

## LLJ Group Call – 2-2-23 - Summary

Fill out the Aspiration Worksheet (Goals) and create your mantra. Then go to the Creating Your Reality Exercise and fill out the areas that resonate with you and create and write out your Piece of Paradise. All of these documents can be found in the Allowing Section, Section 3 in the Member Portal. They are in Module 1 in this area.

Then we want to start thinking about creating a Vision Board. Or a Vision Board with a single focus like around our mantra or 1 aspiration.

We want for you to look at what you envision for your future. To clarify and get it in writing what it is because we want you to begin to step into your Aspirations. This because we want for you to begin to step into this.

Writing these things down helps to bring them into the physical and to release some of the fear around them. They become more tangible to us, and we begin to see the possibility around them.

People Pleasing – We don't want to keep acting in different ways, being different versions of ourselves, in order to please other people. You want to shed those masks and be who you truly are. To be the best version of yourself. This version is authentically who you are. It is you being true to you. Be yourself and others may or may not like you and that is okay. You don't want to be somebody that you are not in order to please people.

Affirmations - help us to build our self-confidence and self-worth. To help us to feel worthy enough to be who we are and not feel like we have to be certain ways or act certain ways or do certain things to

please others. We are doing the affirmations to help us to step into our power. Say them out loud so that you are telling yourself these things. This makes them more powerful. This helps to make it easier for you to begin to believe it. The next step is to then say them in the mirror. You then are looking at yourself as you are saying them.

Mark's affirmations: (Mark had some great affirmations that he shared with us)

I am at peace with who I am.

I acknowledge my self-worth and my confidence is rising.

I am who I want to be.

I can climb any mountain.

My health is important to me.

I am kind and loving.

I am a winner.

Receiving Exercise: We are doing this to help with our worthiness, deserving, and self-love. We want to not only receive the good things around us, but we want to receive from the Universe as well. We want to begin to receive all of things that we desire and ask for. We want to begin to allow them to come to us. We have to receive them and we have to do that by getting out of our own way. We want to get in the habit of looking for the things that we are receiving so that we can keep seeing more and more of them. You can start by receiving little things which is evidence of things coming to you. You build ourselves up to thinking, that You do deserve good stuff to come to you. And that more good stuff is coming. It is on its way to you, you just have to receive it.

That you deserve it, and it is coming to you. This plays into the bigger picture of stepping into your power.

You also want to begin receiving guidance from the Universe. In order to take inspired action steps, you want to be able to receive guidance on the best steps for you to be taking. What you need to do in order to achieve your aspirations. So, you want to be open to the guidance and the signs, synchronicities, etc that are being given to you. So, we are doing to Receiving Exercise in order to be open to getting the guidance. Signs and guidance are being sent to you all of the time. You are always getting information. It is quieting yourself down, getting into alignment, getting into a state where you are receiving guidance. It is quieting down, centering yourself, and aligning to receive it. When going upstream it is difficult to hear the guidance.

You want to keep going back to that place of being centered in order to keep you on your path. Take time each day to have quiet time, even if it is just for 5 minutes.

All of the activities we are doing are all part of the process. Of us stepping into our power.

We use the term Aspirations because they are always growing and changing. We do not want to feel like they are concrete or set it stone. We want to them to be able to shift and change as we do. We want to be able to modify them every day if we choose to. It is never ending, we are always going to aspire for more. As we start stepping towards it, it may shift and change.

You are focusing on these things that you want. but keeping in mind that as you start to get these things, the other things that you want start coming to you as well. Because you are stepping into the higher vibrations.

Trusting that things are happening for a reason and that the Universe is orchestrating things for your highest and greatest benefit. Even if we don't like it, we are going to go with it and trust and let it all work out in the way that it needs to be. Later on, we will see how it all orchestrated perfectly for us.

Surrounding ourselves with positive people. We are good enough. A lot of feeling and sharing from the heart.

We are going to set up a group activity of Soul Collage.