



## A Woman's Guide to the Powerful Art of Asking for What You Want

### Lesson #1 of 10 - Are You Living A Truly Fulfilling Life?

Are you leading the life you want to, or do you feel as though you are just going through the motions each day? You go to work to provide for your family, you come home and spend time with your kids and yet you feel as though something is missing. You may be surprised to know that thousands of people feel the same way. They love their families but just can't put a finger on what it is that is missing.

To really feel as though you are living your life completely you need to feel fulfilled. Feeling fulfilled leaves you with a sense of pride and accomplishment. You are satisfied each and every day and it shows in your actions and your thoughts.

So just how do we fulfill our lives then?

The first step to fulfilling your life is to start changing the way you think and your outlook on life in general. This is a huge change and one that can't be achieved over night. Changing your mindset is something that takes time and is a process that needs to be worked on every day.

An easy way to start is to begin to pay more attention to what you are really thinking. Listen to that little voice inside your head! You may find that you have a lot of negative thoughts which are responsible for the way you feel. Negative thoughts can really bring a person down, sometimes to a very bad extent.

If you discover that your thoughts are more negative than positive then this is the first area you want to work on. You can begin to adopt a better mindset by thinking and saying good things about yourself. Try using positive affirmations and focusing on something that you excel at.

Just the step of admitting that you do think negatively is a major accomplishment. You have just become aware of this fact, congratulations! Now your job is to immediately replace a negative thought with a positive one.

Once you allow yourself the freedom to think in a positive way, you will feel happier. This leads to you feeling more fulfilled each day. You will have a purpose every morning and end the day knowing that you lived your life that day in the best way possible.

Feeling fulfilled really does begin in your own mind, you can't just be given fulfillment, you have to find it. So start noticing all the things that are going on in your life and around you, and your mindset will change for the better.