

WAKE UP  
YOUR *Spirit*  
(AND YOUR LIFE) TODAY.



Live Intuitively. Live Authentically. Live Joyfully.

ACTION GUIDE



## Lesson One

To the best of your ability think of all the things you love in life, all experiences that bring you joy, that make you happy. Those in which you lose all sense of time and become completely immersed and content, and write them down below.

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Are you engaging in any of these things today? Which ones?

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What parts of your life are you now unhappy with? Write down everything...

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What parts of your life have I settled for but leave you feeling unfulfilled or as though you are not really being yourself for whom you want to be today?  
Write down everything...

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*Simply Notice.*

Change takes places one tiny step at a time and this is where we begin.

**Listen to the meditation included in the course every day.**

## Lesson Two

### Wake Up Your Intuition

Remember any times in your life when you had an intuitive moment, whether you paid attention to it or not. Write it down.

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Now it's time to pay attention to how you receive your messages from your Spirit. How does your intuition present itself to you today?

*A gut feeling?*

*A knowing in the heart?*

*An overall "buzz" in the heart?*

*Start noticing in the areas that matter to you.*

*Write down all your impressions below....*

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Reflect on how you got to the place of success in your life? Was there any intuitive help along the way to your success?

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Write down your all intuitive successes in a positive way.

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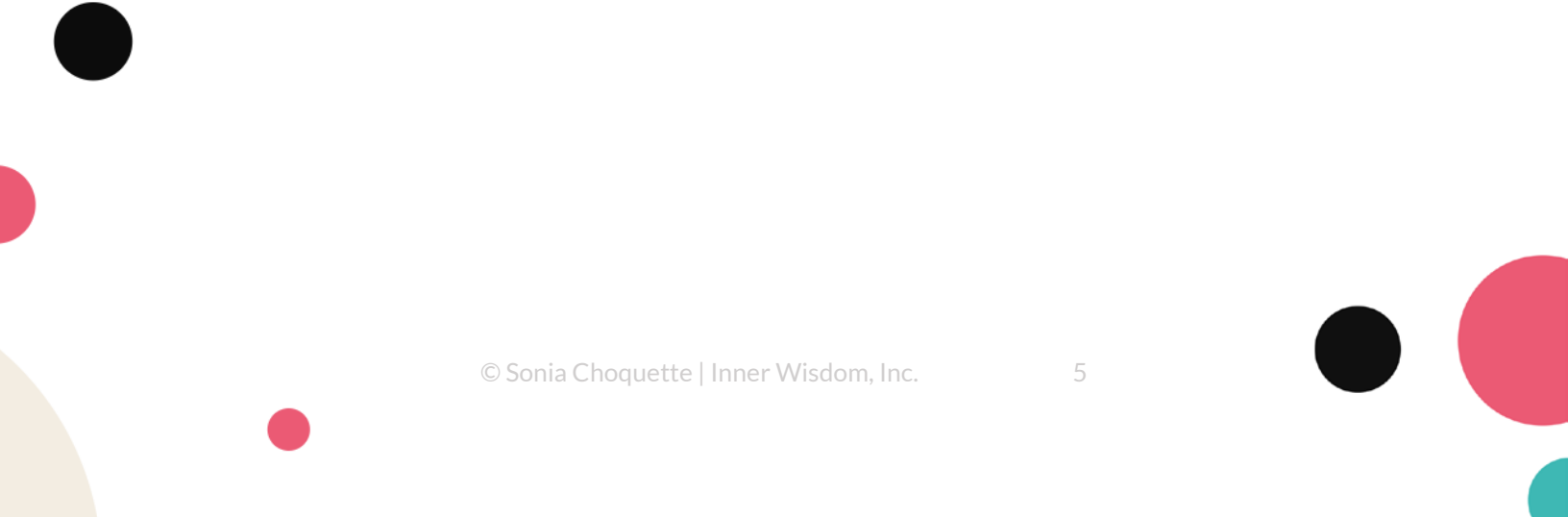
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Write down a time or two when your intuition gave you warnings? Did you listen? Did you ignore this? Write down all the details, when you received vibes or intuition whether you listened or not.

