

healthy habits + manifestation masterclass



MODULE 3 - GUIDE NOTES

Clear Direction + 3 Zones

Dharma : passion fueled purpose

Goal Setting

CLEAR DIRECTION

It is very difficult to create positive change, easy growth and clear direction if we are

- struggling to have an open dialogue with ourselves and to check in to see where we are at on all levels
- struggling to be the 'observer' and see things from an outside (of ourselves) perspective – in particular to 'fear' related thoughts and patterns of behaviour which hold us back and keep us 'safe'
- not clear on what we actually want (and don't want !)
- not making the space for inviting it into our lives

Self In-quiry

This can seem hard and at times overwhelming - but there is nothing greater than tuning into You. With practice this becomes much easier and moving through life becomes more effortless.

3 ZONES OF FEELING

There are 3 ways we can positively feel into something using our 3 zones :

- **head** = with our mind, our brain, our thoughts
= here make logical and analytical decisions
 - **heart** = with our heart, soul, heart space
= here we make decisions more from love and pure joy
 - **hips** = our womb space
= this is the gut instinct for women
= here we make decisions from intuition, a deeper knowing and understanding
- how does it feel to ?
 - FEELING into questions / dreams of and what that feels like

Thinking back to Your dialogue and affirmation that you created, tune into what you are actually wanting and needing – try 'feeling into it' rather than 'thinking into it'



We may receive different answers when we 'feel' into what we want / need rather than 'think' what we want / need. All 3 zones are important in their own way and all 3 zones need to work with one another = balance. There may be some fear in these 3 zones too, if so, with time, kindness and acceptance recognise when the 'feeling' is coming from fear or from the positive 'feeling' of that area : head, heart or hips. Utilising your journal is highly beneficial for self inquiry, understanding the feelings of our 3 zones and finding clearer direction.

The negative feelings within the 3 zones:

- **head** = overthinking, analysing, distracting, thinking things are unrealistic, comparing preventing action due to previous experiences (thinking it will be the same again)
- **heart** = protecting ourselves from hurt and being vulnerable, anxiety, feeling pressured
= closing down and moving inward
- **hips** = protection from feeling exposed and seen, instability
= lack of grounded-ness (this area is our foundation - our rooting to the earth)
= feelings of being unsafe, lack of security if we move out of our comfort zone
= self sabotage from feeling pleasure in life, rigidity towards flow and flexibility

Ask Yourself and Answer questions 'feeling' from the 3 zones

Example Self In-query

- What does it feel like to have ?
 - financial freedom
 - time for you
 - a supportive friend circle
 - your own business / that promotion / new position
 - feel good within your own body (strong, healthy, pain free, beautiful
= these are all your interpretations of what these mean to You)
- Would that be something I would like / enjoy / want ?
- Is that something I am willing to work on / for to receive this ?



SELF IN-QUIRY : SEQUENCING

WHAT DO I WANT / WANT TO DO ?

Example :

- have my own business / advance in my career / start back in the work force
- improve my health / fitness / wellbeing
- have more time for me
- be in a relationship / build a family / have a strong friendship circle / community
- have a new home / build my own home / buy my own home
- explore the world / explore Australia
- learn to cook / sew / play an instrument / a language
- care more for myself / deepen my personal journey / spiritual path

WHAT DO I NEED / NEED TO DO TO HAVE / ACHIEVE THIS ?

Example :

- your own business
 - if you're stuck where to start - think of having your first customer
 - talk through what happens e.g. you need certain information to show / explain
 - if you have / want to produce a product what is the packaging, branding etc (colours, materials, sourcing >> research these queries)

WHY DO I WANT TO DO THIS ? *** this is a big one !!

- are you really wanting this for you or because you think you 'should' be doing this (expectations of peers, friends, family, society)
- are you wanting this because then at least you are then doing something

WHAT DOES IT / WOULD IT FEEL LIKE TO HAVE THIS ?

Using the 3 zones - head, heart, hips

WHEN DO I WANT THIS BY / TO ACHIEVE THIS BY ?

- what is your timeline - be realistic - find your 'edge'
 - = balance of being challenged but not pushed excessively

HOW DO I WANT TO DO THIS ?

- is there more than 1 way of achieving this, can you do it in smaller / larger steps

WHAT WILL IT TAKE FOR ME TO DO THIS ?

What will it take for you to do it ? *** also utilise your IDEAL Icon Planner to help with this



WHAT DON'T I WANT / DON'T NEED TO FOCUS MORE ON ?

This is crucial to be aware of and can really help clear things up.

If you get stuck on what you DO want or what that could feel like - feel into what you DON'T want OR DON'T feel like you need to focus on right now.

