to get it but I knew that I wanted it. I didn't know it then but I wanted an EXTRAORDINARY life.

I've learned a lot since, the most important being that *I had to change in order to have an extraordinary life.*

I first needed to let go of the blame game I was stuck in for years, because no one is responsible for me. What happened when I was a child, what someone did or said, my mother, my anything...

**MY LIFE AND HOW I WANT
IT TO BE, IS TOTALLY UP TO ME.**

It all started to change when I picked up that magic wand called 'responsibility' and I became totally responsible for everything about me.

It's taken a while for me to recognize the gifts that assuming responsibility for myself has blessed me with.

It's empowered me to live my amazing life in ways I never knew possible!

Living inside the 'blame game' gave me the permission to happily veg out on the couch with a bag of chips watching TV, while blaming everyone else for my lack, pain, and inertia.

Responsibility has empowered me to claim who I am and to have dreams.

**BEING RESPONSIBLE FOR MY
OWN LIFE STARTED MY JOURNEY
OF HEALING EMOTIONALLY,
PHYSICALLY AND SPIRITUALLY.**

I've gained trust in myself, I've learned to value myself; to know that I'm worthy and deserving of all that I want and desire. To love myself unconditionally and live my life unapologetically me.

What I'm saying is, being responsible for yourself will change everything.

I can't tell you how to do it, I wish I could, but there is no one formula that fits all. I can only share with you what works for me.

What I can tell you for sure is that it's *your* choice - you can either go for the rest of your life blaming everyone for your 'poor me' situations, or you can choose to live your life in an extraordinary way.

**ONCE YOU PICK UP THAT
MAGIC WAND AND BECOME
RESPONSIBLE... YOUR LIFE
WILL BECOME MAGICAL.**

4 THINGS THAT TRANSFORMED MY LIFE:

1. Wake up to your life. No one owes you anything. Staying in the blame game will only pull you down further into oblivion while your life is passing you by.

You didn't come here to play small, to be less than or to blame your life away.

2. Forgive yourself and forgive others. Don't get me wrong when I say forgive, I know that this may not be easy, it wasn't for me, it can be pretty darn uncomfortable. It also doesn't mean you have to become anyone's best friend if you don't want to, but it will remove that heavy energy from your body and open you up to more inner peace, joy and free you to flourish.



3. Get to know yourself, read self-help books, spiritual books, spend time alone with just you, journal, ask yourself questions. Who are you? What do you want?

**THE UNRAVELING OF YOURSELF
WILL OPEN YOU UP TO THE
WONDERS THAT ARE YOU.**

4. Love yourself, the one most important love affair you can have, is the one that you have with yourself. It will lead you to your heart and open the way forward, it's transformative.

**EXTRAORDINARY ASKS THAT
YOU REMOVE, LET GO OF, DISCARD,
AND CHANGE EVERYTHING ABOUT YOU
THAT DOESN'T SPELL EXTRAORDINARY.**

It asks you to remove your false self and open to your authentic higher self to live the vision you create for yourself.

Your self image, confidence, trust, success, transformation - it all hinges on if you're living your life while rooted in your own power.

And here's the secret...
*There is nothing more freeing, empowering,
loving and sacred than honouring yourself,
shining your light and living your
extraordinary life.*



MASHA G ELLMAN
Writer. Healer. Intuit
www.mashaellman.com



THE FLUID QUALITIES OF YOUR INTUITION

With **Kris Franken**

To understand intuition more clearly and how it works within us, I like to compare it to water. *The ocean is the perfect symbol for intuition.*

Intuition is fluid, it's constantly adapting and flowing according to your needs and what is around you.

**INTUITION IS CENTERED IN
YOUR HEART'S ENERGY, AND
ENERGY IS COMPLETELY FLUID.**

As you think, breathe, eat, move, connect, sleep, your energy flows within and around you - *reading the energies around you and guiding you towards the best next step for you.*

Intuition is clear - it tells you the whole truth without hiding anything or deceiving you. *Your ego is completely deceptive; astoundingly so!*

When your intuitive voice calls from your heart, you'll know because it's the truth.

Sometimes the truth is a cosmic relief - other times it is challenging or uncomfortable.

Journal with the wisdom that shines through and get to know the inner voice well enough to distinguish it from ego.

Intuition is strong, it wears down the walls you've put up to your own truth, even if it hurts.

If you're unwell or in pain, it could be because you've been ignoring the call of your intuition.

If you're stuck in a job, relationship, home, city or other situation, and not allowing your heart to move you onwards to where a more aligned life awaits you, then your body may be showing you all sorts of discomfort.

