

10 Steps to your Dream Life



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Reduce Commitments

Look at the things you are doing in your life on a daily basis that you no longer enjoy. What things are you doing that are taking you away from your life's path and your soul's purpose. Have they become a habit? Do you still know why you do them? Or are they just part of a regular 'routine' that you have got into.

It's time to list the things you no longer enjoy

Can you outsource? Are you able to get someone to do the ironing, can you get a cleaner? Are you always having to nip to the shops when perhaps a little more planning on the weekly shop would cut down on your daily shopping therefore saving you time? Have you promised a friend you can spend time doing a favour each day and now feel taken for granted, or, that you don't enjoy it anymore? What can you stop doing that will prevent you from feeling drained?

When we do things we no longer enjoy over time it becomes stressful and left unchallenged it will drain us of energy and life becomes a drag.

Give yourself the gift of 5 mins to write down at least 5 things you do during the week that you don't need to do anymore or that you don't enjoy doing which is causing your energy to drop. Then, take ACTION and start to eliminate the things you no longer need to do! – By doing this you will start to create a life that you enjoy.

5 Things I can Stop Doing

1.....

2.....

3.....

4.....

5.....

Well Done! – Keep Going ...

Tidy Home, Tidy Mind

It's so true, have you ever noticed when your home isn't tidy and things are left everywhere, you feel stressed. Just looking at piles of books, toys, shopping etc, will make you feel stressed and tired.

The best way to deal with this is head on by making sure that everything has a place and that everything is in its place.

Seeing clutter constantly around your home can really overwhelm your mind because all it sees is chaos, and as the saying goes 'as within, so without', chaos externally indicates a chaotic mind and that's the last thing we want.

15 mins a day, will soon get things tidy and what you will find is that as you keep the clutter at bay you will get into a routine, it will become second nature to you. Keep your home tidy and your mind will be happy!

Happy Home Mantra: **“Every day, I keep the clutter at bay”**

Keeping Your Mind Free From Clutter

Meditation is so important, yet many people find that during the course of the day, they just don't have the time. Even 10 mins a day meditation has been proven to significantly improve health, well-being and emotional state.

“It calms your mind, improves focus and aids solution thinking whilst reducing problem thinking”

If you can't meditate at the same time each day that's ok, but do try to schedule regular time in for meditation. Meditation at the start of your day is great and by combining it with visualisation can really set your day up for a great start.

“Less stress, more focus”

So, after your 10 mins meditation just take a couple of extra mins to visualise your day ahead. Visualise the things you want to accomplish and how you see your perfect day unfolding. This will send a clear message to the brain which can't distinguish between visualisation or reality.

It will condition the mind to only focus on those things through the day that you have visualised and will act as a compass, guiding you to your desired outcome. Give it a whirl, after 21 days you'll wonder how you ever coped without your 10 mins of bliss!

Nearly there ...



Drawers and Cupboards

I know what you're going to say,

You haven't worn that little black dress for years, but this year you might... Sound familiar?

The truth is that it's stuck at the back of your wardrobe creased to high heaven and really, you know deep down you will never wear it again.

There is a good rule to follow here and the rule is this:

If it hasn't been worn or used during the last 6 months, sling it out!

Clutter in wardrobes can really set your day off wrong, simply because it's one of the first things we see in a morning.

Picture the scene:

You get out of bed, head to the shower, feel nice and refreshed ready to start the day. Then you open your wardrobe to decide what to wear and BINGO... Just like that your subconscious mind gets the shock of its life.

Now notice I said subconscious mind.. Your conscious mind is probably used to the chaos that lurks behind those wardrobe doors, but your subconscious is the sensitive part of you. It immediately thinks “Oh no, she’s one of those, a chaotic, cluttered chick”.

This message filters through to your conscious mind and creates what it sees internally into your external world.

What we want to do is clear the clutter, reduce stress and give ourselves more energy to do and focus on the things that will bring more joy into our lives.

So here are 5 steps to help you make the shift.