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Did I pay attention to my vibes or did I ignore it? Write down your intuitive experiences and how you normally respond to them.

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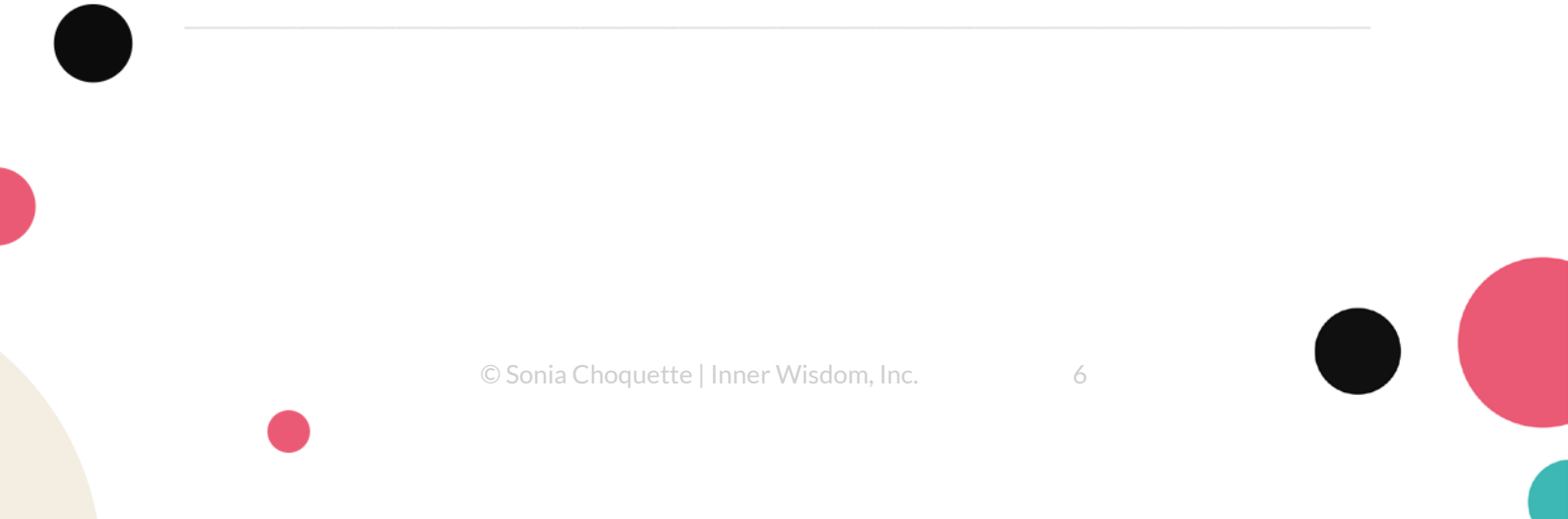
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## Lesson Three

### Taking a Radical Leap of Faith, Deciding to Trust Your Spirit

*Name your Spirit...*

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Write down a name for your Spirit, your core Empowered, your Divine Self. Trust what comes spontaneously and don't overthink this.

Have fun with this exercise... it serves as to directly easily connect with you most authentic creative abundance attracting loving gorgeous inner self.

Have a conversation with your Spirit by the name you gave it. Ask your Spirit questions that concern you, then write down the answer your Spirit offer in the space below, as if it is your Spirit is answering...

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Pose these questions from the standpoint of your ego self and then answer below in the voice of your Divine Self... your Spirit.



**Note:**

Ask questions that you are honestly available to hear answers to. Are you truly available to hearing an honest response?

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Write down all your fears that are controlling your life right now...

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Then write down the following...

*Nevertheless* (and then spontaneously write down your everything vibes must say despite those? In the following space...



## Lesson Four

### Help Is on the Way (Working with a Benevolent Universe with Behind the Scenes Help)

#### *Notice the Help All Around*

Write down all experiences of unexpected help in people around you. Notice all spontaneous moments where someone might've helped you, offered support – all positive interactions that have happened.