The strength of your intuition will never soften, no matter how long you ignore it for. *Tune in daily and honour what you hear.*

Intuition is always seeking alignment. It wants to pull you into the slipstream of life where you'll find ease, abundance and bliss. *In the middle of a river is the slipstream where the current runs the fastest.*

We've been taught that life is like climbing a mountain, when in fact, it can be as sweet as floating down a gentle river if we listen to our intuition.

Letting go of the need for it to be hard; the old beliefs/ideas/people/situations that don't serve your highest purpose, and the distractions that take you away from your purpose will allow for alignment in all areas of life.

Intuition is a force that comes in waves, and although it's consistent and available, some days it feels stronger than others.

There will be days when meditation, inner connection, journaling and ways of listening to your heart will feel easy and the messages strong.

There will also be days when you feel cut off, confused, isolated and in the dark.

**WELCOME EACH DAY WITHOUT
RESISTING OR LABELLING THE
GIFTS THAT THEY BRING.**

Rest when you need to; when the way is clear again, your heart will tell you.

Intuition is deep, perhaps bottomless, there is no end to what you can know.

Your heart's intuition is deeply connected to your mind's insight. And your mind, no matter what you've been told, is wildly psychic.

Spirit may come to you as a whisper, a knowing, a sign or symbol, an animal, a vision or dream, or from any other source.

You can know anything you need to know with enough clarity, confidence and trust in your channel.

Intuition is healing, forever guiding you back onto your purpose and path, leading you towards friends, community, healers, guides and mentors who have your highest interests at heart.

Whenever you feel out of balance, ask your heart where you can find the best healing for you.

Sit in nature and let the healing energy flow through your body.

*Keep listening and
honouring what you know.*

KRIS FRANKEN
Spiritual Author & Guide
www.krisfranken.com





THE MAGIC OF REFRAMING

With **Carly Allen**

How do you make the most mundane tasks the most rewarding ones? How do some people have it all together or always seem 'motivated'? How can we stop procrastinating and just do the thing? (*The thing that usually only takes 15 minutes that we put off all month.*)

I have been working with a coach for the last 18 months whom I have learned many valuable skills – one of the best ones is: 'reframing' your thoughts.

Paired with my skills as a personal trainer, I have put my interpretation onto this very effective technique...

Limiting thoughts are often derived from limiting beliefs – stories we have replayed over and over, sometimes our entire adult life.

They are the thoughts that tell us to "wait until Monday", "just sleep in", "clean the house later, watch another episode" and my worst one... "leave that pile of washing until tomorrow".

The recent L4 Lockdown (stay at home order) was a total blessing for me. I actually had to stop, which is unusual for me. It also gave me a great opportunity to practice what I preach about reframing.

I could have quite easily gone down the rabbit hole of Netflix marathons, day drinking and endless baking, however I quickly reframed and decided that I would sort my house out – so from top to bottom I cleaned, organised, and cleared out so much junk.

How did I achieve that?

Well, as daunting as the task at hand was (my house is HUGE) *I reminded myself about how great I would feel once it was all done and the relief of the burden that would be lifted when I return to work.*

But I still found myself procrastinating about the silliest, most mundane tasks eg. folding my washing. Another reframe was coming - *I began listing the benefits of folding my washing:*

- ★ I will know where all my clothes are and I won't have to tip everything out onto the floor to rummage around
- ★ It will save me time
- ★ I respect my clothes because they represent my money I've earned working
- ★ It will be one less thing to do tomorrow
- ★ I will feel happy when I wake up in the morning not having to stare at a pile of clothes

Think about brushing your teeth or putting petrol in your car - you're not necessarily motivated to do either of the two but you know you will reap the rewards of doing each task.

If you didn't brush your teeth for one year the consequences could be quite substantial, eg. you could experience a tooth ache or spend a huge amount at the dentist - however, I believe that when you start listing the *benefits* and *positive results*, it is far more beneficial as it frames the task as positive, rather than scare mongering and blackmailing ourselves.

These more positive thought patterns bring you into a future elevated state of being, as we literally imagine the feelings of the task already being complete.

WE ALREADY KNOW WHAT IT FEELS LIKE TO NOT DO THE TASK, SO WHY NOT TRY TO IMAGINE THE COMPLETION INSTEAD.

When we begin to infuse our thoughts with higher vibration emotions eg. happiness, joy, relief, elation, pride (of completing the task), the chemistry in our brain literally changes, then floods our physical body with 'motivation' which actually is an amazing combination of neuro-chemicals and hormones that signal inspired action.

