

Pay Attention

MIndfulness is a practice that puts you into your life. When you are anxious or worried you are not in the present moment. You are remembering a grievance, hurt or mistake or you are anticipating one. Only by being in this moment can you truly experience and appreciate life to it's fullest.

Just imagine all the joy you have missed so far! It is time to notice your life. So, tune in. Begin to be mindful about little things that you enjoy EVERY day already.

Have you noticed the richness of the

Have you noticed the richness of the coffee as it passes each part of your

tongue?

Have you seen the variety of colour in your child's eyes?

Did you ever notice how tenderly your spouse touches the nape of your neck and the sensation as his finger first lights upon your skin?

Start to pay attention.

Journal every evening about the things that made you smile, or tingle, or feel a spark of excitement.

Journaling is a great practice anyway. Keep track of the things that YOU do that make you feel a sense of pride and accomplishment. What makes you feel energized instead of tired each day?

You are building a list of what you are passionate about.

Start your day with intention.

At the beginning of your day, take some time to CONTEMPLATE what you can do to day that would be meaningful to you and write it down.

"Today I do commit to these things that matter to me:

- 1.) _____
- 2.)
- 3.) _____

At the end of each day CONSIDER how it went.

Did you fulfill your intentions?

Was it satisfying?

How did it help you or others?

What are you grateful for in the

experience?

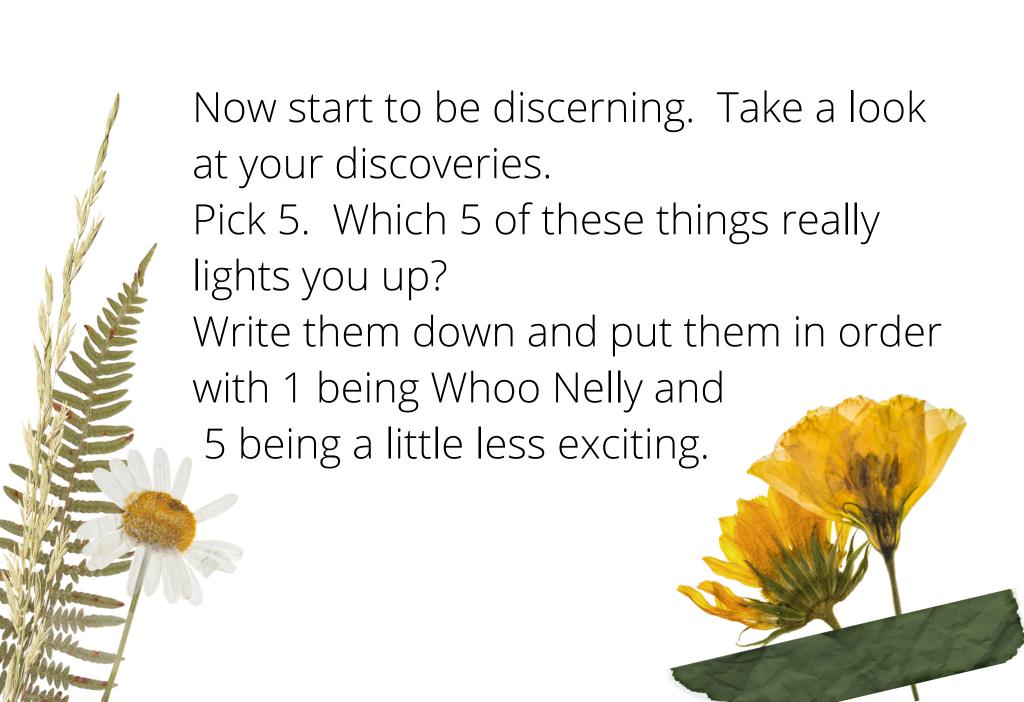
Would you like to do these

things again?



You are an explorer - you have been paying attention, you are contemplating what matters to you, you are considering what was fulfilling.





Here's my list:

- 1.) Being with my Granddaughter/family
- 2.) Being in positive energy my own and others
- 3.) Talking about spiritual stuff with people who are open to it seeing people light up with joy
- 4.) Being independently able to generate an income be able to provide for myself and help my family
- 5.) Learning new stuff

Do these seem like simple things? They are and they are the things I am truly passionate about. So?

