
Woman of Greatness

Learning from great women how to create a great life

Woman of Greatness



Learning to create a great life from great women

CREATING A LIFE OF GREATNESS

- Now that you have learned to Love your Unique Greatness by
 - **RELEASING & Letting Go** of grudges against others and Forgiving yourself for your weaknesses & challenges
 - **REFILLED** yourself by saying your Who I Am words, Accomplishment words, and saying your challenges turned into positives Greatness Statements to your Greatness Playlist with instrumental music while being in a strong courageous pose
 - You are ready to take it to the next level!
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CREATING GREATNESS

Higher Power - Life Purpose - Chakras - Creating with Love

HIGHER POWER



- A Higher Power is someone or something that is bigger than you are.
 - It can be God, the Universe, Jesus, Buddha, or even a mountain.
 - To get to this next level you will need help from someone that is bigger than you are.
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LIFE PURPOSE

Dear Higher Power,

I am writing you today because I have a question. I am wondering what my life purpose or mission is. I know that I have lots of greatness and I have been working on changing my challenges into greatness as well.

I am willing to put my pride and ego aside to know how I can make the greatest contribution to my community, country, and the world.

I want to experience true joy and I know that only comes when I am on the path of fulfilling my life purpose. You are wiser than I am and so I am asking for your help.

With love,

- Sit down and write a letter to your Higher Power asking what your Life Purpose is
 - As you write, pour out your feelings and your true desires to your Higher Power
 - Take time & be in a quiet place when you do this, 3am works really well because the world is so still at that time
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LIFE PURPOSE

Dear Sarah,

Thank you for caring enough to ask me what I think your life purpose is. I have watched as you have learned to love yourself and others and see the greatness in everyone. I am so impressed with your determination to make yourself and the world better.

I think you have gifts in these areas and that your life purpose revolves around...

I believe as you apply love and gratitude to your life purpose, you will truly experience joy and peace. You will feel fulfilled and know that you have lived a life of *CREATIVENESS!*

With love,
Your Higher Power

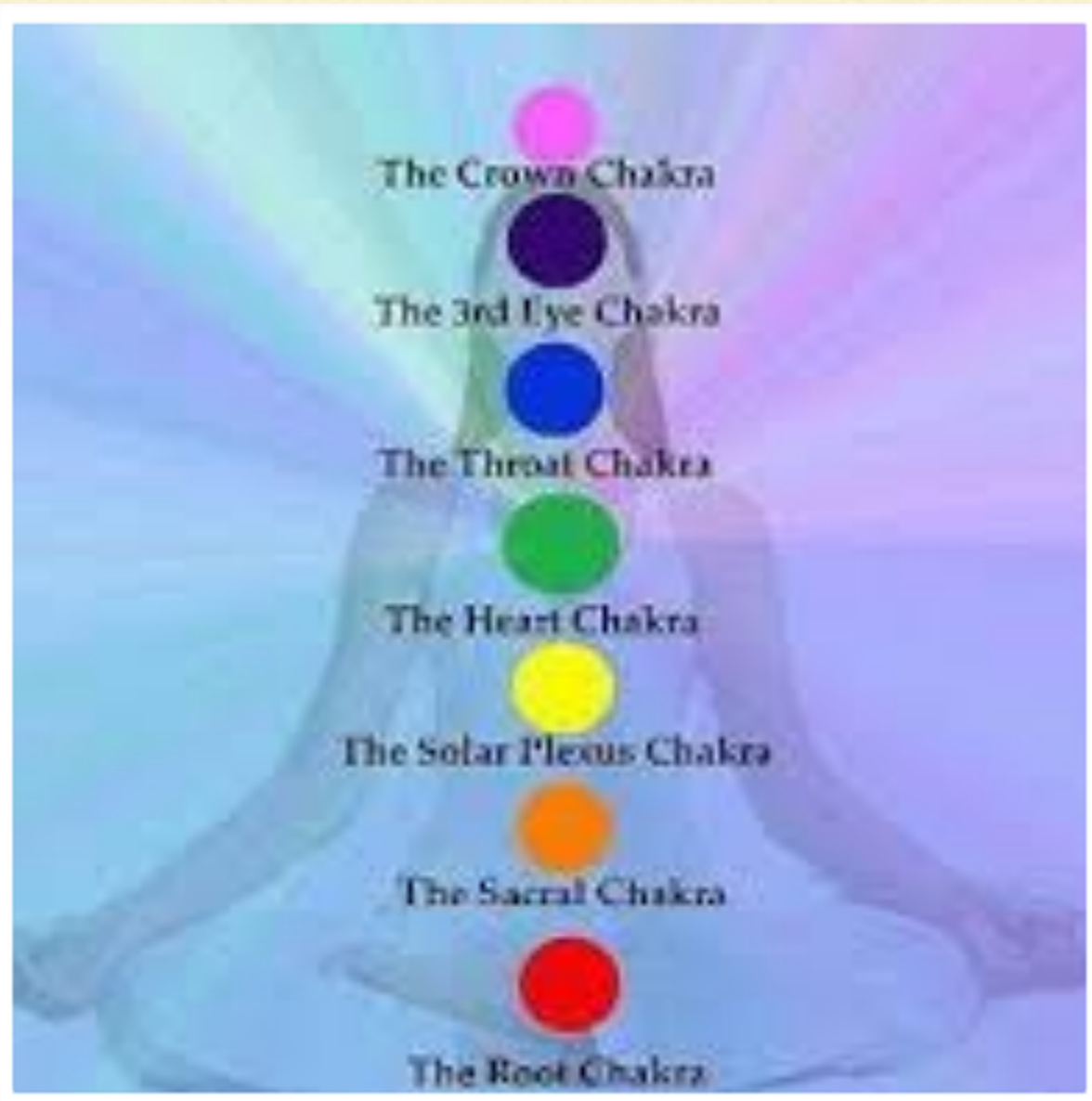
- Now sit down and write a reply from your Higher Power.
 - Listen to the quiet voice inside you as you write the reply.
 - You may be very surprised at the answers that come flowing onto the paper as you tune into your Higher Power.
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LIFE PURPOSE



