



VISIBLE BREAKTHROUGH COACHING
Where women step into their natural power



**FINDING ME
DISCOVERING MY FASCINATING!**



WORKING FROM YOUR STRENGTHS

Welcome to **Finding Me**, part of our **Visible Infusions Series**. All women are fascinating at some level- we all have gifts and strengths. The great challenge for us is to re-discover them once we have lost them, and then once we have found them to use them, build on them and become incredibly visible with them.

The aim of this e-book is to get you working from your strengths and what you are good at. We also want you to begin thinking more about what you do, and what you really value in your life. We also want to help you to discover and design your very own **Happiness Blueprint**.

WHAT WE NEED FROM YOU:

- ▶ A commitment to adopt new habits - GREAT ONES!
- ▶ A commitment from you to spend at least 10 minutes every day practicing your new habits, growing them to an hour!.
- ▶ A commitment from you to try out new things even if

they don't make sense, or sound a little crazy!

- ▶ A commitment from you to share with the world- well at least our tribe, your progress, or even lack of it - cause its going to happen at some point!
- ▶ A commitment to journal so you can reflect and look back on your progress.

This Booklet is set out in a number of parts to help you awaken your fascinating self. It will also help you to rediscover your strengths and your gifts.

We hope you enjoy the journey- and don't forget to share with our community!



WHY IS THE WORLD JOURNALING?

Journaling has been going on for centuries and it is why we know so much about our history. Increasing research however is showing that journaling can have a very positive effect on our wellbeing. In fact it can give you brain power as it frees up your left brain - the creative side of you, allowing you to be intuitive and creative.

There are several benefits; here are a few of the important ones:

- ▶ It helps you to understand things about you; taking time out to reflect, wonder and imagine! This is the stuff of dreams- when we write, we put magic energy into those words- takes a bit more than that, however its a great start!
- ▶ It helps you to get to know yourself better; what brings you joy and happiness; appreciate yourself; recognise your strengths. All so important for your emotional wellbeing. Its incredible to look back on journals and go WOW!
- ▶ It helps you to be more solution focused; writing thoughts unlocks our creativity- you may draw or sketch- I always begin writing my programmes with drawings; I see pictures before I see the words.
- ▶ Journaling from our heart- Gratitude Journaling is about actively seeking the good in your day and seeing how you can expand on that. No good v bad just the absence of. This is so important as what you focus on grows like a forest fire in your mind!

THE CHOICE IS YOURS!

So there are many views on when, how often etc. I personally don't think you should have a rule i.e. I do it every night at 7pm!

I don't even feel you need to do it every day; you do however need to commit to doing it or you will lose all of that juicy living and experience! I tend to do mine when I feel I want to write, or if I am inspired or completely "WHAT" about my day- and you may be able to tell from my website there have been many of those days ,when pictures absolutely did not find their way onto my pages!

Sharing your experience with others is such a rich way that we can learn from each other. Its also one of the first steps to you becoming visible. I encourage you to do this, and to do this often . Facebook it, Instagram it, Tweet it. I have a very special **hashtag #fascinatinguniqueness .**

Discovering and developing your fascinating unique self is like going to the gym- "OH NO"- it takes commitment-practice-repetition- HOWEVER the learning and reflection; and the fun sharing those "Oh my gosh moments" priceless. So remember there is only you stopping you.....

WELCOME TO THE ADVENTURE!!!!



A close-up, high-angle shot of a person with dark, curly hair tied in a bun, wearing a purple and green tank top. They are climbing a light-colored, textured rock face. Their hands are visible, gripping the rock. The background is blurred, showing more of the rock and some greenery. A semi-transparent purple rectangular box is overlaid across the middle of the image, containing the text "LIFE IS GROWTH" in a bold, dark, sans-serif font.

LIFE IS GROWTH

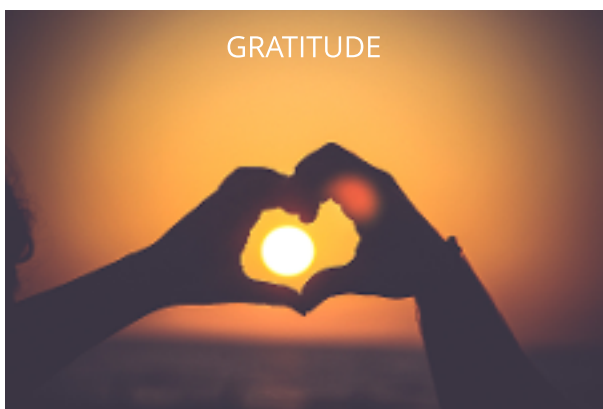
21 DAY CHALLENGE

The results we experience in our lives are very much determined by our rituals, our habits. This 21 day challenge provides you with a variety of suggestions that will help you to create new habits, helping you to discover the **FASCINATING** in you, enabling you to thrive. Journaling will enable you to review and reflect on your progress. It is so worth the effort so give it a go!



