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**COURAGEOUS
LOVE LIVING**



**How to rediscover the courage to
create a life that is true to who you
truly are**

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INTRODUCTION

During these incredible times of change simply managing our mental health can be a time consuming task all on its own. It may have been so long since you took a good look at your life; perhaps you've been too busy surviving and unable to take stock and see if you are in fact thriving.

Fantasizing about creating your dream life can feel like such a large, unachievable and daunting task. Which is why I created this simple e-book to help you break down this seemingly large task into smaller bite sized chunks.

In the following pages I am to raise your awareness in where you are in your life now, perhaps you are exactly where you want to be.

Feel free to read through this e-book as many times as you like. There are corresponding work sheets that have been designed for you to use along side this book as a guide for self discovery.

Take your time, there is no rushing when it comes to designing joy. Everyone deserves to live and discover a life that is true to who they are.

Thank you for taking a chance on you, and for believing in the potential in you waiting to blossom.

Your journey begins here. <3

BEGIN WITH THE END IN MIND

In my personal experience one of the most effective ways to discover how you want to live is to first decide how you want to die. Death is often seen as something dooming because of its finality. Some of us with near death experiences have the opportunity to experience what our regrets would be had we gone in that moment. Imagine for a moment if you were to die today, that's it, just like that. Time is up. What would some of your biggest regrets be? If you're thinking, I don't know, life is fine I guess I don't think I have any regrets? Here is a quick summary of one of my favourite studies done by hospice nurses who summarized the 5 top regrets of the dying:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

Your parents, your friends, your lovers, your followers who are you really living for? How many times have you acted out of a desire to get approval from any of the above? How many times have you asked yourself do YOU approve of your actions? Have you given YOU permission to be who you really want to be? Have you said the things you've wanted to say? Done the things you've wanted to do? or have you held back? in fear you may disappoint someone.

2. I wish I hadn't worked so hard

Many of us come from generations who have immigrated from their original home countries; those who fled from war torn countries risking everything to create a better life for their families. They've ingrained within us the blood sweat and tears mentality. That work hard for 50 years and then you can rest. Our world is changing, and as such our circumstances change. As we advance we find more efficient ways to get things done. We've learned that self care and balance are a crucial part of the "grind". What are your work habits like? Are you working to live or living to work?

3. I wish I'd had the courage to express my feelings

How many things do you wish you could have said? How many moments did you want to speak up but chose to stay silent? How many people did you want to let know you loved them but never got the chance to?

4. I wish I'd had stayed in touch with my friends

Are there people you keep "meaning to see" but haven't had the chance to? We forget over time that relationships (family, romantic or platonic) are much like plants, they take conscious effort to keep alive, they do not just grow on their own. It takes time, love and attention. What relationships do you wish you nurtured more? Paid more attention to?

5. I wish I had let myself be happier

How many times have you said to yourself, I won't be happy until...(you get the house, the spouse, the money, the job, the car, the purse etc. etc.) The true key to happiness I have found is our own ability to allow ourselves to grow and expand and that usually means facing things about ourselves that are the most uncomfortable. Once we've looked at what holds us back though, we allow ourselves to shine in our true authenticity, we live freely and in turn we automatically lift those around us. If you were going to die today, what impact would you have left behind, what would your loved ones say about how you contributed to their lives?

As you reflect on the list above remove any shame or guilt associated with your regrets. Instead begin to think of your list as exciting potential for a new blue print that is about to be created.

DREAM YOUR BIGGEST DREAMS

In this section you will begin to find the gaps between where you are and where you would like to be. This will allow you to create a stellar vision of the life you would like to be living.

Begin by going through all five areas aforementioned above and see which of the key areas that aren't working for you. It may be some, it may be none it may be all.

Now that you've identified what does not work for you, begin to brain storm what you would want these areas of your life to be like. Create with excitement, move away from judgement. Pretend as if there is a fairy god mother present and she will waive her magic wand to make whatever you desire come true. Allow yourself to dream your biggest dreams. .



BRING LIGHT TO WHAT HOLDS YOU BACK

Once you have your vision in mind, begin to identify the reasons you have not achieved what you have been dreaming of.

Often we believe it is external things that have held us back from going after what we want e.g. resources like time and money. When in fact it is typically the narratives and beliefs we have within ourselves that hold us back.

In this section we explore both internal and external factors. In the internal column of the work sheet explore things like your beliefs, your deepest fears, how you may see yourself. Do you feel unworthy or your dreams? Do you believe they could never happen for you? Are you waiting for everything to be "just right"? Empower yourself further by doing this exercise with a sense of curiosity. Release any shame and judgement that may come up.

Similarly for the external factors, in order to evoke a sense of empowerment for yourself when listing the external factors that have held you back, begin to ask yourself within those situations what is in your direct control? Sometimes we get so caught up in what we cannot control we forget how much power we have within us to create the solutions we need Brainstorm some potential creative solutions. They will serve you well in the next part of this book ;)



DEEPER DIVE



Now for the super fun part. We've identified specific areas that keep us from pursuing a life we love. As mentioned previously, it is often the internal factors that hold us back, once they are realigned to serve us instead of hinder us, often we are empowered to take control of the external factors.

We begin the process by looking at our internal list. We often have narratives for ourselves without stopping to reflect what they really mean to/for us it is just something we are used to saying/feeling. The first step is to take the internal factor and identify a worst case scenario for yourself. Typically allowing yourself to entertain the worst thing that can happen can not only define the hesitation but can also help you see whether it is just a thought or a physical reality.