- Find a picture that represents what your life purpose is and pin it to the top center section of your Greatness Board
- You can remove your Who I Am words, your Baby Picture & your Accomplishment words. We will use them again in a moment as we transform your Greatness Board into a Level 3 board

CHAKRAS



- Your body runs on energy and there are 7 major areas that put out different frequencies of energy.
- Those frequencies correlate to the same frequency of certain colors.
- The energy spins in a disc shape and is called a chakra.

GREATNESS BOARD LEVEL 3

CHAKRAS



- You see how the Leader Greatness aligns with the Purple 3rd Eye Chakra.
- Your Life Purpose aligns with the Magenta Crown Chakra.
- The Creator Greatness aligns with the Blue Throat Chakra.
- The Charmer Greatness aligns with the Yellow Solar Chakra.
- The Nurturer Greatness aligns with the Red Root Chakra.
- The Doer Greatness aligns with the Orange Body Chakra.
- We have had to change a couple of the colors as we have gone from 5 Greatnesses based on the 5 Chinese Elements to 7 Colors to coordinate with the 7 Chakras, but you will see how it all fits together as we learn to Create with our Greatness and the energy of our body's chakras.

GREATNESS BOARD LEVEL 3

CHAKRAS



- For Level 3 we are going to change the pictures for our Leader, Creator, Charmer, Nurturer, & Doer.
- Find a picture that represents something you want in each Greatness area.
- For Leader-maybe you want to learn a new language
- For Creator-maybe you want to paint your living room
- For Charmer-maybe you want to reach a sales quota at work
- For Nurturer-maybe you want to plant a garden
- For Doer-maybe you want to set a goal for running a 5k marathon
- With the visual picture of what you want on your Greatness Board, we are going to learn how to use the energy of our chakras to create what we want

