



We're going to be able to create those goals with so much more ease and more grace. And just more goodness if we are having fun, if we are acting from beyond the limitations of our mind, and often one of the limitations that we are living into all of the time, quite unconsciously, is that this has to be hard. Often you are blocked or feeling stuck, not knowing what the next step is, because it feels really hard. The next step feels really hard and actually you want to avoid doing it. Or your brain is telling you hmm you're just not quite there yet. You don't quite know what to do here and so it's just not happening. Hands up if you relate to that. I want to test the theory that that is absolutely bullsh\*t. I want to test the theory that when I listen, that the answers are always, always, always there.

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And what is interesting is that I know what I do know is that everybody has this little voice and I'm not talking about our inner critic. I'm talking about our soul's voice, who knows. And what we do is say, ah I'm not doing that, not doing that. That does not feel, no, that's not the thing to do. And so this morning when I asked my inner voice, cause I'm playing around with just little things. When I asked my inner voice, like, what should I wear today? And what I heard was gold glitter, and I don't have any other, believe it or not, this is my only gold kind of glittery sequiny outfit. And so I knew that this was the outfit. And when I heard that in my head, I was like, my mind went, no, you are not wearing that. You wore it on Sunday.

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And people on the internet are going to judge you for wearing the same gold sequins, like four days later. And the mums on the school run are going to be judging the fuck out of you. They're going to be thinking she's such an attention seeker. She wants to go to, you know, she thinks she's going to a disco, like we're doing the school run. We're not going to a club. Like, what is she doing? That is what my brain told me. And what my brain was saying is we need to limit you here. We need to put the limitations on your desires because it's not safe for you to step in and up and really listen to what your soul is asking you to do. But do you see how even with this really kind of silly example of me allowing myself to wear what it is that I desire to wear and my brain saying, no, you can't, it's not safe.

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How that plays out in our business every single day. Do you see how the brain will tell you it's not safe to do the thing that your soul wants you to do? And the answer to the question that you have about your ability and your capacity, the answer is always, yes, you are limitless. Of course you can do the thing. Of course you can do the thing, like that is always the answer. And what feels really actually brave for me to be exploring is how many times am I saying that I don't have the answer? How many times am I saying I am...? How many times am I willing to limit myself, despite speaking about our limitlessness all of the time, like, how frequently am I doing this with the small things? And so the idea is to really test this theory out, like what happens in my life when I hand my decisions about the small things over to the universe, like I asked the question and I get the answer and I move forward.

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Like what happens energetically? What happens with the people that I'm interacting with? What happens at home? So that I can really test this muscle, keep stretching this muscle so that when it comes to the bigger things in my business and those big life decisions, that I am way more willing to listen to what the soul says and the soul invites me to do rather than to think myself out of it based on limitations that are not mine. I mean, they might be societal or they might be inherited, but they are not mine. I am absolutely limitless. And it might have been today, put your jeans on and your adidas jumper and, you know, enjoy it, rock it out. The commitment is to keep following the lead of the little voice and then get braver and braver and braver and braver and braver.

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So that I'm following the lead of the little voice all of the time. And what's interesting is it's like, well, if you're doing that, then does that mean that you never consult anybody about anything? And I think the answer for me right now, and this may change, is that I will always surround myself with people who are going to inspire me. You know, people who are going to inspire me and people who are going to challenge me when I run into a blind spot, because we are so good at living into our limitations, that we don't even realize that we're doing it. And this silly example is the example, you know. And so I will still have a network of people who are further ahead in this particular journey of really living into our sovereignty and taking radical responsibility for our living into our limitlessness.

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And I can't really remember what I called this live, but there was a conversation I was having with one of my beautiful members of my illuminate mastermind just after I'd done the school run. And we were talking about cryptocurrency actually, when we were talking about Bitcoin and how in that world, you have to take full responsibility for what you're choosing to invest in. And if you get the wins or if you experienced loss, it's like you have to take full sovereignty. And I was saying, you know, radical responsibility and being sovereign in your behavior is a conversation. I don't know if you've noticed it, but it's a conversation that is around the internet right now, at least in my circles, people are talking about it all of the time, take radical responsibility for yourself and for your actions and all of this.

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We're not doing it, you know, and because we don't, because it's easier to kind of blame somebody else, you know. If I don't take radical responsibility for the choices that I make, if I blame my coach, my mentor, my team, then I'll have to take the weight. It's a big deal to be truly sovereign. And I think that it starts with allowing myself to wear the gold sequin dress on the school run and be okay with some people finding it weird. So my little task for you in your quarterly review is to look to see how much joy, how much fun, how much soul honoring did you do in your last

quarter? And what were the results of that? My guess is that for a lot of you, actually, you were so busy in the doing, that there wasn't a lot of that stuff.

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Or there could be way, way, way, way more if you bring intention and attention to it. And so as you think about quarter two, and when you think about this week, and when you think about the rest of the day, how willing are you to ask the question and listen for the answer and then go for it, even if it seems crazy weird, even if it seems totally illogical, totally irrational. Are you willing?

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Then I want you to layer that with, okay, what does my business get to look like in quarter two? And in order for your business to shift and grow, you are going to have to shift and grow. If you bring exactly the same energy to your business, as you did last quarter, you can't expect to get different results. Here's the thing, the second part of this is to get intentional with your business. Yeah, exactly. So it's the two, it's the faith plus the action. There's always two elements. I do believe that we can all be having way,

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Way, way, way, way more fun in our businesses too. And I think this absolutely relates to our willingness to listen to the voice as well. Yeah. So quickly before I wrap up, I think that there is also the willingness to be in the mindset of, I can't make any wrong decisions. And knowing that with that mindset, it doesn't mean that there aren't challenges. It doesn't mean that it's always easy. It doesn't mean at one point you might think, argh what the fu\*k have I just done, you know, sometimes the path is about learning and your capacity to be in the moment with that learning and not beating yourself up about decisions that you've made or anticipating all of the things that are going to go wrong tomorrow, can mean that that learning, even if it's not the path or not the outcome or not the thing that your mind said this is what you need to do, can be so liberating. So, so liberating. We have to look at, there's a real balance between giving our power, like asking for advice and getting feedback, which I think is really, really valuable and giving our power away because we don't want to take radical responsibility is a really fine dance. Okay my gorgeous ones, love ya, bye.

Faith + Action = Miracles