

Empowered Mothers Workbook

Hello Lovely Ladies,

I will be speaking to you as a group because I think it's important for you to know that you are not doing this alone, that there are millions of other women out there right now who are pushing the boundaries just as you are, even if they are not reading this particular sentence!

You know that the Earth is going through massive changes because you can feel it; we all can, even those of us who are denying it. That you are reading this says that you are ready to begin the process of doing whatever you can, whatever is your calling to do, to help this shift for the better.

I hope to give you some simple tools to use to guide your mind to possibilities for your future and how it can be of impact in the world, no matter how "big" or "small". I do, however, want to challenge you to think BIG, really BIG, because that is what we need right now. We need big ideas and big hearted People to carry them out, so that we can save our home, and save our species.

We are getting a massive influx of energies onto the planet right now; it's been building up over the last 20 or so years and is reaching a crescendo, which is why many People feel very polarised at the moment and so many things are coming to a head.

There are guides, angels, ancestors, whatever you want to call them, right by your side this very moment, wishing you the very best, encouraging you to explore your hidden power, urging you to awaken to your higher potential and giving you the support you need. You only need to acknowledge them, to ask for their help and to open your heart to receive it.

To begin with I want to give you a series of questions to answer that were wholly responsible for the breakthroughs I had in determining my life's purpose. Before I discovered these questions, all I really had was a deep burning desire to do SOMETHING to help the planet, but I just couldn't get focused enough to decide what that should be. My art teacher in high school called me a "butterfly-brain" because I would flit from one great idea to the next, and not actually do any work! But when I did settle on something, there was no stopping me because as soon as I knew what I was going to do and felt sure of it, I ploughed ahead until it was done (usually the night before it was due to be handed in 😊).

The first set of three questions are from the amazing book by Vishen Lakhiani, "[The Code of the Extraordinary Mind](#)" and are a way of brain-dumping everything you want in your life, no matter how far-fetched it may seem right now, so that your logical mind doesn't have time to *think through* anything, you are simply pouring out your *heart's desires* in an unfiltered and unsorted process. It is a magical experience and I highly encourage you to read the rest of the book as well as to [visit the website](#) where you can access lots of great information, courses and other materials.

The second set of three questions I discovered in the book as well but are from Martin Rutte, founder of the website [Project Heaven On Earth](#) and they help you to form a cohesive vision that incorporates your heart's desires and gives you a clear purpose to work towards.

It sounds too good to be true, doesn't it? Six simple questions to help you discover your soul's purpose and give you the impetus to get moving on them; can't be all it takes right? Well, as James Wedmore says all the time on his fantastic [Mind Your Business Podcast](#), the quality of your life is determined by the quality of the questions you ask yourself. Simple but true. If we all awoke each day and asked the single most important question we can of ourselves: "What do I want to experience today?" the whole world would be a much happier and prosperous place.

Both Mr. Lakhiani and Mr. Rutte have kindly agreed for me to share these questions and I encourage you to visit their websites as soon as you can. There is so much goodness to discover in the world, if only we would turn off the TV and turn on our inner receivers to the Goodness Radio being broadcast all the time; we just need to choose to tune into it. The world is full of good People, much more so than "bad" People, and we need to stand together now. We've been forced apart and told that to be different from one another is to oppose one another. That's just baloney we've been fed for far too long. We are all, deep down, the same. We want the same things; to be happy and healthy and have a loving family around us, to feel a part of something good, to live a joyful life, to be connected to something bigger, and be of service and get paid well to do it.

Well that is something we can all have if we work together, in love and integrity and in service, rather than from a place of gains. But it is work and we need to be prepared to step up and get our hands dirty. It is such a rewarding experience to do something that comes easily to you that you know will help others; start now! By this time next year, you could have impacted the lives of hundreds of People on the planet. It's not a pipe-dream. We all need you, and you need all of us.

So go and make a nice big cup of tea, print out these sheets and switch off your phone. Go somewhere you can be alone for an hour and do a few stretches before you begin. Take a deep breath, set your timer and start writing!

The 3 Most Important Questions by Vishen Lakhiani

These questions are designed to help you create your Blueprint for the Soul. They help you figure out what you want in and from life. They are ways to create 'end-goals' rather than 'means-goals': end-goals are goals like wanting to travel to a specific place; the goal is one that will in and of itself bring you happiness and fulfillment. Means-goals usually contain an "if-then" scenario; for example, "if I get this job, then I'll afford that car, then I'll be happy". But means-goals don't bring happiness unless you enjoy the process, so it's much better to create end-goals like wanting to experience deep and meaningful friendships, than means-goals like wanting a new wardrobe.