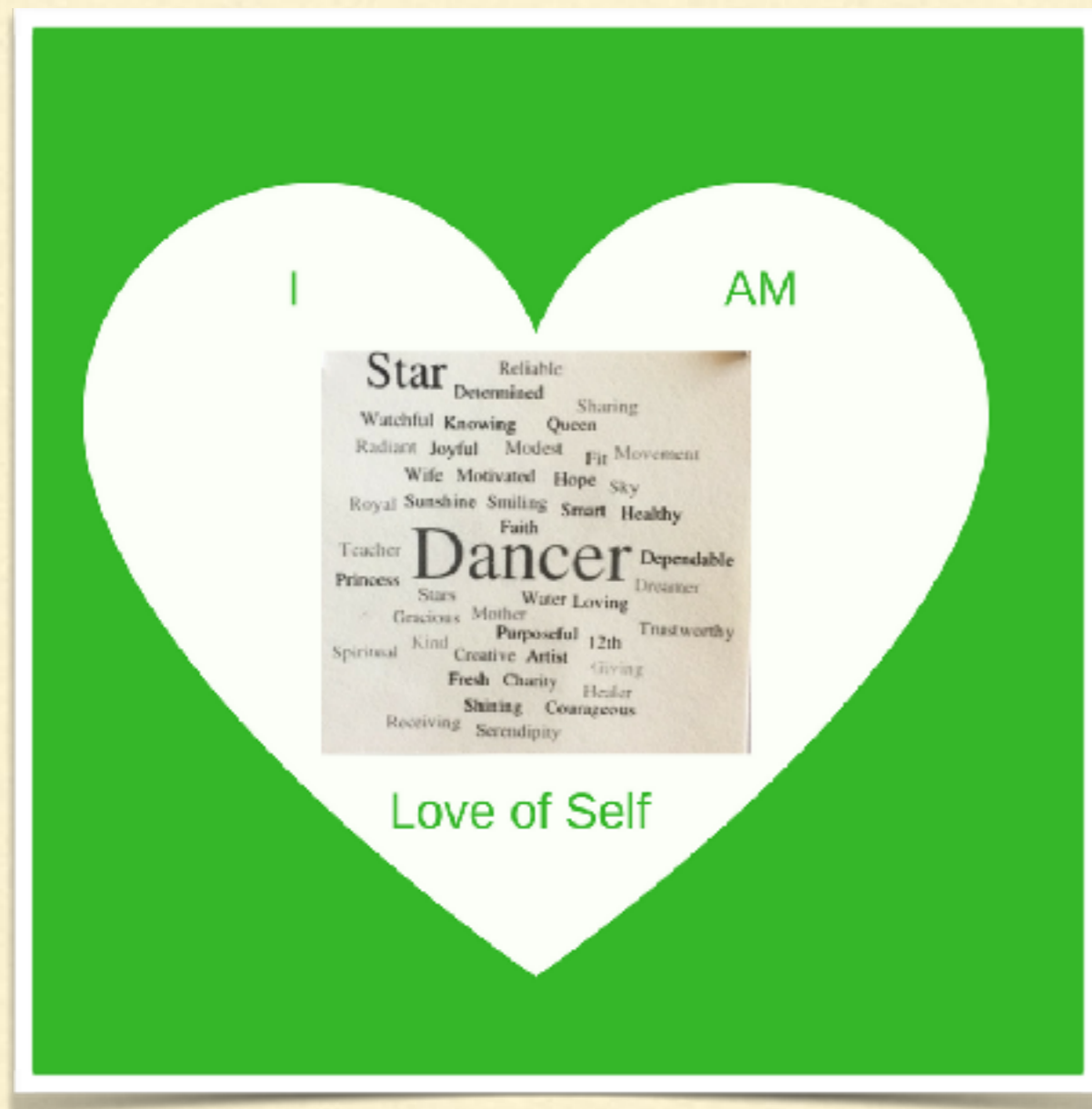
GREATNESS BOARD LEVEL 3 CHAKRAS



- Cut out 3 hearts for the 3 middle sections of your Greatness Board.
- You can make the hearts green or use green writing on white hearts, but these represent the Green Heart chakra.

GREATNESS BOARD LEVEL 3

CHAKRAS



- On the first heart, put your Who I Am words
- Label the heart “Love of Self”
- Place the words “I AM” at the top of the heart
- Place this heart in the first middle section on your Greatness Board

GREATNESS BOARD LEVEL 3 CHAKRAS



- On the second heart, put a picture of your Higher Power
- Label the heart “Love of God” or “Love of Higher Power”
- Place the words “Thy Will” at the top of the heart
- Place this heart in the center section on your Greatness Board

GREATNESS BOARD LEVEL 3 CHAKRAS



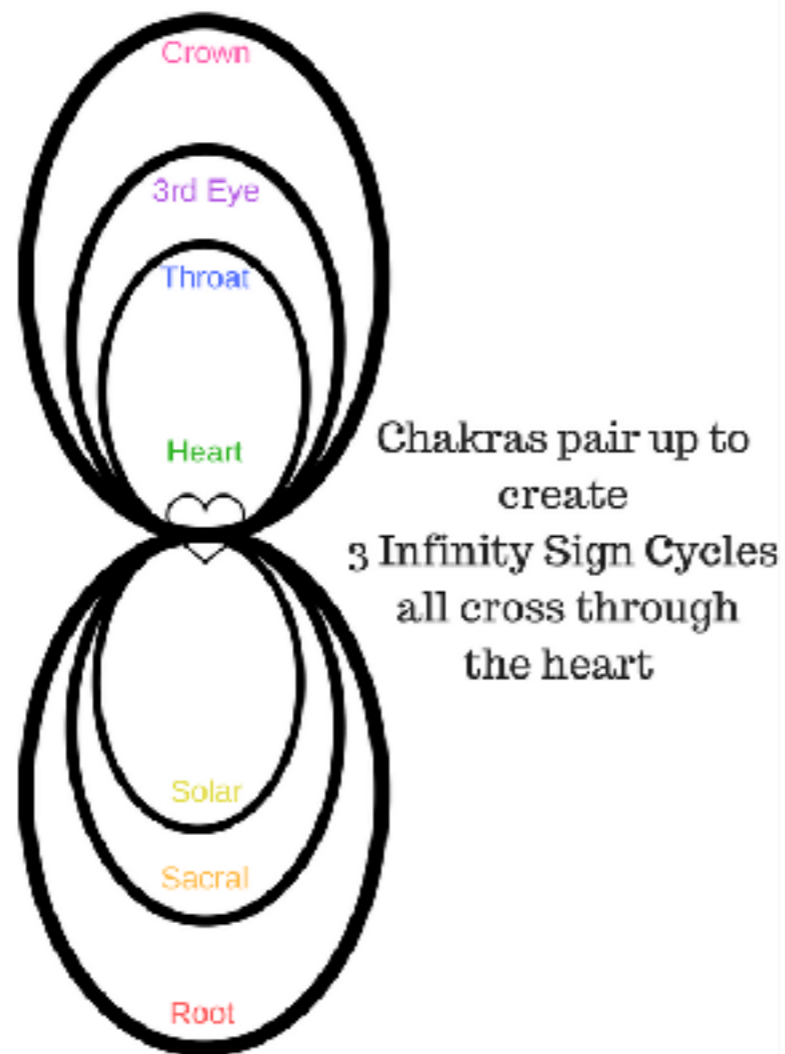
- On the third heart, put your Accomplishment words
- Label the heart “Love of Others”
- Place the words “Forgive Forget” at the top of the heart
- Place this heart in the last middle section on your Greatness Board

