

## **MISFIT TO MAVEN**

### **FREE 8 DAY E-COURSE**

Discover the 7 lies and 7 truths  
that will bust overwhelm & resistance  
leaving you loving your business and your life in just 8 days.

**DAY ONE: AWARENESS**

“People are afraid of shadows. People are even more afraid of being in the shadow. But without a shadow, life will be two-dimensional.”

**Yoko Ono**

## Day 1:

### The 1st Principle is: Awareness

(from Numbness to Awareness)

**Lie: No one wants to hear the bad stuff....**

**Truth: Your vulnerability makes you attractive!**

In this day and age, when everything is on show, where we all want to be the best versions of ourselves it can feel like no one wants to hear anything other than the good news, and positivity. There is a lot to be said for optimism don't get me wrong, but we live in a culture that promotes numbing. Everyone has a drug of choice. I'm not just talking about drugs here. Alcohol. Food. Work. Exercise. Each, used to produce feelings of euphoria or to stop feeling something - have the same effect. Numbing how we are really feeling. Initially to remove stress, or to stop the pain, or anger or sadness or grief, eventually numbing the good feelings too. You can't have it both ways, if you are going to numb your feelings, you are going to numb them all.

- How many of us have sat in front of the TV eating a meal we are not really tasting?
- How many times have you been asked by your partner or friend “How are you?” and said “Fine” or “Good.” But not really meant it?
- How many times have you taken money out of an ATM without looking at your balance, because if you don't look you won't know?

**Numbness:** *Deprived of the power to feel or move normally, emotionally unresponsive; indifferent.*

**Awareness:** *Noticing or realising something. Having cognizance.*

This first step is moving from a place of numbness to a place of awareness.

Awareness means doing a reality check, looking at and facing the facts.

Look at what is and what isn't working. Look at the wounds; the pain, the confusion, the apathy and IF you want to change, more than you want to stay put then you are ready!

We loop this stage over and over again.

Sometimes denial is comfortable. Sometimes the pain is just too BIG.

Food, drugs, alcohol, sex, TV, or internet trawling is FAR easier.

Becoming aware is a big deal, and we will all do it in our own time, and in our own way. Sometimes referred to as a rock bottom, or a dark night of the soul, when you reach a place of wanting to change more than you want to stay the same, you are ready. It can be a BIG deal, or just a light bulb moment. It might happen once, or you might find yourself in this place again and again.

What we resist, persists.

Samsara cycles catch up with us all, sometimes this stage is an “Oh!” moment, and sometimes it’s an “ENOUGH NOW!” one.....

What is actually going on here?

Let’s look at the **PIES (Physical, Intellectual, Emotional, Spiritual.)**

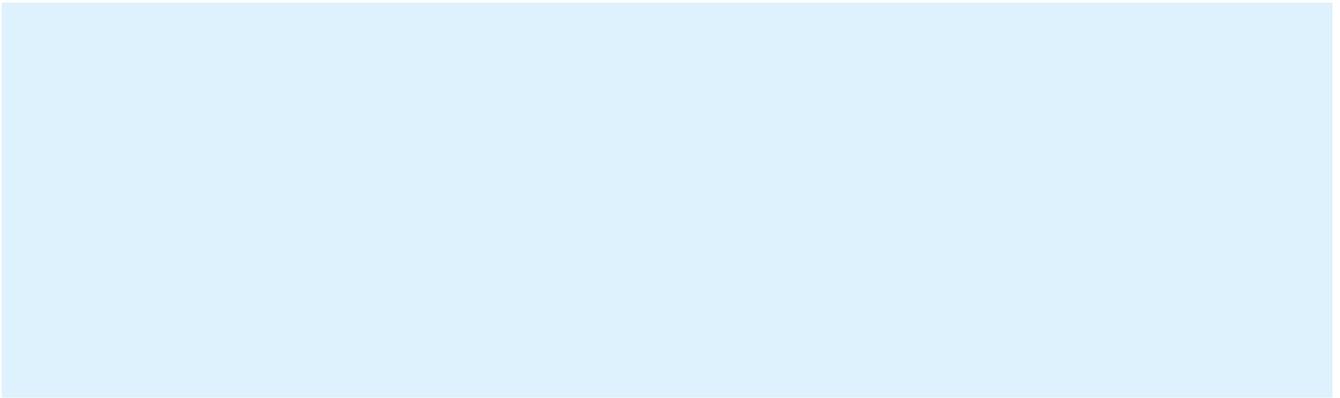
- (P) What is the data, the facts?
- (I) What story are you telling yourself about these facts?
- (E) How do you feel?
- (S) What do you want instead?

