

New Beginnings

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'Living Your Best Life'? Take a moment to self-reflect...What are you passionate about? What makes you feel alive and purposeful? What boosts your energy level, feeds you, brings you enthusiasm for life? Are you following your passion, your dreams, your true purpose at this moment in your life? If your answer is 'Yes', I want to acknowledge your commitment to self, and ask if 'Are there other passions and dreams you have yet to explore'?

If you answered 'No', are you interested in introducing more passion and purpose into your life? Either way, there is no time like the present. As the old saying goes ~ 'Yesterdays' history, tomorrow's a mystery. Today is a gift... that's why they call it the present'. (Unknown)

Why not give yourself the gift of **New Beginnings**? Seize this opportunity to do something that truly feeds you! Put those nay-saying thoughts aside that play messages like...'I'm too busy to make the time'...'My family and friends will suffer', and the big gut wrencher often buried subconsciously, 'I'm not worthy or entitled to seek my true passions and purpose in life.' **It's Your Turn!** Bring yourself out of the shadows or self-imposed darkness, and ignite your inner fire and passion; seize this opportunity to live your life more fully!

As Marianne Williamson suggests:

'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually who are you NOT to be? your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you. You were born to manifest the glory... within you. It is not just in some of us; it is in everyone. And as we let our own Light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.'

So with manifesting personal passion and true purpose in mind, consider introducing and building in some of the following suggestions, or better yet intuitively come up with your own! Before starting, please consciously park any self-judgements, limiting beliefs, and/or self-critiquing notions, and let yourself expand, dream, create, honour where you've been as well as the many incredible journeys you have yet to take.

Here are a few ideas to consider:

- ◆ Create time for self-reflection about what is truly important to you.
- ◆ Pose questions to yourself then describe what really feeds you; what you're passionate about, what boosts your energy. Jot down your ideas/thoughts, do some journaling, share with another.

- ◆ Recognize that with New Beginnings may well come change, unfamiliarity, perhaps even fears, and ask/trust your high power and inner wisdom to guide you in moving forward.
- ◆ Set purposeful intentions and consider calling on someone to witness your experience.
- ◆ Back and support yourself through thick and thin ~ Remember you are truly worth supporting!
- ◆ Use your New Beginnings intent(s) to create a Purposeful Living Mission Statement and/or Affirmation you can really embrace to act as a daily reminder, and post it strategically throughout your personal spaces. Then back yourself some more!

Most of all let go of any negative self talk, self doubts, or fears you may have about living your life to the fullest and with intentional purpose and invite New Beginnings into your life

Let your passionate, true self shine brightly!

Jeanie's Mini Bio...

As a coach, facilitator & consultant, Jeanie works with diverse client groups who have an interest in cultivating strategic vision, authentic leadership, effective communication, organizational effectiveness, creativity, and wellness in the workplace.

She holds a MA in Leadership Studies, is trained as a Certified Professional Coach, and assists personal & organizational clients through her private practice: Full Spectrum Coaching & Consulting Services.

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