GREATNESS BOARD LEVEL 3 CHAKRAS



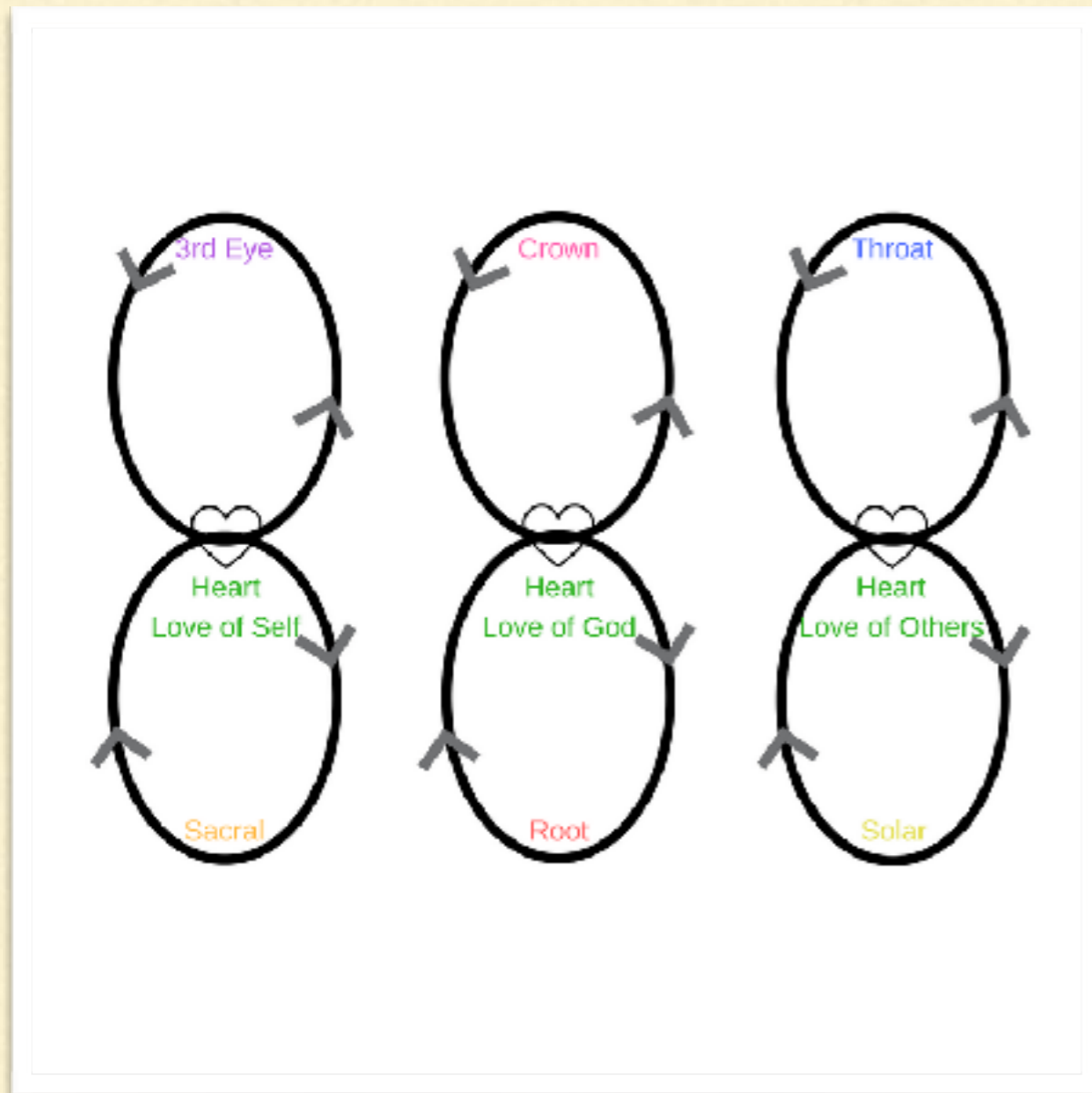
- Your Greatness Board has now been transformed to correlate with your chakras.
- Each chakra has a partner and they connect with a figure 8 shape crossing through your heart.
- These partnerships and their heart connection are shown on your Greatness Board.