Each day, track all experiences of positive support arriving in the world around you every day...

#### *Monday*

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#### *Tuesday*

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#### *Wednesday*

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*Thursday*

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*Friday*

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*Saturday*

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*Sunday*

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Can you imagine how your life would change if you fully expected good experiences because you have angels and spirit guides who are on board to help you? Write down how life will be different...

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## Lesson Five

### Change Is Your Friend

Write down all past experiences where change in your life brought you something better... What was the old circumstance? What improved?

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What are your fears around what want or needs to change?

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*I'm moving toward my dream life...*



Write Down the Better Experience You Want to Have... in as much detail as possible...

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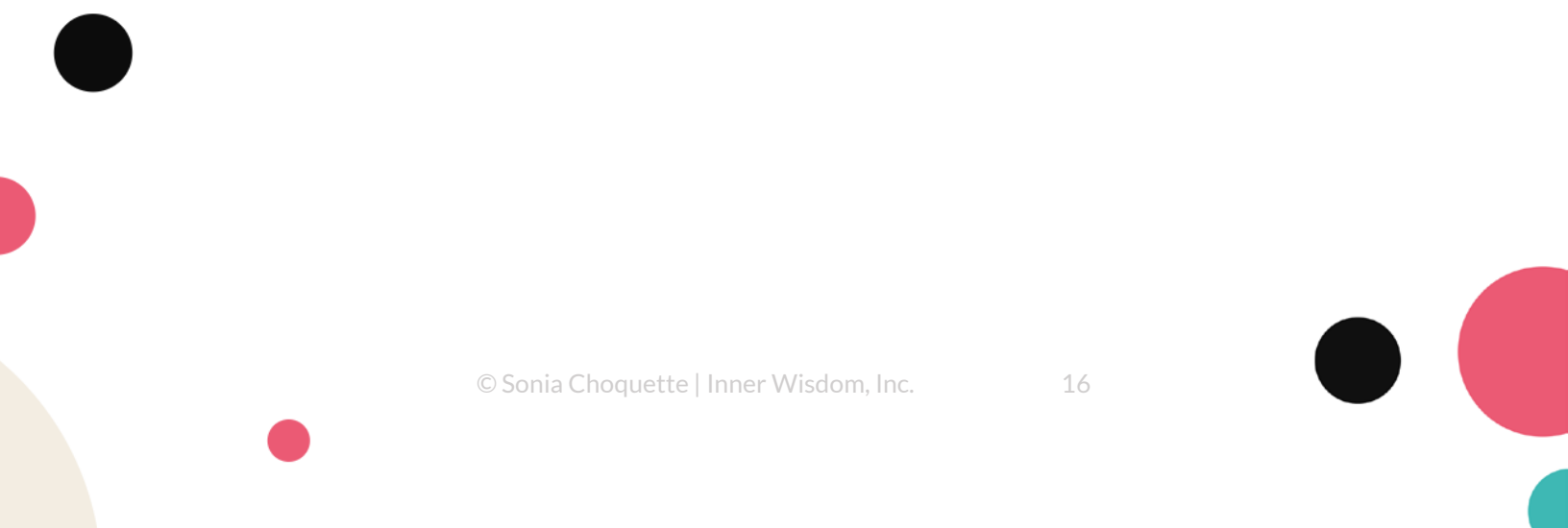
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**Listen to the meditation included in the course every day.**





## Lesson Six

### Activate Your Creative Power

Write down the three most important things you must do in order to meet your new goals but don't feel motivated to do, and then do these first.

(1)

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(2)

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(3)

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Start your day by deciding to take action toward the things you must do in order to reach your present intentions, instead of avoiding them first thing in the morning.

This is the foundation for real success.

Listen to the meditation included in the course every day.

## Lesson Seven

### Decision is Your Greatest Power

Make three significant decisions about what you are going to do to create the life you really want. They are not wishful thinking. These are full commitment intentions that are moving toward action.

#### Decision 1

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*Support Person:* \_\_\_\_\_

#### Decision 2

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*Support Person:* \_\_\_\_\_

#### Decision 3

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*Support Person:* \_\_\_\_\_

Then choose to find one supportive person for each decision. You'll want someone who will help you support you and help you develop conviction about these decisions.

