



## THE CYCLE OF THE EMPOWERED ACTION TAKER

*All of life has cycles and we have cycles to our growth experiences.*

*Just like assessing which gear you are in, now you have a clearer picture of where you are each moment.*

*The understanding you have gained when applied, becomes integrated into wisdom. These past twelve weeks are a part of the cycle in getting past your comfort zone and back into the drivers' seat of your life. It has been an unfolding journey intricately woven together to create a road map for now and your future.*

*Remember, it took years to imbed your old stories and beliefs that led you to living with your self-imposed limitations. It is time to choose to continue to apply the principles and processes of what you have gained in these past three months. Consistency creates change and now you know what you know and have seen into parts of yourself that were previously unseen, you cannot unsee or unknow it again.*

*The application and principles of change and choice are in your conscious hands. You have a roadmap so continue to use it.*

*You have an inner GPS so continue to align and amplify it and follow it.*

*It is not the mind that calls you to your most fulfilling life, it is your Soul!*

*Always allow room to expect the unexpected AND trust in the unseen world. The two worlds belong together like a Divine union. They each serve one another.*

*You now have the key and any challenges are designed for you to grow, especially given you now know how to respond and what it is really telling you. Therefore, it is a challenge no more.*

*You now know what the discomfort means. Everything is telling you exactly what you need to do, what choice to make and what action to take.*

**SUCCESSFUL PEOPLE APPLY WHAT WORKS.**

*Stay in the drivers' seat, it is far safer way to get to where you want to go.*

*It is a continual rinse and repeat!*

## TASK

Reflect and assess what changes you have made and how you achieved them. Track and diaries your journey from week one all the way through to now.

**Before asking the questions do the hand on heart breathing aligning with the words, I AM all that I AM.**

## POWER QUESTION

***Trying out the old is only demonstrating to me where I have placed my limitations.***

How do I feel different from when I began this 12-week journey?

How do I think differently from when I began this 12-week journey?

Do I clearly see the connectedness of each stage?

What empowered choices have I made during this journey?

Am I prepared to keep doing what I have put into place during this journey?

Am I prepared to keep growing and leaning into what feels difficult?

Have I created new habits and behaviours?

How far have I come?

## TASK

Rewrite your life script as required and recommit. Read it out loud daily. I recommend last thing at night. Leave it next to the bed, or if you really feel to fire it up, write it out daily for a full thirty days.

Rewrite your I AM statements and speak them out loud daily. I recommend first thing in the morning. Laminate and place on the bathroom mirror, somewhere they will be seen easily.

Reassess your goals and adjust if required. Once completed start from the beginning.

Play your life mind trailer over in your mind daily. It only takes a minute and if you wish to keep it fired up, do it three times a day.

Write out daily gratitude's. Remember what you appreciate, appreciates and what you feed, grows.

Keep a journal of your progress.

Keep your 12 week journey together in one place so that you can refer to it.

Continue to invest in yourself and continue to be supported.

Continue to look at the rules of the game (in respect to your life)

Continue to complete the weekly landscape creation every Sunday.

If you drop the ball to try on the old, recognise it and start again.

Every now and again stop, reflect, and acknowledge your wins and how far you have come.

### **Congratulations on a successful launch.**

You are welcome to continue the journey with me in the next group program The Elevation of You. Let me know if you would like to discuss.

Or, you are welcome to work one on one with me.

If you are not already a part of my online weekly meditation and insight group, you are welcome to join.

What ever you do, keep going!

***“Repetition breeds familiarity. Familiarity breeds confidence. Confidence breeds success”***

***Stanley H Kaplan.***

**“The power of change is in your hands.”**

Thank you for placing your trust in me, it has been my honour to take you on this journey.

I would very much appreciate a testimonial of your experience on this 12 week Launching Pad. What you enjoyed, what challenged you and how much you have gained.

Blessings

Kaye