CHAKRAS



- Your 7 chakras pair up with each other to create a series of 3 infinity signs or figure 8's
- All 3 infinity signs cross through the heart chakra

CHAKRAS



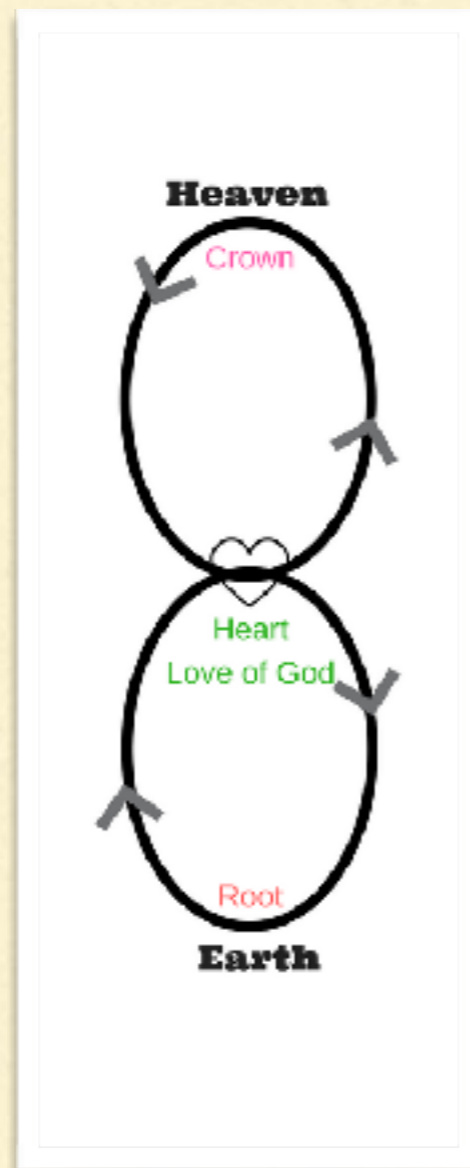
- If we pull these 3 infinity signs or figure 8's apart they are easier to see.
- You can see that the energy from the 3rd Eye Chakra travels down the left side (for women-opposite for men) through the heart and down the right side to the Sacral Chakra, around and up the left side, back through the heart and up the right side to the top.
- Each pair of Chakras does the exact same thing, always crossing through the heart.

CHAKRAS



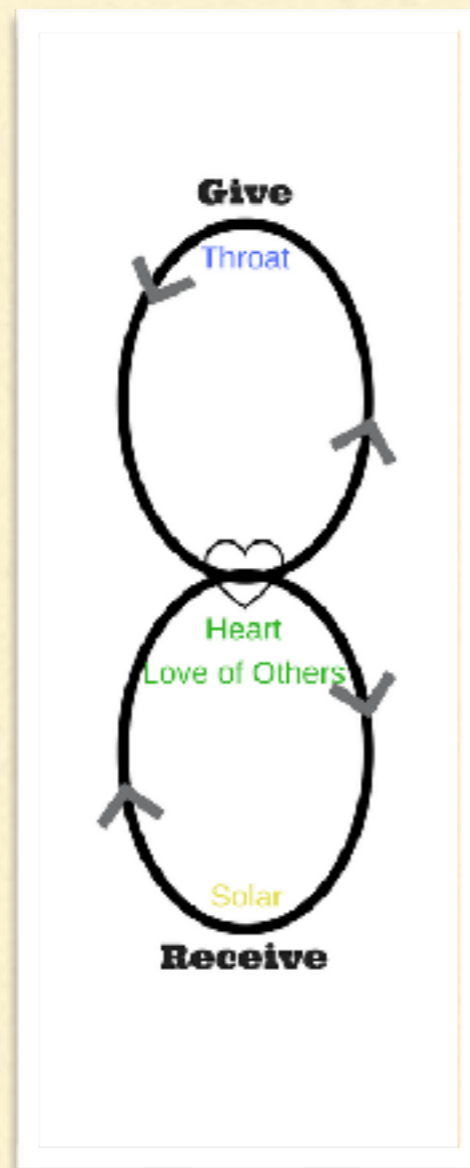
- The 3rd Eye chakra is about seeing with your **mind's** eye
 - The Sacral chakra is about creating with your **body**
 - The Heart chakra is about love and in this infinity sign cycle it is about Loving your self, your divine nature or your **spirit**
 - This cycle is the Mind-Body-Spirit cycle or the “I Am Cycle” because your mind, body, & spirit make up who you are.
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CHAKRAS