**Let’s look at what is working and that you are pleased with or proud of.**

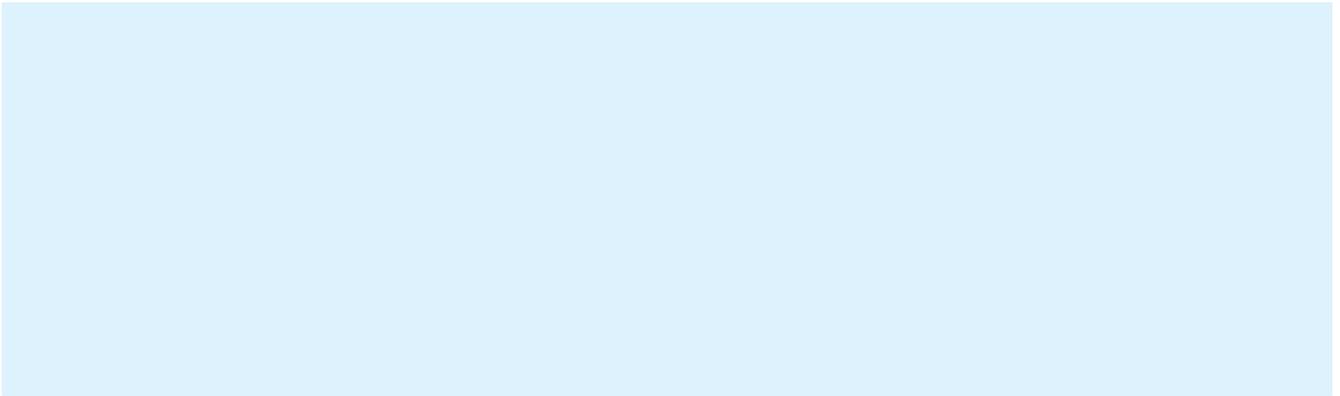
What are you proud of?

What do you value?

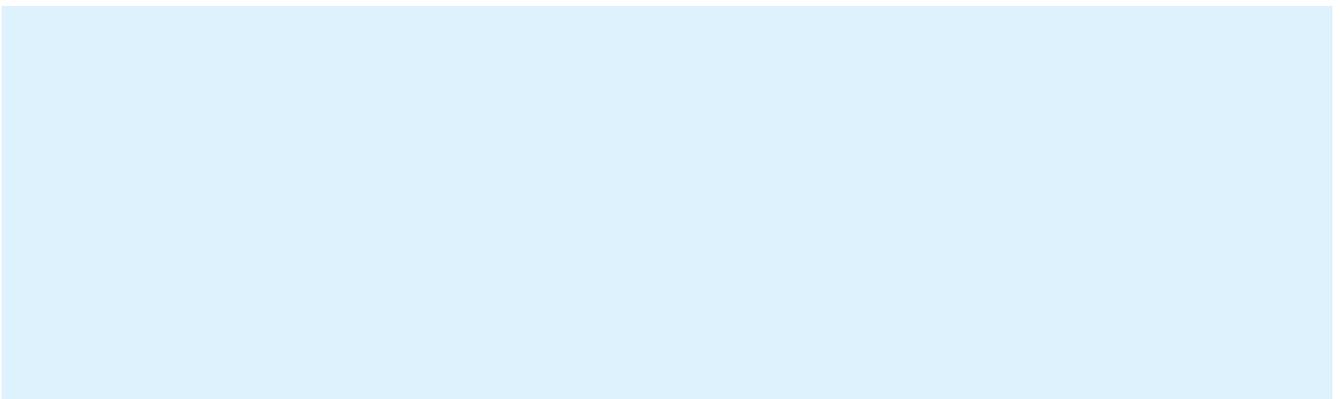
What goal or dream or target have you set yourself previously and achieved?



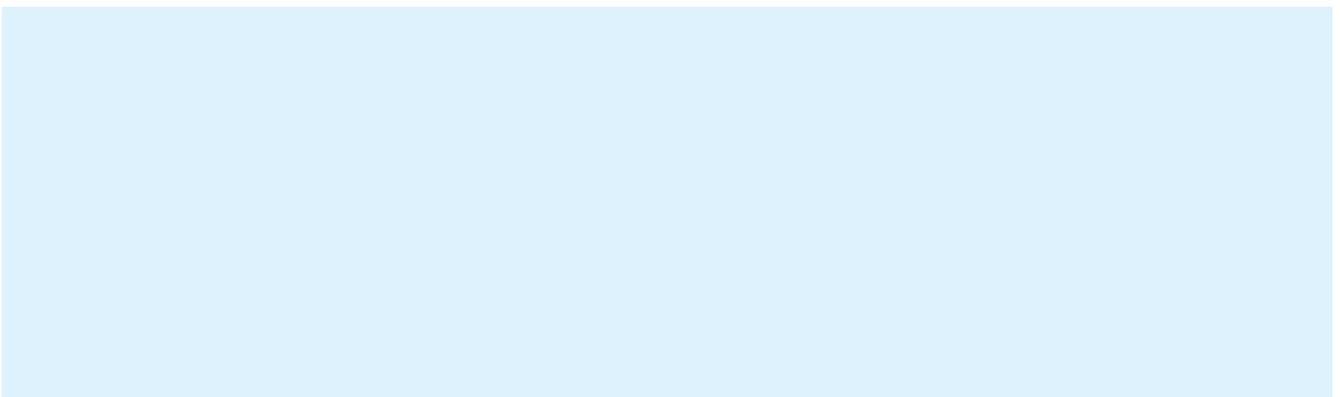
When was the last time you felt excited?