Now that is not to say that you shouldn't want things like a new car or clothing if you need them; it just means you put the emphasis on things that will create deep, lasting joy within you, grow you as a person, and make you feel fulfilled, like doing meaningful work in your career or community.

So, here's how you do it. You need a timer for this exercise, because you are going to put yourself under a little pressure to allow your intuitive mind, your heart, to speak through instead of giving your logical, thinking mind the space to judge and negate anything and make you write down what you *think you should* want. Remember to think BIG and allow everything to come through! Don't judge any of it; you'll be so surprised at what comes out and how you can join the dots later, especially once you've done the Heaven on Earth questions ;)

Each question is a category and within that section are four subset categories. Set the timer and quickly read through the questions (without trying to answer anything yet) and give yourself 3 minutes for each main category. As soon as the timer goes off, set it again for three minutes and move onto the next question. Don't worry if you feel like you haven't "got it all out", you'll review it and add things to it later because you'll have opened the floodgates and more will keep trickling out after the initial gush!

These are the categories:

1: Experiences - In this category you are looking at the experiences you want to have in life, whether it's sipping a cocktail on a tropical beach or just stargazing with your other half in a secluded location. What are the things that will excite you and make you feel amazing?

A: Love relationships (What do you want in a love relationship, or for your current love relationship to be like? How do you see your relationship evolving? What experiences do you want to have with a significant other?)

B: Friendships (What kind of friendships do you want? How do you want to experience your friendships? What would you seek in new friendships? What qualities do the kind of People you want around you have?)

C: Adventures (what kind of adventures do you want to have, places you want to explore, things you want to try out?)

D: Environments (What kind of environment do you want to live in? What car do you want to drive? What kind of hotels and places do you want to be able to stay in?)

2: Growth - In this category you want to ask "what ways will I need to grow in order to have these experiences in my life?" Do you need to learn a new language? Start a business that generates passive income? How do you need to grow to have the experiences you want?

A: Health and fitness (How do you want to feel? What do you want to be able to keep doing as you get older or even get better at? What is your vision for your health and your body?)

B: Intellectual life (What are the things you want to learn? How do you see yourself growing as a person? What books do you want to read?)

C: Skills (What are the things you need to learn and master to have the experiences you want? For example learning a new language or learning to dance)

D: Spiritual practices (What ways do you want to grow spiritually? What areas of spirituality do you want to study? Do you want to start a daily spiritual practice?)

3: Contribution - this area looks at ways your growth and experiences can contribute back to the world, whether just your family, your local community or the whole world community. I personally feel this is the most important for creating a sense of fulfilment in life. It's that feeling of sharing a part of you that will continue on after you are gone, that feeling of leaving a legacy.

A: Career (What ways will your career contribute to others? Does your career positively affect the environment or Humanity? What can you create that will bring value to both your life and those around you? For example creating an online course)

B: Creative life (Think of ways you could use your creativity to contribute back somehow, for example through free music lessons for poor Children, or sharing your craft projects online to inspire others)

C: Family life (What are some ways you could contribute to your family or home life? How could you spend more meaningful time with your Children, partner or family members?)

D: Community (Think of community as localised – your home town and country – and global. Are there ways you can contribute to the wider community by sharing via the internet? Could you start up a local support group for People who are experiencing something you went through?)

So now you know the categories and what kind of goals go in each one.
Ready...? Steady...? Go!

BLUEPRINT FOR THE SOUL

EXPERIENCES	GROWTH	CONTRIBUTION
Love	Health	Career
Friendships	Intellectual	Creativity
Adventures	Skills	Family
Environments	Spirituality	Community

To fine tune and really hone in on *how to begin* my journey to my overarching goal, I needed just one more little nudge. I wish I could remember where I read/heard the questions, probably they were in the same book! But I'd rather not take the time to hunt them down right now – I'll update this when I find them. Some of them are my own anyway 😊

These questions helped me work out that the Who's, What's, When's, How's and Why's of my vision as it pertains to the place I am in my life right now, so that I could get started. They helped me to determine who my tribe are and what my message is now, and how it can evolve into what will become my message when I'm approaching my main goal.