CHANGE YOUR STATE!

Your mind is directly affected by the way you use your body. If you can change that energy, that frequency- tuning into your breath, your voice and your body in a different way it, changes your biochemistry. Just spending 10 minutes a day using your body, your breath and voice in a different way will change your thinking- your mind will shift. I created a routine at the Inspire Centre called "Power Shower" and a further one called "Awakening Shower" for our retreats. You can find an example of the routines we use [here](#). They are simple, can take as little as 10 minutes, however you want to build up your ritual to an hour eventually. Its time spent on you and it is so worth the effort.



21 DAY CHALLENGE

Change is happening around us all of the time; we are not meant to suffer; we are meant to thrive. We all have the ability to find our passion and that begins with change. We have to change the things that do not increase our energy and focus on the things that we dream of; that brings us joy. Whatever we focus our minds on we feel. So doesn't it make sense to focus on the things that enables you to thrive? Oh its not that easy I hear you say....but! Well my great friend Alison once told me that there is only one thing that comes out of "but" and it's not very nice! So Rather than a TO DO LIST or putting it off take a look below....

TAKE YOUR LIFE BACK

You **have the power to choose**; the power to say "I am not going to put up with this anymore". You just don't think you do. We get so caught up in thinking that all of that fascinating stuff; our uniqueness; our gifts get lost in negative thinking. So think about this just for a moment. If you want a new life you need to make new choices. If you spend most of your time going between home, the same shops , the same people, and life is just not that great for you at the moment. **Nothing will change.**

You need to make a decision; a conscious choice as to whether this is it- this is the life you are completely happy to live. **If it isn't then you have already decided this is the beginning of something-** you are just not making that decision consciously, which is why **there is no commitment or action!**

Now that's when the moaning and the groaning, and the OMG let's hide from her begins!

WHAT WE FOCUS ON WE FEEL -IF YOU WANT A NEW LIFE YOU HAVE TO MAKE NEW CHOICES - YOUR DESTINY IS DETERMINED BY WHAT YOU DO!

Progress comes from when you face this fear of choices; the fear of uncertainty, rather than running from this feeling, you have to take advantage of the uncertainty of your choice. No experience in your life is bad if you consider everything a learning opportunity or an opportunity for growth.

21 DAY CHALLENGE

So you are feeling excited; you are passionate about the changes you are going to make..... and then you allow every one else's agendas to get caught up in your life. The ego mind takes over and before you know it you have talked yourself out of "**YOU**" again. Why do I know this? Because that is exactly what I did for so many years. My journey to becoming visible was full of lots of "excuses" and reasons for not pursuing my dreams; thankfully I did finally commit and take action, and here I am now writing about it!



ADVENTURE!

So a word on adventure. Adventuring is a huge part of your inspiring change journey. You absolutely must go to places you have never been before, and include wild places that allow you to easily connect to your heart, breathe the air and smell the sea.

INSPIRED ACTIONS!

I trained as a traditional Coach, however I ditched the Goal Setting and To Do lists several years ago. I chose instead to go with where my heart led me; inspired actions that come from a space within me where my passion and purpose live. I can connect with this space so easily when I engage in my heart centred rituals, honour my uniqueness and practice self love. We all know when we get really excited about something; when we feel that passion; you feel it in every part of your body. So in that moment, **TAKE ACTION**- it doesn't have to be a huge action- it might not work! It doesn't matter, you can try something else. I cant begin to tell you how many Goal Templates, To Do Lists from To Do lists I generated over the years; my greatest achievements have come from my inspired actions- **my just do it moments!**

21 DAY CHALLENGE

DISCOVERY!

It is so important to fill your mind with inspirational words. This is all about reading things and learning things you may easily dismiss as not your sort of thing. You can begin by finding someone who is doing, or living a life that you would love, maybe someone who inspires you. Read about their journey of discovery- it may surprise you how much you have in common.

I have had so many "Aha moments" in my learning and reading journey. We so often put people on a pedestal, believing that we could never achieve what they have. We allow a comparing and competition energy to fill up our space, creating a lack, and a real sense of "not good enough". And that is where my obsession lies in terms of working with women; I am obsessed in helping women discover and honour their gifts; their fascinating uniqueness. What a wonderful place this is to be; watching, observing women awaken to who they really are.

The key thing to remember here is that they are not you, and you are not them, you each have your very own fascinating uniqueness. The only difference is that you are on a journey to finding yours. No one has lived your life; has your beautiful mind or ideas. You are a gift ; you just don't realise that yet.