The drive to get up and get started becomes easy and after a while, your brain will actually create new neural pathways so that 'thing' that you keep avoiding or putting off, for example exercise, will become such an automatic habit that you will not even have to think twice about it because your brain has actually changed.

The beauty of reframing is that, after repeated use and action, you will have to use it less frequently.

The most important thing about reframing is attaching an empowering and uplifting emotion to the future event.

And finally...

THE BENEFITS AND REWARDS OF THE TASK COMPLETED WILL FAR SURPASS THE EXCUSES YOU'RE MAKING UP.

I hope this helps all the other fellow procrastinators out there!

CARLY ALLEN
Personal Trainer
www.infinitefitness.nz



CREATING THE NEW & EMBRACING THE UNKNOWN

With **Amanda Sears**

THE CURRENT STATE

Currently we are in a state of tremendous flux, expressed globally as 'chaos', which is really just rapid change on a grand scale. The macrocosm and microcosm - our inner and outer worlds - purging, cleansing, healing and harmonising.

For far too long things have been happening that we have been unconscious of, disempowered by and out of alignment with, as we played in the world of polarity and contrast, to know ourselves more through opposing experiences.

As our eyes and hearts open, and we awaken to our true selves and power, a call for drastic action cries out loudly from deep within the belly of humanity - seen and heard as an outburst of activism, confusion, fear and a desire for change.

If you are one of those leading the charge for change, then you will likely know that you cannot create change by doing what has always been done. You have to be innovative, brave and courageous and step out into the world with your seemingly outrageous and radical ideas with trust and faith in yourself from a place of acceptance, unconditional love and compassion.

More importantly though, inspired action cannot come from a place of fear, and it cannot come from outside of you.

**YOU CAN ONLY SHARE WHAT
YOU KNOW, GIVE WHAT YOU HAVE
AND RECEIVE MORE OF WHAT YOU ARE
- SO THE TRUE CHANGE BEGINS WITHIN
AND IS THEN EXPRESSED WITHOUT.**

CREATING THE NEW

Now is the culmination of lifetimes coming together to be expressed through you as the NEW.

You have been guided in this lifetime down paths that bring you into connection with the tools, skills, experiences and personal evolutions that make you absolutely uniquely YOU.



**THERE IS NO ONE IN THE ENTIRE
UNIVERSE LIKE YOU AND THERE
NEVER WILL BE. SO USE YOUR
UNIQUENESS AS YOUR MOST
VALUABLE TRAIT THAT IT IS.**

When the way things 'have always been', is no longer working for the good of all people, then it is time for the visionaries, thinkers, innovators and creatives to step forward with NEW ways, ideas and solutions to new and old problems.

If you have revolutionary, radical, innovative, new, inspired or unique ideas then let them loose into the world - *just that act of releasing a vision into the world through a blog, article, video, book, movie, speech, etc. may be all that is needed for the momentum to build* - whether you physically action your visions or just release them into the ethers to be picked up elsewhere, you have played your part in creating the new.

**YOU WOULD NOT EVEN HAVE
THE THOUGHT IF THE IDEA
WAS NOT POSSIBLE.**

What makes 'inspired' creation different, is it is not 'reactive' (from fear) but rather 'responsive' (from love). You are not healing or fixing anything, because nothing is broken. You are evolving through experiences and choosing in every moment the experiences that feel better for you - you are bringing energy into alignment and harmony, and manifesting this in physicality through visionary innovations and inspired actions for the collective good of the whole.

EMBRACING THE UNKNOWN

Get comfortable with and embrace the unknown - because all of life is unknown! Oh sure we can have plans and goals, but it truly unfolds in ways beyond our human comprehension. Whilst the unknown can be scary, it is also exciting and full of possibility. When you create what's never been created before, you have to be comfortable with not knowing what is going to happen with it.



Think of these inventions: the wheel, electricity, the TV, internet, cell phones, the printing press, cruise ships, digital whiteboards, electric cars, skyscrapers, rollercoasters, planes, space travel - *these were all impossible until they weren't.*

Someone like you had an idea from wherever and acted on it - that is how change happens.

What is unknown becomes known. As the explorer of the unknown you birth your visionary creations into the world and they become known.

