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THE GROWTH EDIT - ISSUE 7



“The universe likes SPEED. Don't delay, don't second-guess, don't doubt.”

Rhonda Byrne

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*Something slightly different this week.*

*Still short, still powerful.*

So many of us struggle to 'put ourselves out there' even though we want to be 'out there', living our best lives.

But we are held back by fear, doubt and a myriad of reasons why we can't do it. Not enough time, not enough money, not good enough... all the 'not enough's'.

But what if you knew the future belonged to you? What if you allowed your future to belong to you? Not to anyone else, just to you. Without any caveats?

***“The future belongs to me.”***

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*My invitation for you this is week is to allow your future to belong to you.*

We get to create our rules for our own lives - so why cant it be "everything is possible', 'It's not my job to be perfect', "I cant fail, only learn a lesson.'

With this mindset, there would be no good reason to not go for anything you wanted.

If you failed, or got rejected, every 1 out of 2 attempts you made in a day - you would still get 365 wins a year.

**“Why not me?”**

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**Take some and journal on these questions**

*(you may be surprised to see what's really going on under the surface)*

1. What would you most love to go for, or achieve, right now?
2. Whats really stopping you? (what do you fear would happen if you got it)
3. Is there something concrete or fixed that you cant bypass?
4. How could you look at this in a truer way?
5. What if you went for it, and it didn't happen?
6. What does that mean?
7. Are you making it mean something about you? *(hint. nothing external means anything about your personal worth as a human being)*
8. Does it really have to mean anything significant in your life if you did fail?
9. What if you went for it, and it did happen? What would that open up for you?
10. What opportunities, happiness, fulfilment may be lost if you dont go for it?

**Remember: The Universe loves speed.**

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Till next time.

Lots of love,

Rachel

PS: For those of you who curious, and want to explore yourself on a deeper level in order to achieve your goals, I would love to support you. Click [here](#) to book in a free, zero obligation Clarity Call with me.

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