

Inspired Action Steps Practice

Inspired action steps are actions that feel exciting, joyful, or fulfilling to take. They come from a place of alignment with your desires and intuition, and they can help you move towards manifesting your dreams and goals. In contrast, action steps that come from a place of obligation, fear, or anxiety are not inspired actions, and may not be in alignment with your true desires. The teachings encourage you to follow your inspired action steps and trust that they will lead you towards the experiences you want to create in your life.

Inspired action steps are actions that are taken as a result of being in alignment with your desires and receiving guidance from your intuition or your higher self. These actions are often spontaneous, feel effortless and bring a sense of joy and excitement.

Inspired action steps are different from "forced" or "uninspired" action, which can feel like a struggle and drain your energy. Inspired action steps are aligned with your aspirations, purpose and values, and can lead to the manifestation of your desired outcomes.

To take inspired action steps, it is important to be in tune with your inner guidance and intuition, and to trust the process of co-creation with the Universe. It is also important to be open to unexpected opportunities and to take action when it feels right, even if it does not necessarily align with your preconceived plan or timeline.

Inspired action steps are different from normal action steps because they come from a place of alignment and inspiration rather than from a place of obligation or duty. When you are in alignment and open to receiving inspiration from your intuition, you will be guided towards actions that will help you manifest your desires and lead you towards your highest good. These actions may feel exciting, energizing, and effortless, and may bring you unexpected opportunities, synchronicities, and results. It is important to act on these inspired action steps when they arise, as they may not always make logical sense, but can lead to powerful transformations and positive changes in your life. Keep in mind that sometimes the Universe knows more than you do and may lead you in directions that you may not be expecting.

You know when you receive an inspired action step because it often comes as a feeling of excitement or inspiration, and can be accompanied by a sense of ease or flow. The ideas may come to you through your intuition, or as a result of aligning with your desires and beliefs. It's important to note that inspired action steps may not always make logical sense or seem practical at first, but they often lead you towards the fulfillment of your aspirations and desires. Trusting and following through on these inspired actions can lead to positive outcomes and growth.

Inspired action steps feel good and bring a sense of excitement, passion, or enthusiasm, even if you don't know the exact reason why you're doing it. They also often come to you as a sudden impulse or a flash of insight, rather than something you've been planning or strategizing for a long time. Trusting and following these inspired action

steps can lead you down a path towards achieving your desires and living a fulfilling life.

You can receive inspired action steps at any time, including in the middle of the night. It's important to pay attention to these messages and write them down if necessary, so you can remember them later and take action on them.

It is best to take the inspired action steps as soon as possible, or as soon as it feels right to do so. This is because these actions are often aligned with your desires and your path of least resistance, and delaying them could cause resistance to build up and hinder your progress. However, it's also important to use your own judgment and discernment to ensure that the action steps you take are aligned with your values, aspirations, and desires.