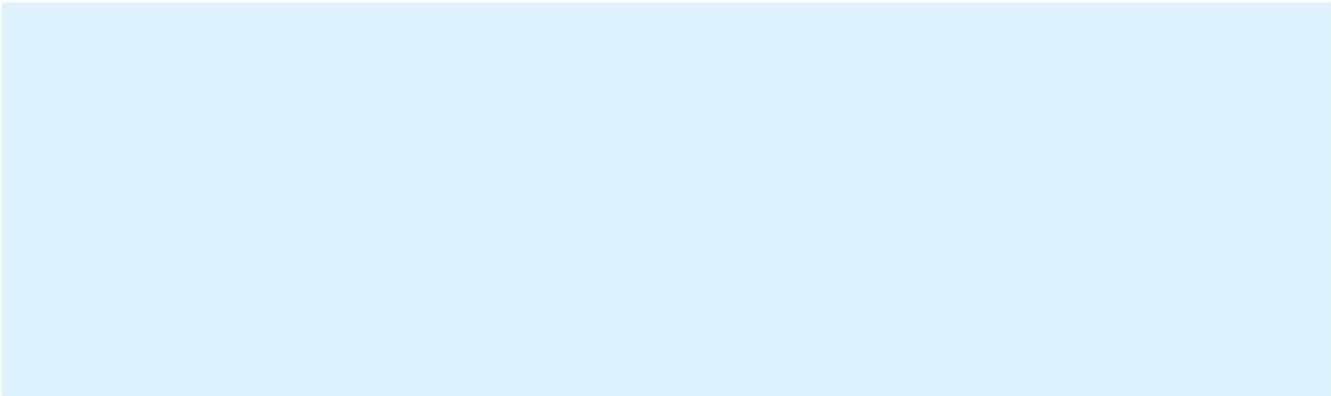
What are your natural gifts / abilities / passions?



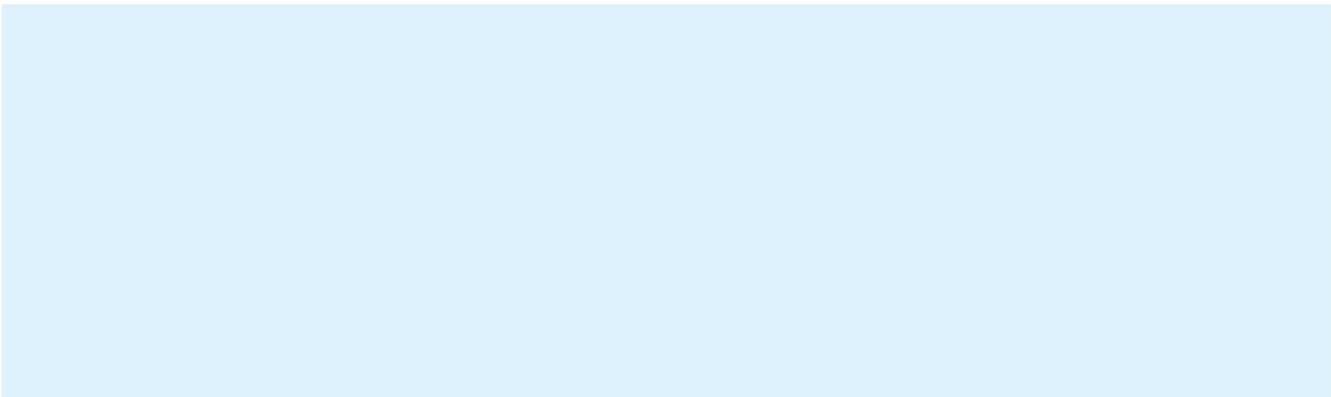
When do you feel at peace?