1: What comes easily to you that others say is special, or unique? OR: What is your passion? What excites you so much that you'd do it for free if you could do it every day, and is something that others admire you for? Feel free to list anything and everything that comes to you.

2: Why does this excite you so much? (Here's a hint, if you struggle to put this feeling into words, you are on the right track! Often, something that just is a part of us is not quantifiable with logic; it just is and that's how we know it's authentically us.)

2: What do People seek you out for help with the most? Does your help/advice work for them?

3: Who are they? (Men, Women, Mothers, Children, what ages, what circumstances are they in, what problems do they have in common that you help them with? No two people are the same, but you can draw certain parallels that link them together to help you work out who your tribe.)

4: How can you replicate your help on a bigger scale? Could you create a video series, podcast, ebook, ecourse etc?

5: How can you imagine this evolving into what your main vision has become?

6: Is there anything in the way of you starting right away? If so, what is it, and how can you best work through / eliminate / delegate this so you can get started on your vision?

To follow on from these amazing exercises, I have created a printable organisation system that will give you a clear path to start creating your Heaven on Earth, starting right now! 2017 is going to be a big year for us all. 2016 was the last year in a 9 year cycle if you follow numerology ($2+0+1+6=9$) and 2017 starts a whole new 9 year cycle ($2+0+1+7=10$; $1+0=1$). So where we spent this year finishing up a lot of stuff and releasing old baggage and behaviours that no longer serve us, next year is all about fresh starts, new beginnings and putting our dreams and visions first, so we can create a life we truly love and that fulfils us.

On these sheets I want you to go into as much detail as possible for your big vision, the steps you need to take to get there and how you'll break them down to get them done (writing them down makes them a little less scary and lot more tangible!) Remember that your ideas more than likely will change as you "pick up breadcrumbs" and that it's completely ok if they do! For this reason, you may want to print them out and laminate them, or frame them in simple glass picture frames, so you can use them again and again with dry-wipe markers. The trees will thank you!

For the Monthly Main Action Items sheet, you could just leave the date space blank and write the month on each 1st day of the month when you create your plan. This way, you'll be able to use it for years to come. Some People like to have a quarterly plan – if this is you, print out three of these monthly sheets and use them together as a quarterly plan with detailed entries for each month!

And remember: No matter how slowly you go, you are still going faster than those who don't move at all. If you are a super busy person as it is, this may seem like it's an impossible task ("Fit more in? Where?!") but even if you achieve your goal really slowly, as long as you are always moving forward, you will be succeeding. Most People never even try, because they let fear get the better of them. But we Empowered Mothers embrace that fear, and move steadily forward anyway because we know that there are great rewards at the end for us all, not just for us individually.

Your desire to do what your heart wants to do is the same desire the bird has to fly south in the winter. It is deep inside you because it is what you need. It will be challenging, and it will be scary and there will be risks along the way, but like the bird has the warmth and sunshine to greet it on its arrival, so you will have much to look forward to, not to mention the rewards of the journey itself.

It doesn't matter how old you are, you have something of great value to share with the world.

So, without further ado, here are your planners! Let's see how we can get this year ahead working for us, yes? ☺

MY GOALS

OVERARCHING GOAL – BIG VISION

STEPS I NEED TO TAKE TO GET ME THERE

STEPS I CAN TAKE THIS YEAR TO START MAKING IT HAPPEN

YEAR VIEW 2017

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

(MONTH) 2017 - MAIN ACTION ITEMS

Enjoy creating

Get excited to

I can't wait to

*Doing
results such as*

will bring me

Have fun preparing for

THIS WEEK:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

Today:

Enjoy doing

Enjoy trying

Enjoy going

Enjoy cleaning

Enjoy my nap/lunch break doing

Enjoy creating

Enjoy cooking

Enjoy spending time with

Enjoy writing

I hope you find these really helpful in getting ready for a whole new chapter in your life, and the world at large.

Please do [get in touch](#) and tell me all about how you have used these to prepare for the year ahead and especially if you come up with an amazing vision for your future! Please pass on the link to the blog post to fellow ladies you think would like this too, and remember to sign up to my newsletter for future goodies (I've got something especially exciting up my sleeve for next year!)

With much love and blessings to you and yours over the holiday season!

Tam 😊

www.onebodyhwc.com