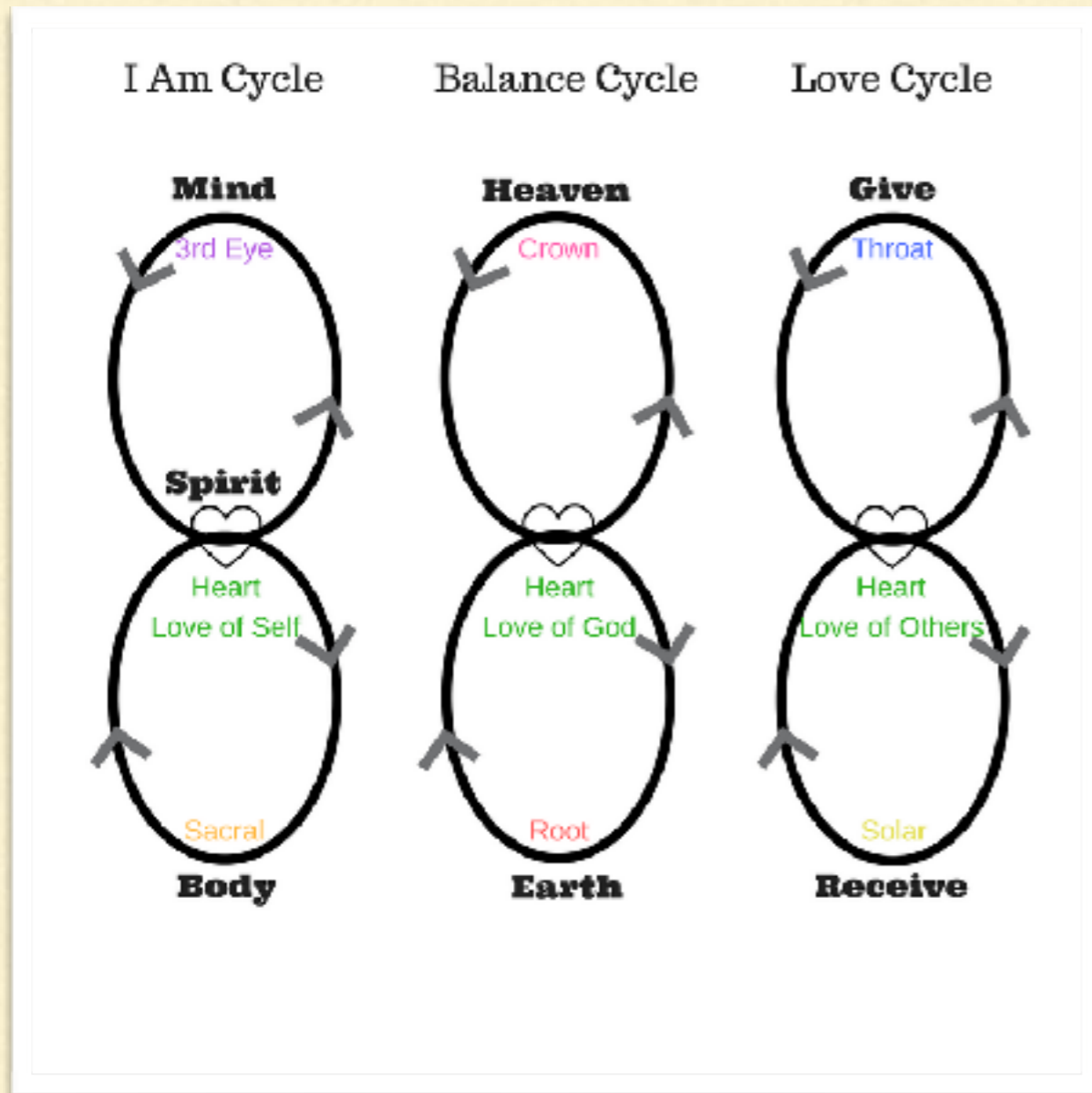
- The Crown chakra is about your connection to **heaven**
 - The Root chakra is about your connection to the **earth**
 - The Heart chakra is about love and in this infinity sign cycle it is about Loving God or your Higher Power
 - This cycle is the Heaven and Earth cycle or the “Balance Cycle” because we are always trying to balance our attachment to Heaven and Earth
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CHAKRAS