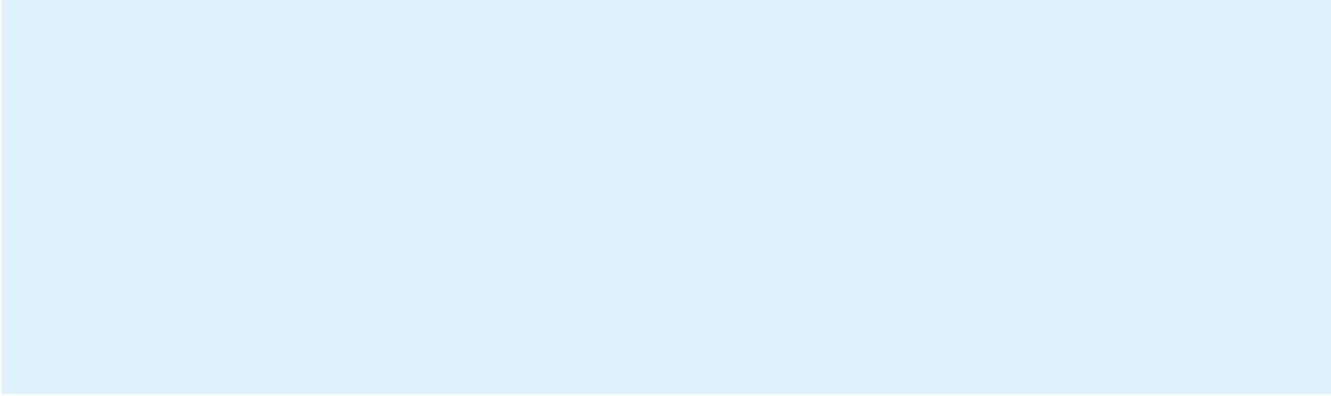
Lets now look at what is not working, that you are sad, angry, ashamed or resentful of:



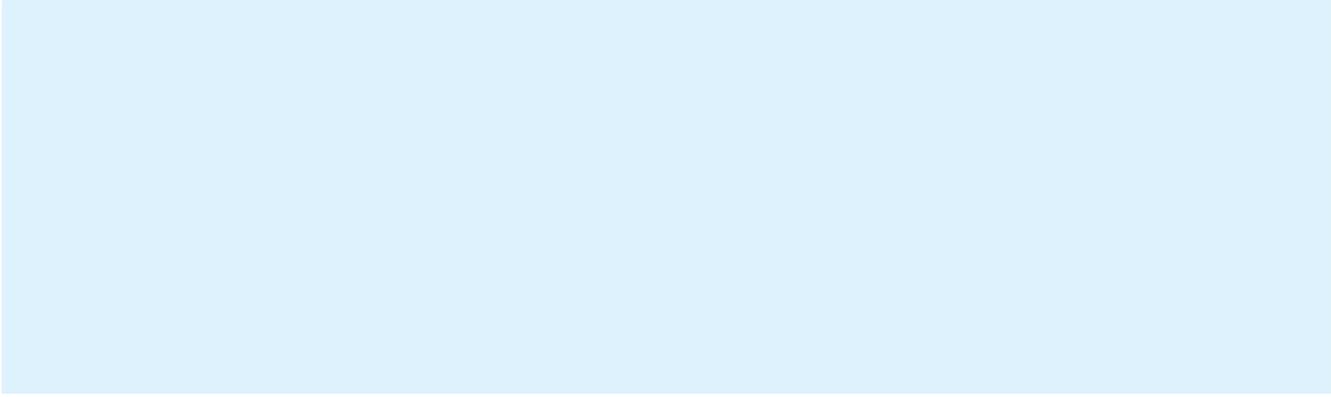
What conversations are you not having?



What situations are you avoiding?



What is currently impossible | difficult | limiting you?



What are you putting up with in your life?

What or who threatens your peace?

What is missing?

In the 'Role' column write all the roles that you play... for me, it might be; daughter, friend, coach, sister, entrepreneur, woman, yogi, lover, student....

Write as many labels or roles that you currently identify with.

Role	Positive Statement	Negative Statement
Daughter	I am supportive and see my parents regularly	I let my parents opinions influence my beliefs, actions and behaviours

In the second column, write a positive statement about this role.

For example: I am supportive and see my parents regularly. This is something true, that you are pleased or proud of, or something that you find fulfilling about the role.

In the next column, write a negative statement about the role. For example: I let my parents opinions influence my beliefs, actions and behaviours. This too, is something true, and will be something completely personal to you.

This is not about making judgements of ourselves, this is an awareness exercise - we are merely disclosing to ourselves that which we currently believe. At a later stage, we can use this information to see if there are any changes that we want to make, and set goals based on this assessment.

**WAKE UP  
KICK ASS  
BE KIND  
REPEAT**

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