



Living in Bold Abundance in 2016

I'm back! After attending to some personal matters and keeping my sanity and wellness intact through the holidays, I'm happy to once again be communicating with you through my newsletter. The past 2 months have been transformative for me. As I have closed some chapters in my life and navigate into new ones I've discovered insights and strategies that I want to share. We all have a New Year ahead of us ripe with possibility. The question is – will we step into it keeping the status quo or will we boldly take action to create a life we love and that is aligned with our true self?

The year's end is a good time to reflect so you can step into the new more powerfully and intentionally. It's important to bring 2015 to closure; to leave behind that which isn't serving you well anymore and to clear a path for what you want to create and build in 2016.

What are you going to take a stand for in 2016?

If you want big things to occur in your life then you have to be willing to take a strong stance to protect the space, time, energy, and resources needed to cultivate that outcome!

How does one accomplish this? My own transformation helped me discover a powerful 4-step process. I encourage you to take yourself through this process this New Year.

STEP 1: Release

What unresolved issues from the past do you need to either bring to closure or completely let go?

If you don't address them now, they'll bog you down physically, mentally, emotionally and/or spiritually and keep you stuck.

What might this look like? It might mean reaching out to someone to heal a broken relationship. Or if that's not possible or in your best interests, then write a letter to that person expressing all your hurts, anger, sadness, etc. to release negative emotions and then burn the letter as a symbol of letting go of the power of that relationship in your life.

It might mean getting an honest handle on debt that has been bogging you down and coming up with an action plan to whittle it down. If necessary, meet with a financial planner so debt isn't keeping you from taking steps forward with your life.

It might mean finally writing that resignation letter so that you can pursue the career of your dreams.

It will likely mean letting go of perfectionism!

STEP 2: Review and reflect

If you want to step into 2016 boldly then you're going to need confidence, and one of the best ways of cultivating confidence is to review your successes from the past and focus on your strengths.

What were some successes or accomplishments from your 2015?

In what areas of your life did you feel you grew?

What gave you the greatest sense of fulfillment?

What supports, skills, knowledge, or strategies facilitated your growth or accomplishment?

STEP 3: Create a bold vision

Close your eyes and get a clear vision of how you want your 2016 to play out. The more detailed the better.

What do you want to invite into 2016? Not just in a sense of what you want to accomplish, but also how you want to feel. Pick a word that embodies the essence of what you want to create and let that be your theme for 2016.

Want to know mine? It's ABUNDANCE! An abundance of love, spirit, service, prosperity, professional success, and health.

Is there a place in your life where you have been timidly holding back?

Now is the time to boldly proclaim that you will no longer suppress your greatness and neglect your own needs!

When creating your vision don't hold back. Allow yourself to truly visualize living out a life you love. Think about what change or outcome would have the most positive impact on your life and factor that into your vision.

Step 4: Be brave and take action

Now the million dollar question: What action are you willing to commit to in order to see your vision come true?

To move forward boldly you're most likely going to have to come face to face with fears, doubts, and action amidst uncertainty. As the saying goes, get comfortable with feeling uncomfortable!

Instead affirm that your vision and what you want to create in 2016 is bigger than your fears. Have faith. As my pastor recently shared one Sunday in church. “How do you spell faith?” The answer? “RISK!”

Take a stand for what you really want in your life and even if you’re scared or uncertain, take a step anyway. You can do your research, educate yourself, consult with others but ultimately there is a point at which you just have to leap and take action.

You don’t have to have it all figured out, but you do have to be in motion. What we seemingly call “failures” are really just opportunities to learn new information about ourselves and what will work for us and what won’t.

So are you ready to take a stand for what you want in your life in 2016? As one of my favorite authors, Elizabeth Gilbert, so poignantly phrased it:

“Do you have the courage to bring forth the treasures that are hidden within you?”

I’m taking some bold steps myself and would love to help you do the same. Contact me for a free strategy session to help you elevate 2016 to your best year yet.

May your light shine brightly in 2016!

A handwritten signature in cursive script that reads "Shelly".

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!