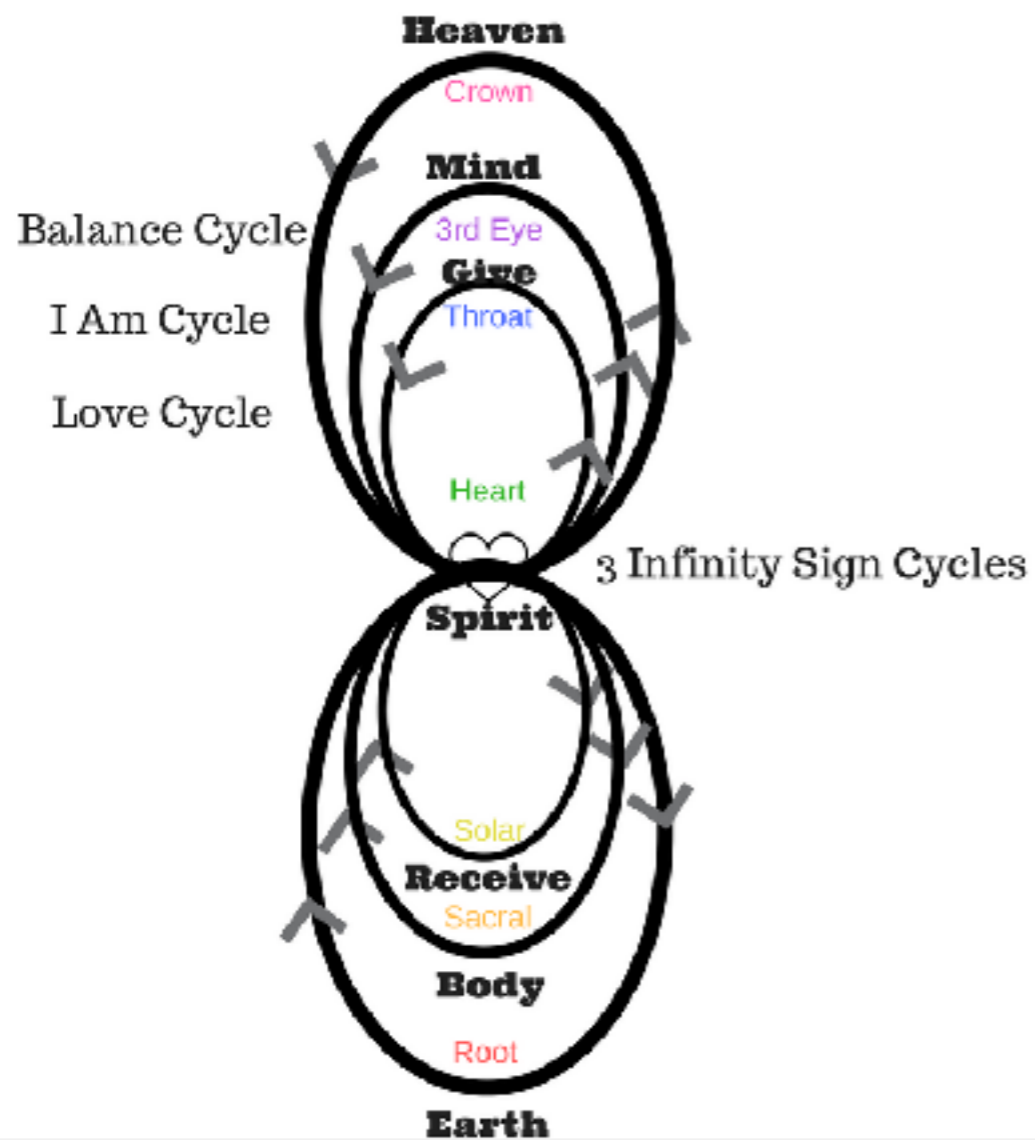
- The Throat chakra is about speaking, expressing or **giving**
 - The Solar chakra is about your feelings, having fun, or **receiving**
 - The Heart chakra is about love and in this infinity sign cycle it is about Loving Others
 - This cycle is the Give and Receive cycle or the “Love Cycle” because the more we give love the more we receive love
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CHAKRAS