Example 1 :

- I am comfortable with my fitness levels / eating habits / self care right now
= this is an area you continue with your routines and can therefore focus on other areas of your life that want / need more attention right now.
- I am happy with how my friend circle / relationship status is right now (you may be focusing on You time while in between relationships so a new relationship is not your priority right now)

Example 2 :

- I know / feel I don't want to work for someone long term OR
- I know / feel I don't want to work for myself = I prefer working for an employer
= this determines so much of the direction you move into and what your focus is in relation to work / business

NOTE:

- Notice if lack of MONEY or TIME (or your thoughts of lack) are preventing you from starting or reaching this goal! If you really want something and you are doing what you can to move in the direction of achieving it you WILL be supported by the universe – it is the law of attraction.

- What can YOU do to make this goal happen ?

Example :

- make more space in my week for researching and planning for this goal ?
- make more space in my week for regular exercising / movement
- reorganise my weekly budget and set up a savings plan
- evaluate my spendings and which areas I can cut back on
- what are my non-negotiables ?

*** If you remove / are considering removing self care spendings because you are trying to save money, first ask yourself how important they are to your overall health and supporting you to actually achieve your goal. Often selfcare / exercise gets dropped the first. Instead, check in what café / nights out / clothes shopping / subscription spending levels are at, or can you make other spending choices = buy more bulk food etc.



EXAMPLE QUESTIONS

- Do I wish to work for myself or for someone else ?
= this may determine your days of working ?
- Do I want to work 9-5 or alternative hours ?
- Do I want to work from home or at an office / company / designated work space or both?
- Do I wish to work part time or full time or study or full time right now to move to part time etc. ?
- What is something I wish to do just for me ?
(not my children, partner, friends, family, pets)
= this answer may determine if it is experienced in the morning, evening, on the weekend, on a particular weekday, once a year, 5 times a year etc.
- What is something I wish to do with others ? Do I meet up with family, friends, colleagues, have date nights / days on a particular day / am or pm ?
Or hang out more with my pet ?
- What is something I wish for deeper family connection ? If they are not here, what can I do to connect ? If you don't have / want a deeper connection then you are knowing what you don't want which is great.
- What is an ideal income for you ? It's important to be realistic but also to be open to endless possibilities. What does financial freedom look like and feel like to you ?
Is money not of much importance to you ? How can you improve your *relationship* with money ? Do you love money or think it is greedy or negative to want more money ?



DHARMA : passion fueled purpose

Dharma is a Sanskrit word (ancient Indian language) often used in Ayurvedic (Indian / Hindu system of Medicine) and Yogic philosophies. Sanskrit words are very simple yet have an incredible depth of meaning. To know your dharma can mean you understand what your purpose in this lifetime is and so you understand your direction and what is needed to fulfill it. It brings peace, clarity and a sense of humbleness. Dharma is not necessarily a masculine driving force to achieving goals and purpose but can be regarded from the softer feminine approach of 'knowing' and 'nurturing' and a feeling of being 'supported' by something greater - it is not ALL up to you - you are serving the whole and being nurtured as a part of the 'whole'.

Dharma can be interpreted as:

- living your truth
- finding and following your path
- being of service to something greater than you, to humankind and mama earth
- knowing your way in this lifetime
- fulfilling your higher purpose - what that means and what that looks like to You
- Universal laws of nature
 - = humans are a small version (microcosm) of the earth / universe (macrocosm)

In our Western society the word 'purpose' is now thrown around very easily and often linked to earning large amounts of money while pumping out something to the masses.

Purpose may not even entail financial gain. Example: you may have your work / job / business and volunteer your time / skills to your purpose - your way of serving others (people, environment, animals). Or you may offer something free of charge to your community / online through your business / work / skill.

Humans **need** purpose and need to understand their purpose.

This plays a very powerful role with health, our relationships (with others AND self), interactions with our world - working together as one, attaining peace and contentment and for structure and routine. It is vital for humans to feel like they are 'needed', 'important', 'know what they are doing' and 'contributing' / 'helping'. It is innate. I strongly believe chasing a 'sense of purpose' that is not fulfilling to your inner being / soul will not fulfill You.

Example:

It is very common for people to work their whole life then retire and no longer have structure = a form of their purpose has been removed, they may not feel like they need to do anything anymore = mental / emotional health can decline >> physical health declines. This can also happen when people fall ill, children leave home or the elderly are moved into aged care.



Passion fueled purpose

Understanding your purpose is not an overnight process – there are several steps to unveiling your passion / purpose and being fulfilled through understanding what that exactly is, feels like and looks like for You. Passion can lead to purpose.

Guide questions for working out / refining your purpose and passions

- What do you love doing ? - this can be anything !
- What do you find yourself really drawn to?
- What makes you feel filled up and glowy ?? - this can be anything – dig deep and wide !
- What do you love telling others about or notice yourself helping others with ?
- What is something / things you have learnt throughout your life / want to learn more about that you think would benefit others / the environment / animals / world ?
- What do you love reading / researching / learning more about ?
- What do you find really interesting and want to know more of ?
- What does / would make you jump out of bed in the morning – bursting just thinking about it ?
- What would you do / continue to do without earning money from it ?
= NB: this does not mean you can't / shouldn't accept money for doing this

If you have lots of things that's great too – try to focus on the order of most important to you. See if there is a possible link between the several things you wish to do – work out if some would be more of a hobby and occasional thing or if you would LOVE to do this thing everyday / most days. Could you make a living from this or is this something you would dedicate your time / skills to out of 'service' ?

