

# Seven Seeds

TO FIND A  
FEARLESS LIFE



# ***SEED#1: MAKE HEALTH YOUR TOP PRIORITY***

*Without our Health there is nothing.*

*When we don't feel well,  
accomplishing the most menial  
tasks becomes challenging. Take a  
moment to assess your current daily  
habits; where can you replace an  
unhealthy behavior with a healthy  
one? If you felt energetic, vibrant  
and abundant, regularly..what  
impact might this have on your  
daily life, your loved ones, the  
choices you make and your future?*

## ***SEED#2: IDENTIFY WHERE FEAR IS SHOWING UP IN YOUR LIFE***

*Take some time to quiet your mind, and embark on an inward journey.*

*Ask yourself, "Where is FEAR showing up in my life?" Assess the effects it is currently having and how it might have influenced your behaviors and decisions in the past.*

*Now, get brutally honest with yourself; are these fears protecting you from REAL danger or holding you back from living your dreams?*

## ***SEED#3: REDUCE STRESS, PRIORITIZE YOURSELF***

*Stress has a massive impact on our wellbeing, and our busy lives make it easy to overlook the powerful effects it has short and long term. Notice where stress inundates your life. Do you prioritize other's needs before your own? How much are outside stressors (like the media) influencing you? Where is it possible to Let Go and relinquish control? How can you prioritize yourself and fill your cup?*

## ***SEED#4: CLEAR THE CLUTTER***

*Sometimes our lives become riddled with clutter. Clutter not only exists in the physical space but in the emotional and mental as well. It can foster feelings of non-clarity and uncertainty resulting in fear; hence blocking us from the "NEW" by keeping us chained to the past.*

*By letting go of anything that no longer serves us, it makes space for possibility! Where might "clutter" be holding you back in your life?*

# ***SEED#5: TRANSFORM YOUR RELATIONSHIP WITH MONEY***

*Money is an important part of our everyday life. Ultimately, money is a form of energy...it is an energetic exchange for goods or services.*

*Money provides freedom, opportunity and the potential for generosity. The more you have, the more you can give. Do you have a positive or negative relationship with money? Is this relationship benefiting you or stopping you from living the life you truly want?*

# ***SEED#6: TAKE A RISK, SAY "YES" MORE***

*Our actions and decisions today define our tomorrow. Where is fear holding you back from taking a risk...saying YES to something new!*

*What if thoughts of FEAR are really just an indicator that you are stepping towards your dreams rather than away from them?*

*What if you felt the fear and did it anyway? What might happen? Do something today that your future self will thank you for.*

# ***SEED#7: TAP YOUR INTUITION AND EMPOWERMENT***

*It is easy to look outside ourselves for answers, but what if the answers we seek are inside rather than out?*

*What would it be like to trust yourself and follow your gut feelings? Imagine making decisions from a place of confidence and empowerment rather than uncertainty and fear? How would life be different? What does an intuitive, empowered YOU look like?*



*Commit*

EVERYDAY ACTS  
OF COURAGE