Write their names in the fields above...

**Note:**

If you cannot find the support person then record these decisions on your phone and listen to the sound of your own voice.

Ask yourself if you feel the conviction in your voice.

Do you?

If not, forget this decision and choose a more accurate one in the moment.  
Remember,

Success is doing the next thing. Real Decision Invites Action..

**Listen to the meditation included in the course every day.**

## Lesson Eight

### Make Intuitive Decisions

#### *Say Yes to New Experiences*

Make the Radical Choice to take a Big Risk and Follow Your Intuition and Do the thing you are afraid to do. Go for the experience you have been denying yourself.

My Intuition invites me to do the following because I'd love to... (such as go on a road trip, learn to sing, go on a pilgrimage etc..)

(1)

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(2)

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(3)

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Decide and *do it*.

**Listen to the meditation included in the course every day.**



**Now Record your Own Voice reading these statements OUT LOUD.**

Do Not Criticize Yourself.  
Do Not Attack Your Spirit.  
Speak Lovingly to Yourself.

**Do One Fun Thing a Day this Week.**

Write down what fun thing you did each day this week.

*Monday*

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*Tuesday*

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*Wednesday*

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*Thursday*

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*Friday*

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*Saturday*

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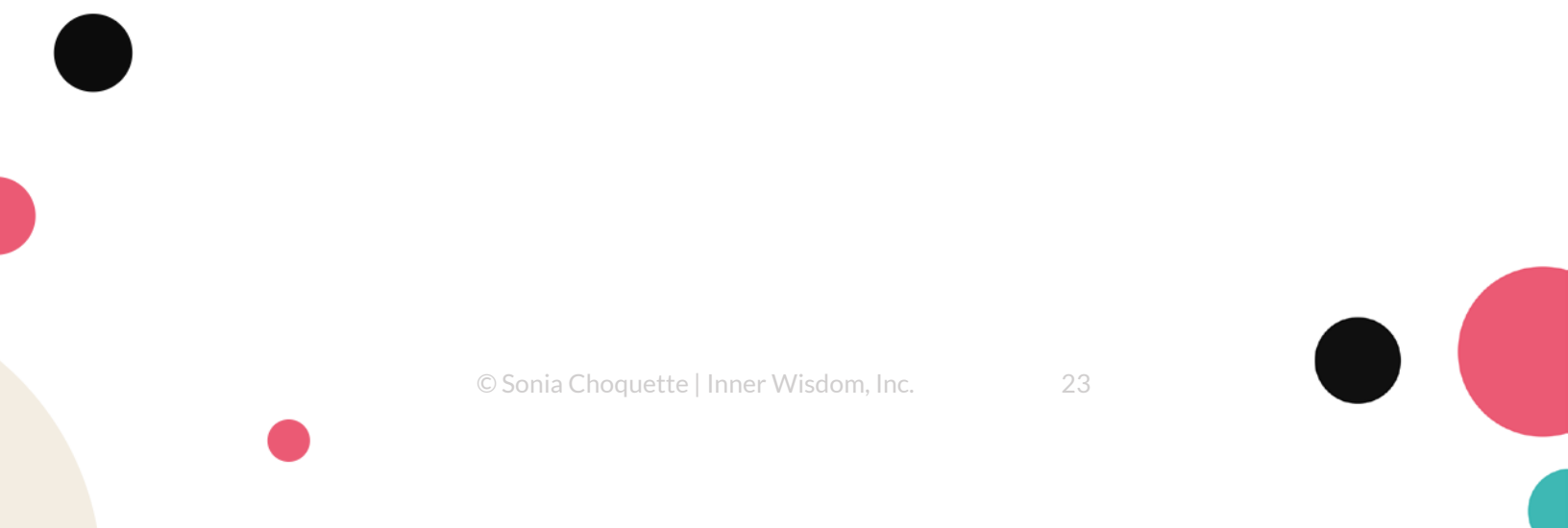
*Sunday*

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**Listen to the meditation included in the course every day.**



## Lesson Ten

### Let Go of the Old, Reach Out for the New

List three physical things you are letting go of...

