

Exercise 14-Being the change

Part 1

Reflection-over the last 18 weeks you have been on a personal journey of discovery where we have;

Clarified your purpose and values

Ignited your passion and creative potential

Designed a compelling vision of your future

Identified your unique personal brand

Decided on your niche

Aligned you with your authentic voice

Introduced you to the law of attraction & magnetic attraction

Emphasised the importance of creating positive thoughts

Highlighted the need to take daily action

Talked about why persistence counts

Discussed the importance that gratitude plays in keeping you connected

Identified the need to cooperate and collaborate

Addressed the role of service in leadership

Finally we come to being the change you want to see in the world.

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Re-visit your notes and keep a diary of the progress you are making against your goals and the transformation in your attitude and the quality of your relationships as a result.

Part 2

If you don't have a coach or mentor commit to one to help you continue to grow and evolve. Now you have this information and have changed your thinking you cannot go back only forward. Lookout for opportunities by staying present and in the moment.

For those of you who would like to hear about a business opportunity in personal development where you can help others achieve time and financial freedom then please get in touch by emailing kathroberts@alchemy4thesoul.com

Further Reading/Research/Viewing

If you would like to discover more about your individual numerology based life path then calculate your birth date and consult a professional numerologist who can tell you more about your particular path, strengths and personality.

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All you need to do is take the day, month and year of your birth and add it back to a single number.

For Example

22/04/1966

=

$2 + 2 + 0 + 4 + 1 + 9 + 6 + 6$

=

$4 + 4 = 8$

$1 + 9 + 6 + 6 = 22$

$8 + 22$

$= 30$

$3 + 0 = 3$

Watch The Nature of Success a short video by Mac Anderson of Simple Truths on You tube.

<http://www.youtube.com/watch?v=IU4cfiJdYwA>

Watch I believe a short video by Healing the Hearts of Humanity on You tube.

http://www.youtube.com/watch?v=V5mp_MfJouM

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