INNER RAINBOW!

The Inner Rainbow is all about loving you from the inside out! Its all about turning your eating on the go- eating at the desk!- picking at food all day, to loving yourself enough to just take at least 30 minutes to stop and eat something that shouts out "I Love Me". I am not talking about diets; becoming a Vegetarian or Vegan. They are all decisions that are completely up to you.

I am saying look at how you prepare your food; how you choose your food; how colourful your food is. I must drive the ladies at the Centre mad when I say- "get some colour on your plate!" I created some Goddess/Buddha Bowl ideas you might like to look at [here](#).

The inside out rainbow is also about loving yourself now- not when I am this, when I am that. That space is a very miserable place to live.

You will find that when you bring new rituals, new habits into your life; self love and compassion will come so much more easily. So maybe the next time you look at yourself; you do so from rainbow eyes, and celebrate the beautiful goddess that you are.

21 DAY CHALLENGE

YOUR TRIBE AND YOUR VALUES

There is a saying that you become the person you surround yourself with - so if you want to have greatness in your life, surround yourself with great people. People who help and encourage you, and expect nothing in return. People who are kind, generous and compassionate. They are out there I promise!

Remember you get what you focus on. So many of the women I have worked with have agonised over leaving people behind as they move forward. I believe that people come in and out of your life at different moments for different reasons. Some moment to learn, grow, and understand your courage; others times to uncover the beautiful parts of you that lay hidden. From this viewpoint; there is no good or bad; just many paths leading you back to being; each one enabling you to learn more about you.



LIVING

I truly believe that the secret of living is giving. We can get so caught up in thinking that our life is not so great. In a moment of noticing the lives of others; gifting your time to help someone else, you thrive. In those moments your own difficulties just seem to disappear. I have seen this happen so much in my own life; and the lives of women I have supported.

WE ARE OUR RITUALS

THERE IS MAGIC TO BE FOUND IN THEM
THAT WILL LEAD US TO OUR FASCINATING
UNIQUENESS- OUR HAPPINESS BLUEPRINT



IN PURSUIT OF MAGIC



LIFE IS TRANSFORMATION



21 DAY CHALLENGE

So you made it! Congratulations however the journey does not stop here; bringing new rituals into your life will take you on a never ending cycle of wonderful moments- emotional and challenging moments- OMG! moments- I can't possibly do that moments! And just when you think you are "there", you will realise there is no such place! GREAT!

So a few tips to help you along the way:

- ▶ Be kind to yourself every day- honour you and YOU TIME- do your Hour of Power!
- ▶ Keep reflecting and reviewing your rituals; change them up; add to them, expand on them, keep pushing yourself forward; commit and take Inspired Actions
- ▶ Join new Tribes; expand your learning and adventuring
- ▶ Be FEARLESS - FACE YOUR FEAR AND DO IT ANYWAY! - another one of my friend Alison's great quotes!
- ▶ Dream, Wonder and believe in the magic of you and your life every day.
- ▶ Connect with your breath and your heart every day, and go to wild places that makes your soul sing!
- ▶ Believe that you always have a choice; that you always have the power to choose.
- ▶ BECOME VISIBLE- SHARE YOUR JOURNEY YOUR FASCINATING WITH YOUR TRIBE!

MY HAPPINESS BLUEPRINT



THE BIG REFLECTION!

Throughout the last 21 days you will have been capturing your journey in many different ways. Through your journal, your Social Media Posts and maybe lots of other creative ways!

All of this juicy material provides you with an opportunity to reflect and to identify with the new rituals and habits that you have brought into your life; that have brought happiness; joy; wonder; dreaming; magic and a whole host of other beautiful descriptions that have helped you to begin awakening and rediscovering your Fascinating Uniqueness.

I have created an on-line Document you can use to record key things from your journey that will illustrate your Happiness Blueprint. You will be sent a link to access this document as part of your Membership Package. Don't worry about the "Is this legal"- its a contract between you and your Fascinating Self! Once completed you can download a PDF Copy that you can keep for reviewing and reflecting. You may want to stick it in your journal. You can use this e-book as many times as you want. In fact make it part of your new self reflection habit!

Click here to access the **Visible Shop**





When you rediscover your passion and purpose it shines out from every part of you. People around you know it and feel it. Happiness isn't something to strive for; it is already there; and with a little self belief and magic you will find it too

With Love Sally x



"I am passionate about women living a life free of labels; enabling voice and visibility. When our stories include women who are wise, powerful, Change Makers it creates a space from where women can claim and live a different story, regaining her voice and inspiring others to do the same"



LIFE IS BREAKTHROUGH

MY HAPPINESS BLUEPRINT

She is my sister in
another space, I
haven't met her and
yet I know her

@bonnie_sally