1. Breath
2. Breath again just for good measure & affirm it’s for your highest good
(It’s ok, I’m here with you and you can do this)
3. Now, throw out anything you will never wear again
4. There, feel better? Good, want to feel even better?
5. Give unwanted items to charity

Affirmation:

Life is full of abundance, if I need anything I know that it will be provided

D.I.Y

Odd jobs and repairs can easily get put on the back burner to do at a later date.

They're not something that most people enjoy doing, but again, subconsciously little jobs left undone will rob you of energy and clutter your mind.

“Sometimes, all that is needed is one day to focus on getting those little odd jobs done”

So plan it in, get them done and watch how your mind eases just a little bit more.



**Ok, Time For A Coffee Or A Green
Tea Break ...**



**You're doing great, the clutter is nearly gone.
Ready? Let's carry on...**

Body Detox

As well as de-cluttering the mind, it's essential to detox your body. In our fast paced world it's easy to let nutrition and health slide, but we have to be sensible. What we eat is the fuel for our brains and body, so eat light, eat small portions and eat healthy now and then or as much as you can. Eat fresh fruit and vegetables wherever possible.

By eating less processed foods and more raw or fresh foods we can really super charge our energy supplies.

You will feel more alert, packed full of energy and suffer less fatigue and ailments.

Food can be your best friend, so make sure you plan healthy meals and snacks as much as possible.

As you detox your mind and life, it makes sense holistically to detox your body too.

TOP TIP:

Drink a glass of warm water with a slice of lemon in first thing in the morning. It helps your body to wake up, hydrates you and creates an alkalizing effect

Toxic People

It's a sad fact of life but there are many 'toxic' people out there. We all know them and have come across them in one form or another. These are the types of people that just seem to drain the energy right out of you. They can be friends, neighbours, work colleagues or even family, but you know when you have come across one.

Life always seems to be hard for them, nothing bad is ever their fault it's always someone else's, they drone on for ages while you silently wish you were on a Caribbean Island somewhere. After you have finished speaking with them you feel completely drained.

These people thrive on drama, they may come in the disguise of someone who wants to help you, but then given the opportunity will put you down now and again. They will knock your confidence or they may be a constant drain on your time and resources, either way, you need to de-clutter them from your life. Spread your wings and fly away from them as fast as possible,

It's time to let them go!



Saying NO

It's so easy to say YES to all requests but somewhere along the line it becomes increasingly apparent that you've disappeared somewhere. You don't know whether you are coming or going and yet the requests still keep coming in, "Can you do ...?", "Can you help with ...?" if this is happening to you on a regular basis then you need to learn to say NO.

No is a complete sentence, you don't need to back it up with a reason and here's the good news, the more you say it, the easier it gets.

If you're finding it hard to say NO to requests write yourself a list of NO's for example:

- 1) No, I'm sorry I can't help out today I've got things to do
- 2) No, I'm sorry I can't do that, I'm busy
- 3) I've promised myself some downtime so no I can't help.

Once you start saying NO to requests that you really don't want to do you will feel so much lighter, have more energy and feel more in control of your life and time.

Love Yourself

Sometimes we can be our own worst enemy. We constantly expect the best of ourselves if not Excellence. Realistically this is just not possible we are humans with all of our little foibles.

It's no good trying to be perfect, no-one is. What we can strive for though is to be the absolute best version of ourselves that we can possibly be. Through constant de-cluttering in the other areas of our lives we can give ourselves ample time to focus on the areas that we would like to improve on.

Give yourself a pat on the back now and then, be kind to yourself, and most of all appreciate yourself, you are **UNIQUE** with gifts and talents that only you with your life experience have got. Remember your uniqueness and your need to be 'perfect' will fade because all that matters at the end of the day is that you are **PERFECTLY UNIQUE**



Great Questions to Ask Yourself

Who are the positive and uplifting people that surround me?

How can I make my body feel stronger and healthier every day?

Who are the people around me that love me completely and utterly?

What can I do to really enjoy my life as it is right now?

Who/What is taking all my time and energy?

How can I be kinder to myself?

What things can I say NO to?

What things would I like to say YES to?

Will doing 'X' make me happy?

