

Inspired actions

Inspired actions are suggested practices to create movement, clear out clutter and allow the ‘still small voice’ to be heard.

Butterfly Game – adapted from God Doesn’t Have Bad Hair Days by Pam Grout. Based on the premise “what we focus on expands” over the next 48 hours be on the lookout for butterflies in any form. Note how many you come across. This ‘science’ experiment may allow you to understand more fully that you ‘see’ what you expect to see.

Progressive affirmations – complete the following – Wouldn’t it be nice if... (fill in with what you are wanting) I am coming to believe it is possible to...(what you desire to be do or have)

Three questions - see separate sheet for instructions. As you begin to live these questions, notice how your world changes.

Vision/Intention – create pictures, words, qualities that represent your new life. Hang up where you can see it daily.

Adapted from The Four Hour Workweek - Write down what would be exciting to do, be and have in the next 6-12 months. What are 4 goals that would *change it all* for you? List 2 major things per day that move you toward your goal and take action on them before 11:00 am each day.

10 daily habits of self care –list 10 activities that would be soothing, energizing or inspiring to you. Then begin to incorporate them into your day.

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