Once you've identified the full scope of the internal belief, you can then trace it back to somewhere in your life. You were not born believing you sucked. There are often key moments and memories in our lives that begin to shape a specific narrative or idea we have about ourselves. For example, growing up on multiple occasions I had random men come up to me and tell me I was fat and undesirable. So for a really long time I believed that about myself and no matter how much others told me otherwise the narrative never changed until I chose to change it.

Step three allows our minds to consider a different reality. When we **choose** to find evidence that counters our ingrained beliefs we can begin to change the conversation within ourselves by finding evidence.

The final step is one of my favourites. Humans are such a funny species. We are often so willing to be kind and nurturing to our friends and loved ones but refuse to extend the same courtesy to ourselves. This part of the exercise frees you from the same voice in your head and like the previous step, begins to help you create a new narrative for yourself.

I am certain that once you finish the above process on your internal list, creating creative solutions for your external factor list will be a breeze. Remember, you have everything within you to create the life that you desire. I believe in you, do you?

BABY STEPS

I don't know about you, but I am a very 0 to 100 person; meaning I either do something in an overkill way above and beyond or not at all.

In my experience, the 0 to 100 personality can achieve amazing things in a short period of time however it is often unsustainable and leads to burn out.

One of my most favourite quotes "people overestimate what they can do in a year but underestimate what they can achieve in 10 years."

In this process it is most important to remember that you are creating the life of your dreams. Every little step forward counts and compounds in ways that you could not even begin to imagine.

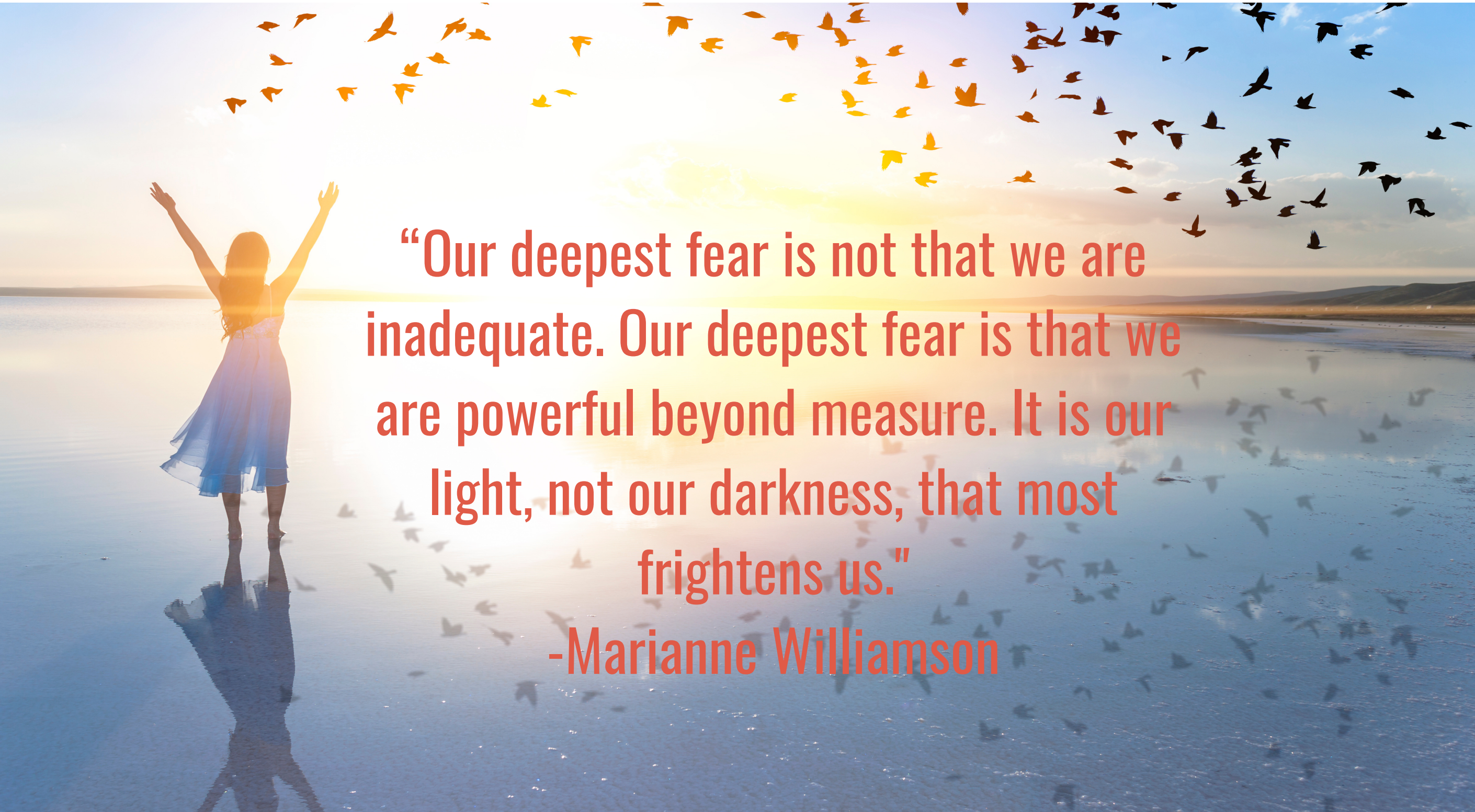


Be kind to yourself,
one step forward
and two steps back
is still one step
forward.

CONCLUSION

Congratulations you beautiful soul! You have taken the first courageous steps to creating a life that is true to who you really are. In this quick book we've identified areas of our lives where you'd love to expand, we've identified the gaps between where you are and where you will to be. You've done the hard work of uncovering what has held you back. Then created an action plan that has broken down your big dreams into small actionable daily steps.

I hope this book has reinvigorated you and reminded you of what a powerful being you truly are.



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.”

-Marianne Williamson