

SPARK Your SoulFUEL®!

Free 5-Day Challenge + Daily Giveaways

DAY 1

CLEARING SPACE

Day ONE!!! Let's DO this! Today is about **clearing space** to allow the clarity to come in and make room for new experiences, opportunities, people, clients and money to come into your life! This means clearing the energetic blocks that are cluttering your path so the good stuff can flow in.

We will begin by taking an inventory of what may be creating distractions, energetic blocks or drains in your life. These will often show up as; annoyances, frustrations, unfinished projects, unfinished conversations, clutter - emotional, mental, financial, old chapters that need to close... procrastination. We often think this is just a normal part of life but actually, it is not our natural state. It's a way of living we've bought into, as normal.

To SPARK your SoulFUEL, you want to look at where your inner flame is being snuffed out. This is often something in your daily life. Once you bring awareness to this, you then have the opportunity to change it, should you choose to. Choice = freedom. Give yourself the permission to choose or redirect things more often, and you will experience a LOT more freedom in your life.

A positive way to look at this is that you are **redirecting your energy, focus and flow in the direction you wish to go while simultaneously releasing what is weighing you down or draining your Life Force.**

For you to know and live in flow with your SoulFUEL®, create a wonderful life, make a difference and have a delicious sense of well being, you need to find the strength and courage to make decisions in your life and environment, that support and nourish you. In turn, your alignment... your lightness-of-being, your JOY... will have a positive impact on others (clients, collaboration partners, family, friends, community).

Let's look at what could be keeping you out of your Flow. Below are just a few examples of power leaks. These are things that distract, drain and diminish your ability to take action from a place of **clear and focused** place. They are affecting you in the background, and disrupting your energetic field in greater ways than you may have ever been aware of. This becomes very apparent, when you clear it.

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Here are just a few examples of what might be creating energy blocks in your life:

-A cluttered desk
-Stacks of papers or messes around the house
-A couch in dire need of replacing
-A friend or colleague who is always late
-Listening to and entertaining the complaints of others, or your own complaints
-Not valuing your self-care or prioritizing a self-care routine
-Allowing yourself to fall into victim, excuse, or blame mode
-Allowing your own needs to go unmet that you know are important to you
-Allowing a friend, family or neighbor consistently disrespect you
-A disorganized closet
-Disheveled car
-Saying yes to things you do not want to do
-A job that is draining your life force and causing you suffering with no exit strategy in sight
-Putting off important projects
-Not replacing a team member that you've outgrown

Today, you are simply looking for a starting point - a baby step toward **clearing your space so you can allow clarity to come in and create momentum to reach your next level.**
And if you're feeling it, take a leap and do something BIG!

To SPARK your SoulFUEL, you want to raise your standard for the quality of your life and business. You need to **expect more joy and good things to flow in. This means expecting the best to happen for you**.

"Happiness is my birth right. My time is valuable. My life is precious. My space matters to me. I will not tolerate; living in a mess, having things around me I don't love, or negative conversation. I will seek out positive, inspiring people and surround myself with those who uplift me and support the greater vision I have for my life. I will clear space and only have beautiful things around me."

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Yes!

It's time to tap into the badass woman inside of you that says 'no' to that which is no longer good for you because you are saying a **bigger YES to something much more important and valuable to you.** It is essential to tap into a healthy love for yourself, your Calling, your hearts desires, and your life... and boldly CLAIM what you want.

Living a life you **can't wait** to wake up to each day requires telling yourself The Truth about what works for you, and what doesn't. We can try to talk ourselves out of our needs and desires but it very rarely works *especially* when it comes to what is most important to us. You no longer need to negotiate or compromise these things. Needs are **needs** and your desires are what your heart truly wants. You do not need to make any apologies for that or buy into the fear that what you want isn't possible for you.

So, let's help you clear space right now, today - Day 1, so you can feel immediate relief and create an energetic and spiritual opening to ACTIVATE your SoulFUEL.

HERE IS YOUR ASSIGNMENT

Set a timer for 20 minutes and write down every single thing that is frustrating or bugging you without guilt or judgement toward yourself. Just free flow using the guide below (feel free to edit and make it yours or create your own).

Today is an opportunity for you to step up and say, "I am better than this. You are better than this. We are better than this. I am doing something about it. I am breaking free. I am moving forward, without guilt or the need for permission."

Be as specific as possible. Look at your life, home and work in detail – observe, analyze then write it down. Feel free to use this playbook to fill in your list.

An important note: This is not about focusing or dwelling on the negative. In fact, please don't Love. What's absolutely magical about this exercise - once it's out on paper, many of these issues will begin to fade out of your life naturally without you ever needing to look at this again. It's amazing!

Try it, and see what happens. Also, as you begin a more consistent (near daily) practice of Conscious Clearing and Conscious Intention-Setting, you will find less and less of these things will come into your life to begin with.

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So my friend, what needs clearing in your...

Work environment? Home Office?

Work Relationships?

Spiritual life?

Finances?

Habits / Routines?

Home?

Friendships?

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Family?

Body / Health?

Expectations? Un-communicated / unmet needs?

Car?

Social circles?

Closet?

Bank Account - money?

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Schedule?

Daily routines?

Attitude?

Conversations?

Business?

Great! Now, take a deep breath.

You are identifying things that may be holding you back from clarity, a sense of purpose, living your FULLEST potential and growing in ways that are meaningful to you. That's pretty big sister. Way to go! All of these areas are energetic blocks you are holding in your life. They can repel the good stuff and dim your light, easily and quickly.

By acknowledging these, you are opening to the flow of abundance, creativity, inspired downloads, clarity, peace, harmony, opportunities, clients and money.

You will do something about all of this naturally in time as you redirect your energy toward your bigger YES - the Vision that fuels and fills you. As you allow yourself to get comfortable feeling good MORE often, you will notice a natural clearing process in your day-to-day that allows even more goodness to flow in because you've raised your standards. **YES!**

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You are stepping into your power, your grace, and your gifts and are saying with heart and strength, “There are some things that aren’t good for me anymore. I have a bigger YES to devote myself to. I am ready to release these things and move forward. I have a different vision for my life – one that allows me to thrive and create a positive impact in the world.”

As you practice saying your bigger YES, things will get easier, more beautiful, more real, more exciting, and what you most desire will feel a LOT more **possible**.

When we step into The Truth, which is that we are surrounded by Love and support, in physical and spiritual form, there is nothing to fear.

YOUR ACTION STEP FOR THE DAY

In looking at what you completed above, what ONE THING will you commit to clearing right now – TODAY? Make a decision, write it down and then immediately put it in your calendar to take care of TODAY, at a specific time.

"If you talk about it, it’s a dream. If you envision it, it’s possible.
If you schedule it, it’s real.”
- Tony Robbins.

> Once you have completed this, tell us about it in the Private Facebook Group.

If what you chose to clear is of a physical nature (e.g. clearing a desk, replacing a couch, cleaning a closet) and you have a photo you’d like to share of what you did, we can celebrate with you (YAY!). Post your before and after pictures too!

Very important: remember to report in and show us what you've done to get credit for your accomplishments and be eligible for one of the awesome prizes.

Way to go!

You have taken your first step toward SPARK'ing Your SoulFUEL®.

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