**Amazing Me, Amazing Achievements, Amazing Knowledge Week 3 Exercises**

In the process of creating abundance and the life we love, in order to be able to receive all the gifts the universe is just dying to offer us, it is so important on this journey to keep taking stock and appreciating all the beautiful things that make you YOU, of all the little things you’re achieving (and the big things) on a daily and weekly basis and, particularly for the benefit of creating your future products, e.g. blogs, video blogs, ebooks, courses and programs, of also taking stock of all the amazing things you know. I want to support you to come out of this week operating at a whole new level of knowing “Yes, I am enough” and “I am amazing!” Sound good? Here’s 3 exercises to help:

**Exercise 1a Amazing Me:** Take a moment and make a list of all the positive qualities of yourself that you have to offer the world. Some will be mental qualities, some might be physical, some might be emotional strengths, some might be spiritual.

Once you’ve got your list written, take some time to meditate and reflect. Take some time to really take on board how amazing you really are, right here, right now. To receive your own praise and self recognition.

**Exercise 1b My Amazing Achievements!:**  You might also like to include past experiences or achievements. Make a list of all the things you’ve done successfully and rocked it at. It’s good to think large yes. But also what about some of the every day little wins and successes and things you achieve and do well every day? And that changed someone’s world for the better because you are here and were there? In Australian culture, we can tend to be a bit perfectionistic and hence negatively focussed in seeing the one thing you wish you did better over the 9 you did right. And to miss, or lose touch with how freaking needed you are for just being you right now, for getting focussed only on who you want to be down the track when our larger goals manifest. So the challenge with this one is to appraise what you might have overlooked back here in this present moment.

Once you’ve written this, take some time again to meditate and reflect and receive your own recognition.

**Exercise 1c The Amazing Stuff I KNOW**: This exercise is about taking stock of all the awesome things you know. That you’ve been taught or that you’ve experienced and therefore have to offer clients or employers. On a piece of paper, or below, take some time to quickly brainstorm and write down a list of all the cool stuff you know. (In the business world we call this your IP e.g. intellectual property). It could be modalities, it could be random snippets of insight, it could be life experiences. What we want is a list of all the “subject areas” that you are knowledgeable in as fast as it can pour out of your brain in say 5-10mins.

Again, the point is to then re-read and reflect and realise how much amazingness you already have to offer the world right now. At the tack stock of what within you might have forgotten about that you could possibility also be charging for and making money from. Especially the ones that you’re passionate about. Often there can be many opportunities to make more money sitting under our very nose…if we take stock of all we have to offer and then open up to the possibility of receiving abundance from that too.

**Weekly Tasks**

“I am enough” “I deserve all the good the universe has to provide”

Weekly tasks- gratitude lists

* Keep checking out the daily thoughts in the FB group this week
* Come to the group conference call Wed 7pm (more info to come by email)
* Keep going with your daily energy alignment and clearing process\* and pick some of the previous weeks’ affirmations (yours or the ones provided) to keep going forward with this week. (every day while you’re integrating all this new insight, keep taking that at least 5-15 mins a day to let go of what energy within is not you or is no longer supporting you and activate within you the energy of your soul and the energy all those goals and affirmations. Fill yourself up with that :-D
* Keep going with looking at your abundance “anchors” e.g. reminders of your vision/goals around the house/workspace. AND
* Go forward and BE and DO where you feel to or life presents opportunities to you

\*Just a refresher- steps 6 and 7 from the Self Care Checklist as two suggested energy alignment and clearing practices to also keep going on with for 5-15mins at least once a day in Week 3:

1. **Energy and Boundaries-** Do you ever get home after a day at work or seeing clients and feel completely exhausted, or anxious, overwhelmed and hypersensitive? Is it possible that you might be taking on and bringing home some of their “stuff” with you?

Do you have a practice to clear your energy and remove from yourself anything from them that you have taken on? This can be as simple as washing your hands post session, shaking their energy out of the massage towels before you wash them, sitting and taking a few moments to close your eyes, tune into your body, scan it and imagine a wave of light scanning through it, clearing out with it anything that’s not you and, like the little icon on your phone battery, imagining your whole body and energy field filling all the way back up, until your body is 100% reoccupied, like a rental property, with the energy of you.

Do you also have a boundary setting practice to help maintain a boundary between you and the outside world? This could be something like visualising a shield or ball of light around yourself, which is as impermeable as a wall of lead to what you don’t need or want to experience in life, but completely permeable to what information, energy, love, support and abundance you do wish to receive.

The clearer you are in your own energy and the less “already full” with others “stuff”, the more abundance you’ll be able to receive in the times ahead.

1. **Reconnection and Alignment**: Staying aligned with your passion and purpose is so very important in the manifesting abundance equation and reducing the stress and struggle that can come from having to knock ourselves back into it or into loving and backing ourselves when we step OUT of harmony with it. Have you done a practice today, do you do a practice every day that helps you connect with your heart and soul and keeps you connected and in positive relationship with your passion, purpose and your vision?

A great one can be to make 5mins from the second you wake to tune into your inner world and, if you’re open to it, ask your soul and your spiritual support team for guidance as to what is in your best interest to pursue each day while you’re there. And or also to connect with this space as you’re falling asleep each night, as a part of helping to set up right for the next day. (For simplicity, you can combine this as a second step with your breath practice too.)

During the day, what actions can you do or take which make you feel joyful, playful or make you laugh? What practices do you do that connect you with your body in enjoyable ways? Such activities take you straight out of your head and back into your body and heart, and in the process get you out of your own road to listen to your own higher wisdom and that of your guidance team too. So an important part of your abundant living picture, if you choose, might also be to make sure you keep making time to integrate these kinds of activities into your days.

That’s it for this download my friends!

Thank you so much for taking the time to read through this document fully. Would love to hear any feedback on how you found it or what else you might think it needs or need taken out ☺

I am deeply committed to supporting you in any way possible to reach your personal outcomes, to enjoy your participation and succeed in your efforts to have the business and the lifestyle that you love! So If you have any questions or concerns, please don’t hesitate to email nat@natalieferrier.com.au or call me on 0427 449 005.