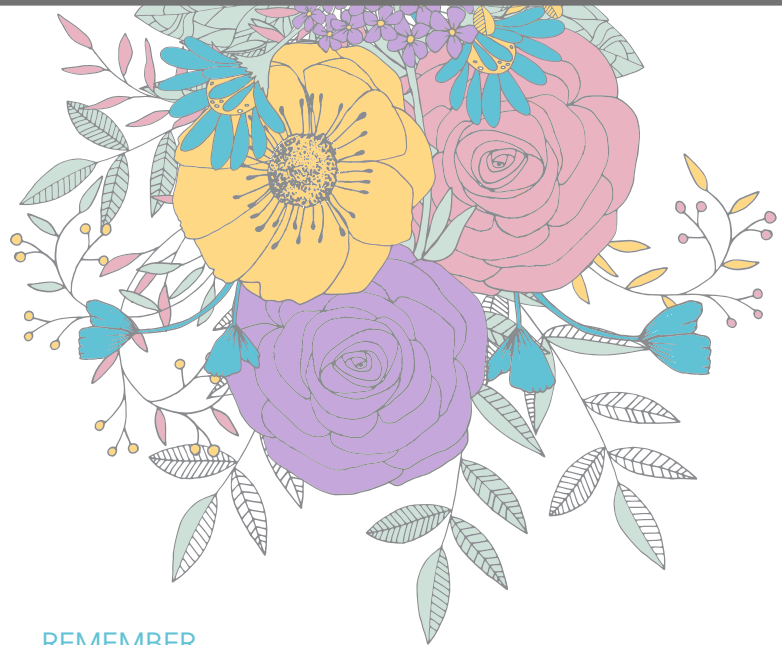
People can push back, resist and be scared of change, but that doesn't make your ideas wrong or bad. If you are 100% creating from your heart's guidance with foundations in unconditional love, without agenda, the only thing stopping you is your own irrational fears or doubt in yourself.

**WHEN YOU CREATE FROM LOVE
THE UNIVERSE WILL PROVIDE
ALL THE RESOURCES YOU NEED.**

MY GUIDELINES

There is no guide book for the unknown and creating the new, you create as you go, and you go with the flow... however here are some of my personal tips from my own experience:

- ★ Learn to be flexible, fluid and adaptable - enjoy the process of creation and allow it to evolve on its own without force or efforting
- ★ Hold no expectations, judgments or attachments - just be open to what comes and see what happens because it is all perfect
- ★ Let go of definitions and identities, they only limit you - just be whatever and whoever in the moment to do what needs to be done
- ★ Focus on creating the new/your vision, not on what currently is - what is, already is, so focus on what you *want* to create and experience, not on what you don't want based on what is
- ★ Create for the experience of it, rather than a desired outcome (money, fame, success, etc.) as that takes away the fluidity and free evolution of the creation and bogs your mind down.



REMEMBER

- ★ You are safe to be authentically you and to express yourself in whichever way you choose
- ★ There is nothing to 'fix' because nothing is 'broken' - this is all just natural evolution
- ★ Trust is much more powerful than doubt, so take the easy option and trust yourself
- ★ The future is unknown and it is created in the now - so focus on what you *want* not on what you don't want and when guidance comes to direct you, discern it within your heart and take the provided inspired action (or not)
- ★ When you create from inspired action, the resources will align in divine and right time - *but the key here is to release your 'human' ideas of how and when this will happen.*

You are going to be doing things differently and that is awesome! Stay true to you and follow your inner wisdom even when it seems super contradictory to what everyone else is doing.

You were born to create.

AMANDA SEARS
The Inspired Guide
www.theinspiredguide.nz



MY A-Z OF WHAT MAKES ME HAPPY

ANIMALS

Animals are so pure and respond directly to your energy and that of the environment. They are always themselves, honest and unconditionally loving. They hold no judgment and offer you a different perspective on life.

BEING ME

At age 35 I LOVE being ME - *there is no-one in the universe quite like me.* I love the adventures I have with myself - my constant companion, my greatest teacher and biggest inspiration... ME!

CREATING

From fashion design to architecture, the written word to graphic design, jewellery making to illustrations - I just LOVE creating whatever I'm inspired to create! It is my nature...

DREAMING

Here we can envision our grandest versions of ourselves, explore realities outside of physical constraints and have the wildest adventures with unknown and infinite possibilities across time and space.

EXPERIENCES

Life is just one BIG experience full of infinite micro-experiences... which we all experience uniquely and then get to share with each other! WOW! That's pretty special...

FRIENDSHIP

It can be hard to find a good friend, and my friendships have always been like the wind... and when they happen they are magical! My bestest friend is my husband John, followed closely by my cat Daisy.

GREAT STORIES

Whether it's someone telling a personal story or watching a movie or reading a book. I LOVE great stories because you can learn so much and expand your mind through them.

