

TOPICS

1. Focus Sheets / Circle Numbers

— Pick ONE goal for this week

— ME: AccessAlly dug in!

Next EmbodyFocus signup opt-in online

2. DISCUSSION TOPIC

“How do you change your thoughts?”

3. DECLUTTERING

Papers start — two weeks is not enough for me but I know it is for some of you

Lisa

Help going to sleep earlier

Numbers up

CARLA

Assimilated bridal show contacts

Working on getting more in

Put in master schedule working better

7 days = 7 chakras; feels really good

Carealot Cares website: carealotcares.com finalize

How to get donations and recipient (shelter)

Focus time, expertise and guts

Work 7

Health 9

Family 5

Fun 5

Environment 5

Personal Growth 8

Finances 6/7

Romance 7

Feedback helps us stay on course — Rae-ann

MARK

Started working on website — no URL yet

Tricky: so many pictures to choose from

Getting testimonials

Goal is live by March

Work 8

Health 8

Romance 7

Friends 8

Finances 7

Fun 7

Pets growth 7/8

Environment 7

JILL

This week had an idea for ways to reach out to different people online.

Haven't been connecting enough.

Joined active free workshop group. Getting feedback and connected with a few people.

Getting out more and telling people what I do.

May need ideas on working with people one-on-one — in-depth nutrition review.

"Nutrition Review"

"Healthy Lifestyle Questionnaire"

ANDRE

RAE-ANN

Ted talk application; want a 3-minute video sent in

"Betrayal" topic of new book

Lawsuit lawyer, previous agent and previous owners — case got dismissed which means 1 less person and got a \$22k in and bill for \$12k and only asking for \$60 — if win will get \$150 and if not probably back another \$70k

Tarot says keep going

This week working on staff process around

Hold space for Ted talk
U Alberta Ted talk

DECLUTTERING
Clear the space

—

Grow or Right when something happens that is a neutral event

We go into resistance

Why? Because of what it's triggered inside of us

We're filtering this current event from the past because our belief system was created in the past

Resistance perpetuates what doesn't work

1. LEARNING HOW TO SURRENDER

2. ACCOUNTABILITY — I'm the one who participated

So if I am source and cause / the creator of my experience, I can make a new choice in this moment based on this understanding of why this has popped up in my life

Pushing ourselves to get to that place of accepting our part, what lesson learned, how can we now take that and create something even better

ACCEPT IT WITH NO BLAME — not getting stuck in I'm an idiot — everything is perfect