So they inform my decisions about:

Where I will live

What I do for a living

The people I spend my time with

The activities I do in my non-working time

How much I work/don't work

Courses I will take

How I live my life HAPPILY

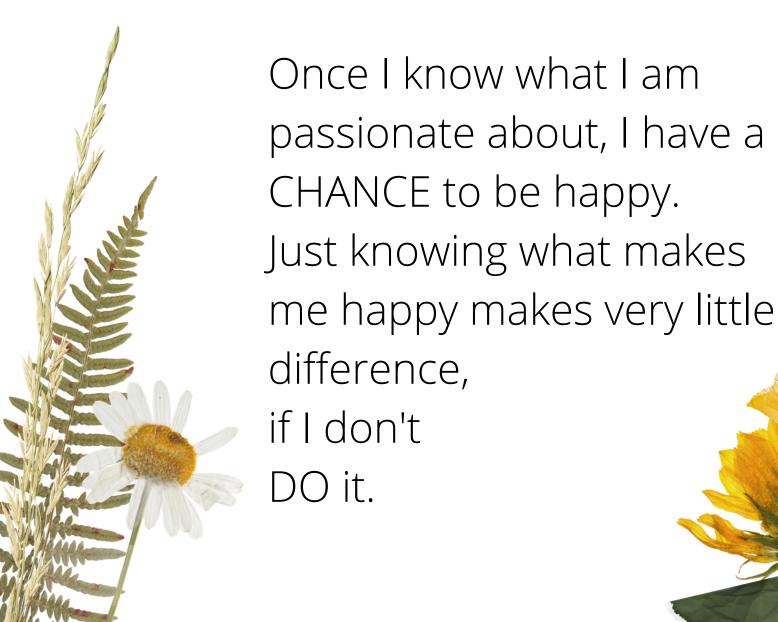


Finding your passion = finding your

hanny

happy

Take Action



In fact, it can add to discontent to know and not act.

Once you know, it is time to ensure the things are in line with your values, and are good for your overall life and **set goals to get there.**



In fact, it can add to discontent to know and not act.
Once you know, it is time to ensure the things are in line with your values, and are good for your overall life and set goals to get there.



It is super important to check that you look at the BIG picture when you set your goals.

YOUR PASSION +
YOUR VALUES =
SUCCESS.

Here's an example, if you are single, with no commitments maybe you decide to go on a backpacking adventure for a year. Awesome, dude. If you are a single mom, that's not so

If you are a single mom, that's not so doable if you are going to stay in alignment with your family value. At least not now. It may become a "someday" goal

that you work towards.

So what about now? You can still live with passion, you can still be happy, and stay in alignment with your values.

Planning a camping trip for you and the kids in 3 months - that is achievable and honouring to your life now. Make your actions match your passion and match your life.

If you are UNHAPPY with your life as it is then it is reasonable to change it. **Think how you can change it responsibly**.

If your passion includes being around positive people and the circle you are in now is constantly negative there may be some endings in sight. Remember that can also be done with honour.



This is sometimes easier said than done. And it is also one of the biggest things STOPPing you from living the life you are meant to live.

AND YOU KNOW IT.

When you know who you are, you have and have a handle on your gifts and talents, if you aren't already living it the only

one stopping you is YOU.

You might be looking at your parents, your spouse or your boss and yes other people and circumstances can make it challenging.

Life is challenging.

Now, look in the mirror. What is reflecting back at you?

What is holding you back?

Do you see others do it and say to

yourself "never me." Why?

That is good information.

It is also often hiding deep down beneath layers of self-doubt, negative self-talk and fear.

It can be hard to get to by yourself.



Until you shine a light into the shadows you will stay afraid and your passion will stay imprisoned.

I want to help you set it FREE! Working together we can quickly get to the fear, and past it. You will BELIEVE your worth and be

able to TAKE ACTION.

Until you shine a light into the shadows you will stay afraid and your passion will stay imprisoned.

I want to help you set it FREE! Working together we can quickly get to the fear, and past it. You will BELIEVE your worth and be

able to TAKE ACTION.

Until you shine a light into the shadows you will stay afraid and your passion will stay imprisoned.

I want to help you set it FREE! Working together we can quickly get to the fear, and past it. You will BELIEVE your worth and be

able to TAKE ACTION.

Once you know you deserve to live a passionate life, guess what? You create one.

What are you waiting for? If you aren't ready, now, this instant to put your passion into action then let's get to work.

Contact me today.

Fiona Bennett, Life Coach, Instructor & Energy Worker

bennett.lifelearningstrategies@gmail.com

lifelearningstrategies.com