HELPING

I find it super fulfilling to help when I can and have certain skills and intuitive knowing that I love using to help people and animals.

INSPIRED IDEAS

These are the ideas that seemingly come out of 'nowhere' and fill you with the most passion to action them in some way ASAP.

Joy

This doesn't require any explanation... we all know how wondrous this feeling is!

KIDS

Children are full of so much life force and have such a unique, unfiltered perspective of their environment + their laughter is so wonderful! (I live by a kindergarten).

LOVE

The most powerful force in the universe and it comes in so many ways! The best love of all is the unconditional love for yourself and all of existence, and it reflected back to you.

MUSIC

So much more than just sound... Music is transformative and moves my soul. I love all kinds of music and feel extra blessed to have a musical husband! I also love how easily so much music is accessible these days.

NATURE

Not only the birds, bees and trees, but the *nature* of our existence. The ebb and flow and natural evolution of all things. There is no effort, no lackfulness or questioning in nature. Nature just IS - unapologetically, undoubtedly and unconditionally.

ONLINE

The 'world wide web' never used to exist and the pace of life was slower, communication harder, the sharing of knowledge and ideas was restricted; the freedom of speech and global news reporting was limited... but now... we can access so much and express ourselves so EASILY and EFFORTLESSLY with accessibility to almost everyone on the planet! Bringing out a more level playing field and providing a global platform that is life-changing! It truly changed the world.

PEACE

The energy of peace is so beautiful. The word itself is infused with a sense of stillness, love, joy, contentedness and happiness. Peace lives and is ever-present within us and therefore is always accessible.

QUIET

In the quiet you can just be still and tune in to yourself and the natural world. I love listening to nature without any other noise imposing on it. When I really need absolute quietness, I actually have earmuffs now so I can just block it all out but especially the 'neighbourhood' noise...

RAINBOWS

To me these are like colourful miracles from Heaven and when it rains and there is also sunshine I always look out for rainbows! The Earth and us humans are the 'pots of gold' at the end of rainbows... *we are the treasure.*

SUNSHINE

Waking up to a sunny day has a different energy about it. Feeling the warmth of the sun on my skin is so special and invigorating!

TRAVEL

Exploring new places and revisiting the ones that I love is one of my favourite things to do! To explore our beautiful planet... the people, places, creativity, cultures, food, shopping, design and attractions of the world.

UNDER THE STARS

How incredible is it that we have the most beautiful night sky? All those sparkling stars hinting at so much more than we may ever know. The planets, constellations and the cyclical moon and how they effect us from so far away! It reminds me that I come from the stars and of just how special I am in this infinite sea of diamonds and how we live in a world of abundant possibilities.

VISIONARY IDEAS

I love not only seeing what amazing creations are taking place around the world in the way of innovation but also coming up with my own visionary ideas. A quick search on Youtube will show you just how much innovation is happening around the planet and how incredible the visionaries of our time are. It fills me with so much inspiration.

WONDER

Every single day is full of wonder for me... so much magic everywhere! And more to find everywhere, everyday.

XMAS

Christmas for me is a time to spend with family and friends and to relax. The energy is joyful and full of love! A time where the whole world is bathed in the loving Christ light and energy. A time of peace and hope.

YUMMY FOOD

I LOVE food! I enjoy eating all kinds of foods without judgment and learning to eat in alignment with my body. For years I deprived myself! But no more! Food is for enjoying! *I especially love chocolate!*

ZOO

Seeing animals from all over the world in one place is incredible! Conservation Zoos are the best! Knowing that they are helping to care for endangered animals and keep them in existence while also looking after injured or sick animals makes me so happy!

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

Amanda Sears

Lifestyle & Business Guide
Nelson, New Zealand

 @theinspiredguidenz

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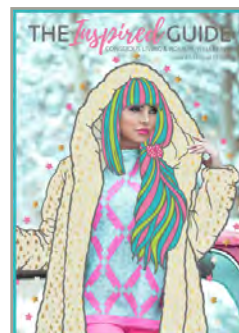
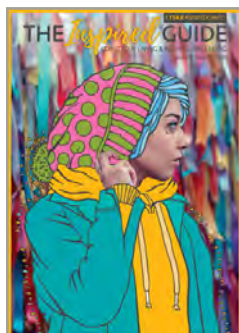
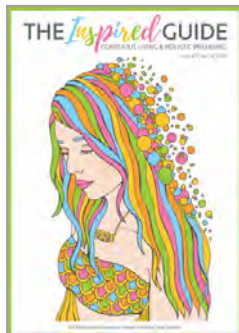
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THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY



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