(1)

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(2)

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(3)

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Add three new uplifting things, such as flowers, a new plant, something beautiful...

(1)

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(2)

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(3)

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Let go of Frenemies, people who do not lift you up...

(1)

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(2)

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(3)

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List three experiences where you can meet someone new to take the place of the old, such as taking a class, joining a meet up group...

(1)

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(2)

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(3)

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Record 3 positive, synchronistic things that occurred each day.

*Monday*

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*Tuesday*

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*Wednesday*

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*Thursday*

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*Friday*

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*Saturday*

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*Sunday*

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*More?*

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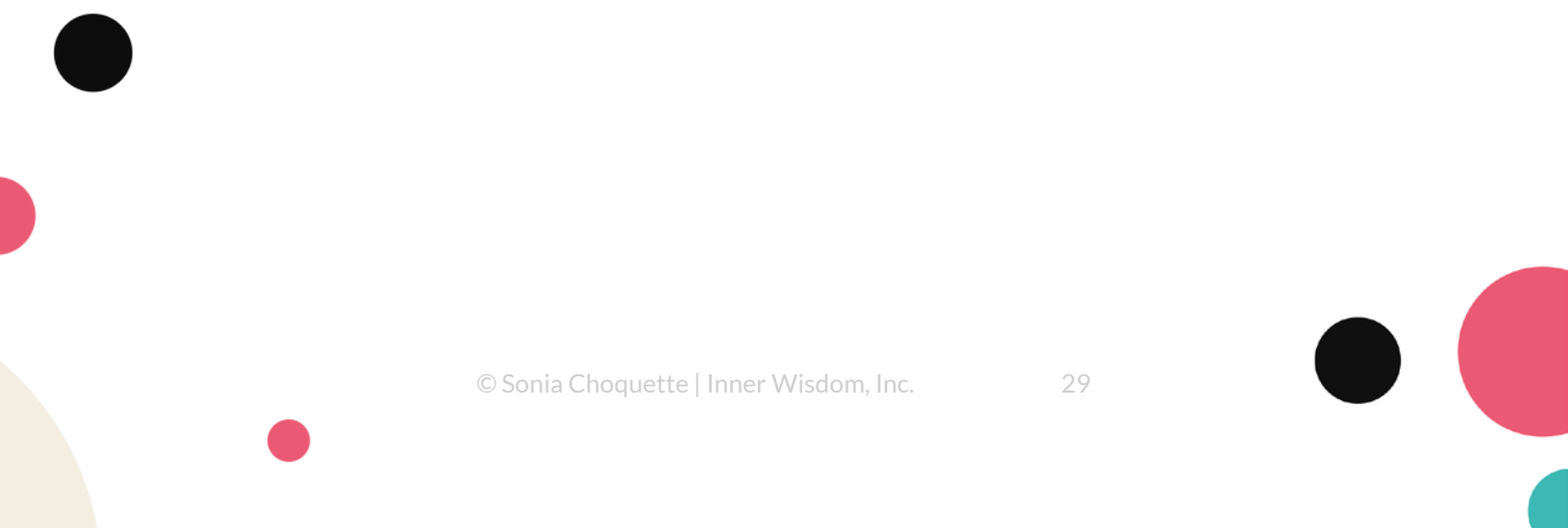
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**Listen to the meditation included in the course every day.**



## Lesson Twelve

### Dance with the Universe

List all the positive changes you have made since this journey to Wake Up Your Spirit began.

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List all the things you are NOW Grateful for...

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List any new friends who have entered your life since you began this journey:

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Make a playlist of 10 songs that you love and make you dance...

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_
- (4) \_\_\_\_\_
- (5) \_\_\_\_\_
- (6) \_\_\_\_\_
- (7) \_\_\_\_\_
- (8) \_\_\_\_\_
- (9) \_\_\_\_\_
- (10) \_\_\_\_\_

*Dance with the Universe EVERY Single Day*

*With Love,*

