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THE GROWTH EDIT - ISSUE 2



"A shift in perspective opens a completely new set of unlimited possibilities"
Satsuki Shibuya

Ask yourself:

- Is there any area in your life that you believe is impossible to 'fix'?
- Are you without a doubt sure that this is absolutely true?
- If the answer is no, how could you look at this area differently?
- How might you change your approach to this area from a new perspective?

By being curious about these areas, rather than judging them, we can find new ways of responding to them. Often, simply by asking yourself this question with a curious and open mind, new options become available to you: "How could I look at this situation differently?"

Sometimes, if you are 100% without a doubt sure it can't be fixed, then putting your focus on building something new, somewhere else, is the answer.

Suggestion: Use these questions as journalling prompts and see what comes up. You may be surprised.

Ponder this:

Every decision you make is an opportunity to change your life. If you change your habitual choices, you will get different outcomes. If your outcomes are different, that

then leads to new choices to be made, and then it is only a matter of time till you get to where you want to be.

Suggestion: Reflect on this and let me know what insights you have.

Experiment with this:

For the next week, focus on something positive you can add to your life - a new way of feeling, a new friend, hobby, skill or anything else positive you can add. And then go about adding it. Notice what it feels like to be focusing on adding something positive rather than focusing on trying to fix something negative.

Focus creates reality, and if you are focusing on adding positive things to your life, that is where your life will go.

I would love to hear about your insights and breakthroughs - sharing them is the best way to integrate the change, and create even more breakthroughs.

Lots of love,

Rachel

PS: For those of you interested in exploring going deeper on your personal transformation, feel free to book in a free, zero obligation [Clarity Call](#) with me. If nothing else you will leave the call with a lot more clarity on your vision, what's blocking you and having experienced releasing something that has held you back.

House nugget:

Small changes in thoughts and behaviours lead to huge transformation.

They don't have to be big, scary changes, just the smallest change can make the biggest difference.

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