FIND YOUR Shine

Inconvenience

Inconvenience, for the purpose of this course, is ‘leaning in when it’s not convenient’. Why? Because it’s the access to creating the life you love. Learning to “lean in” is when the breakthroughs occur.

You have now mapped out your Dreams and it’s time to be in the gap between where you are and where you want to be...sometimes standing in the gap may be inconvenient!

CLOSE YOUR EYES AND THINK OF SOMETHING THAT RELATES TO YOUR DREAMS, BUT THAT YOU ACTUALLY DON’T ‘FEEL LIKE’ DOING.

Breathe deeply and feel into the resistance. See if you can just be with it, accept it and breathe through it. I recommend doing this process for at least 5 minutes. Note down any thoughts or feelings that come up.

See if you can shift into a feeling of aspiration, inspiration and possibility. Note down any thoughts, resistance and/or any feelings that come up.