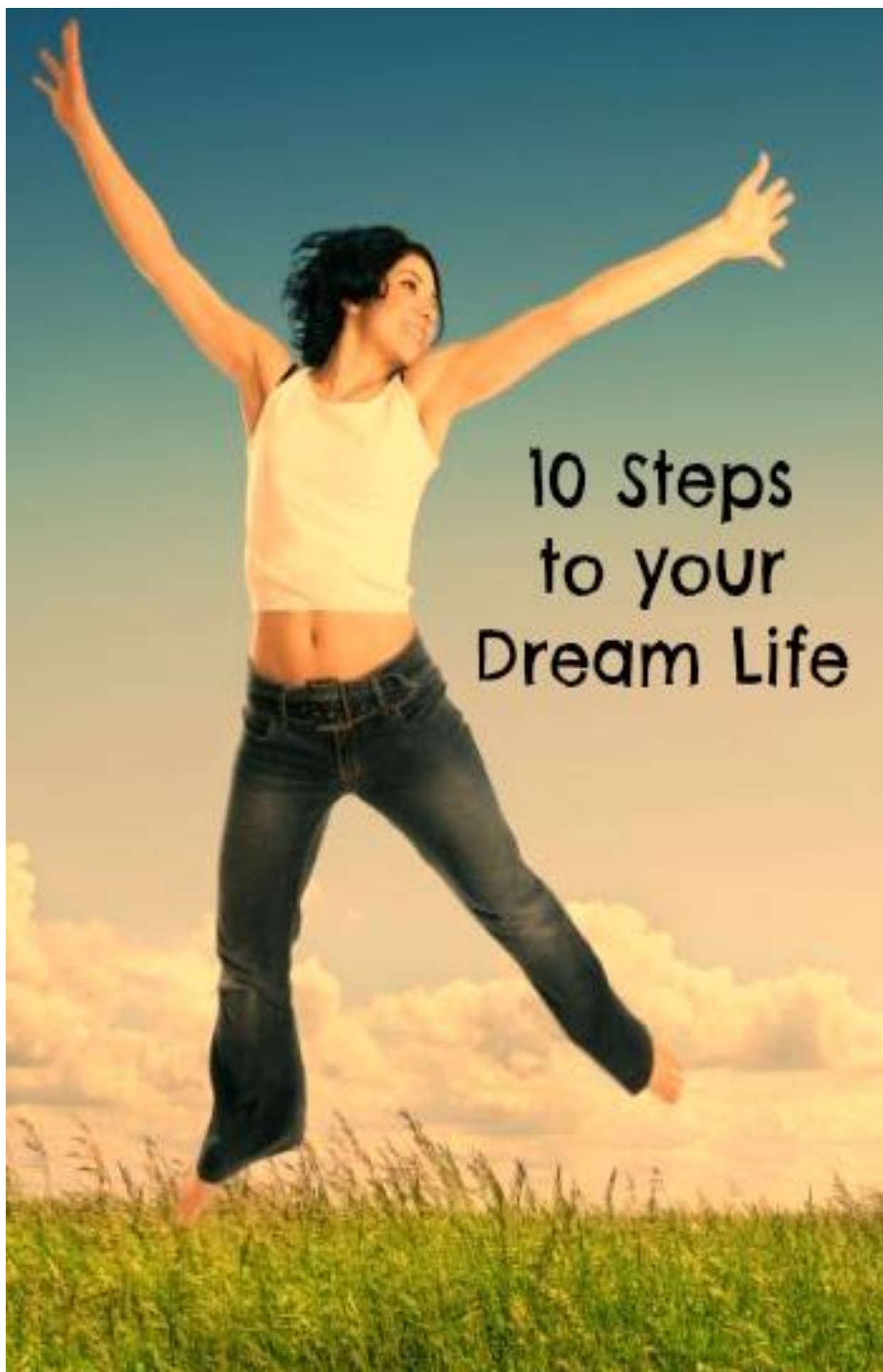


I'm so happy that we've started this journey together and I hope you found this e-book useful.

The first and most important step to Creating your Dream Life is to 'Clear the Clutter'.

By taking this first step with me you are making way for new Energy, Inspiration and untold Divine Resources to come into your life.

Well Done!



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