Consider: **is your WHY greater than your WORRY ?**

Example: I want to work for myself – but am worried that it might not work out / I won't be able to earn a suitable income etc.

Worry and **Fear** play an important role – they show that that 'something' means something to us. If worries or fears didn't even cross our mind it most likely isn't a real challenge or something **new**, something that triggers us to feel exposed or vulnerable. When we meet with this WHY vs WORRY battle we can see why it feels so good and liberating when we follow through with something we want. As we move through the challenging patches and are determined to get to what we want because it means so much to us, the WHY naturally outweighs the WORRY. When we get clear on how much we want something we will be supported from all directions.



GOAL SETTING : CREATING

Setting goals is something we will come across in all areas of our lives and at all stages of life, yet sometimes it may seem difficult to actually achieve them in the time frame we would like OR to fulfill them at all.

The key is to be clear.

It's like placing a coffee / chai order at your local café – if you're not clear you won't get what you want = and it will be overwhelming to have an action plan to achieve your goal. Look around your home right now – every single thing was someones idea – they had to go through the whole creation process / planning / designing / organising

To change **anything** we must first know and accept that we have chosen it to be what it is. Know where you are at right now, forgive yourself for decisions you may not be as happy with - understanding that you are where you need to be for a very good reason.

The Creation Process

1. begins with **thought** : ideas, visualisations, planning
2. then the **word** : written and speech
3. then **action** = words moving

The Timeline

What is a realistic time frame to achieve your goal ? Be realistic but also not too easy on yourself. A deadline is a sure way to achieve things quicker and more effectively and minimises procrastination ! What is your 'edge' ? = balance of being challenged but not pushed excessively. ** If it is important to you, you'll do it ! / make time for it / work at it. Here use a chosen goal then work backwards to create manageable steps to achieve it.

Tell Others

Others will help 'energise' your goal : they will ask you questions everytime you see them, they will think about it after you have spoken to them and might tell others. This is bringing *life* to your goal. This will also hold you more accountable to actually achieving your goal.

Create space

In order to receive and bring our goal to fruition / manifestation, we need to invite our goal into our world. This can only happen smoothly if we have 'space' for it to be a functional part of our day / week / life. Here utilise your ICON PLANNER and create your IDEAL week, incorporating the manifested goal and where that best fits.



GOAL SETTING : 4 CATEGORIES

SELF

movement / exercise / sports (team sports, dance classes), treatments like massages, bodywork, learning / study / personal growth / development / spiritual development, clothes – the way we dress / makeup / hair style – the way we express and present ourself to the world, jewellery etc. Things that make You feel beautiful, loved, soft, strong, feminine, smart : whatever these look like to You

RELATIONSHIPS

all types – with family, friends, a love partner, community (could even include neighbours e.g. what sort of neighbourhood do you wish to live in ?) colleagues / work relationships, online community

= what are you seeking / wanting from your relationships ?

= what does it feel like to experience this from your relationships ?

WORK / BUSINESS / INCOME & HOME

this section is for all income (and non-income) related work and all forms of skill related learning. Are you working for a company and wish to create your own business ? Have you got your own business and are wanting to work for a company ? Want to expand your career / business ? Are you studying and furthering your knowledge to change careers or wanting to study ? What does abundance look and feel like to you ? What does financial freedom look and feel like to you ?

Home: your ideal space, interiors you like, types of houses, types of land, decor you love

ADVENTURE / FUN / EXPERIENCES / LEARNING

this section is for anything / experiences that would bring you joy and personal growth. examples : hikes, weekends away, learning something new, challenging experiences, online learning, outdoor / indoor activities, group / solo activities. Places you love / would love to visit / learn about. Cultures you resonate with ?

- Feel into each of the 4 main life categories.
- These will be the foundation of your vision board - be clear with what you would like to bring into your life.
- Start small and expand if you feel comfortable and it is flowing with ease. You can come back to this as often as you like and you can refine this whenever you like. You'll know when it feels right.
- Use your journal to record your thoughts and feelings of each category.



Action Checklist

MODULE 3

-  In your journal : choose 1 goal that you would like to call into your life using the 'Self Inquiry Sequencing' and work out the answers of best achieving and receiving this goal
-  Using this 1 goal FEEL into it with the 3 Zones and notice and record any differences
-  In your journal : choose 1 goal (or more) for each of the 4 Life Categories
 - self
 - relationships
 - work / income / learning
 - adventure + fun
-  In your journal focus on the Dharma section:
what are some things you are passionate about ?
that light You up !?
that you love / would love to share with others ?
-  Slowly start collecting images and words of the 4 Life Categories for your vision board using info from your Self In-quiry of the Module 3 content (more on this in Module4)