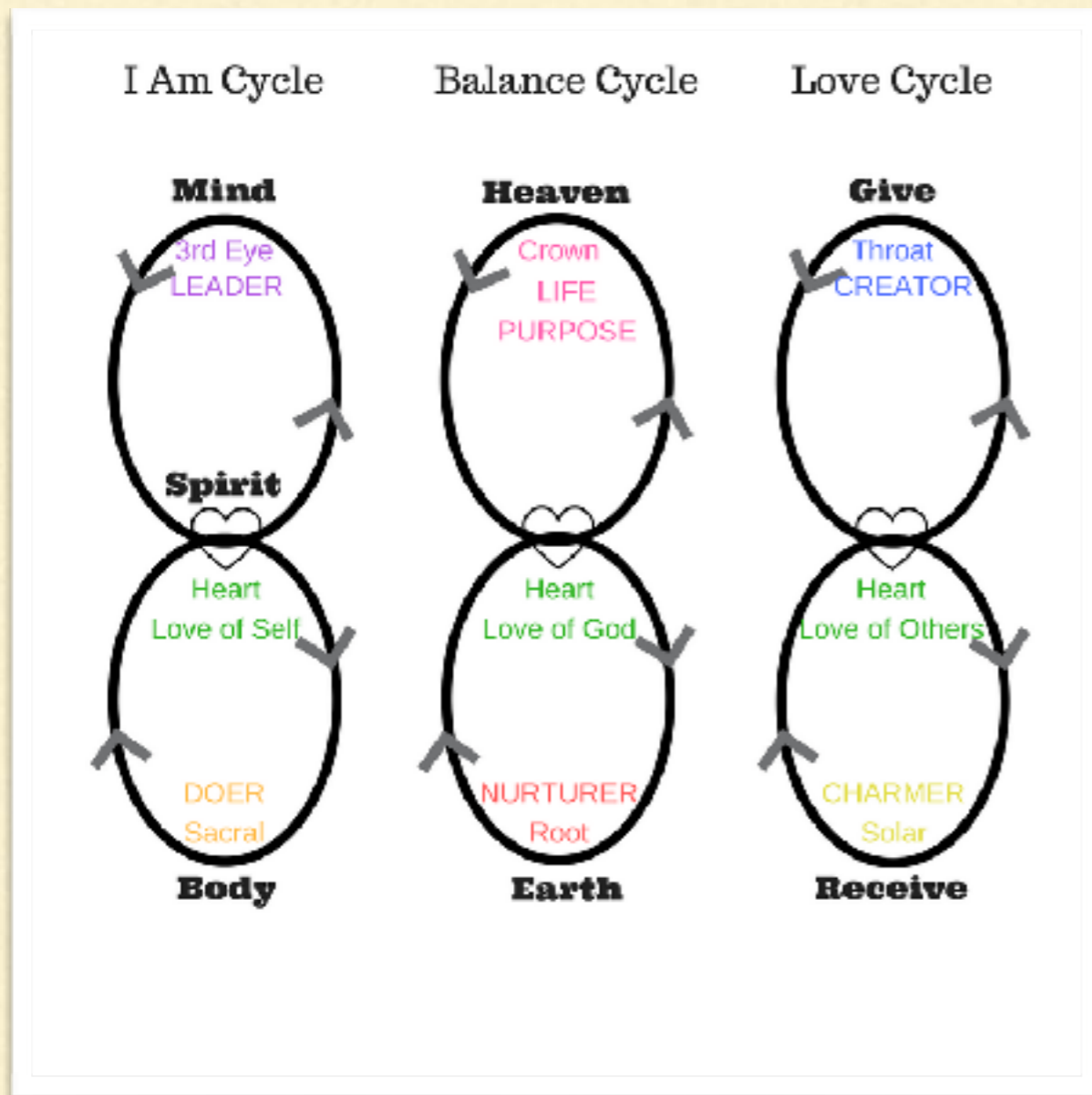
Here are all 3 cycles, the chakras they include and the direction the energy flows through the figure 8 or infinity sign

CHAKRAS



Here are all 3 cycles, overlapping like they do in our body

CHAKRAS



- Do you see the connection between the Greatness of Leaders and the 3rd Eye chakra?
- The Greatness of Doers and the Sacral chakra?
- The Greatness of Nurturers and the Root chakra?
- The Greatness of Creators and the Throat chakra?
- The Greatness of Charmers and the Solar chakra?
- Your Life Purpose and the Crown chakra?

CHAKRAS



- This is how those same 3 infinity sign cycles correspond to your Greatness Board
- In the middle, the Crown & Root are partners and when they cross at the heart we have Love of God or Higher Power
- On the left, the 3rd Eye & Sacral are partners and when they cross at the heart we have Love of Self or Self Esteem
- On the right, the Throat & Solar are partners and when they cross at the heart we have Love of Others

CHAKRAS



- Every morning as you look at your Greatness Board you are going to draw the infinity sign around each picture in the direction the arrows are pointing
- Go slowly and imagine having or creating the things you want on your board

GREATNESS STATEMENTS LEVEL 3

I am a character. I am valuable.
I am worthy of respect,
and I am respected. I am kind.

I am generous. I am worthy of love,
and I am loved deeply.

I am resourceful. I am thoughtful.
I am smart. I am funny.

I am honest. I am ambitious.

I am dedicated. I am creative.

I am resilient. I am warm.

I am skilled at all sorts of things.

I am driven by integrity and values.

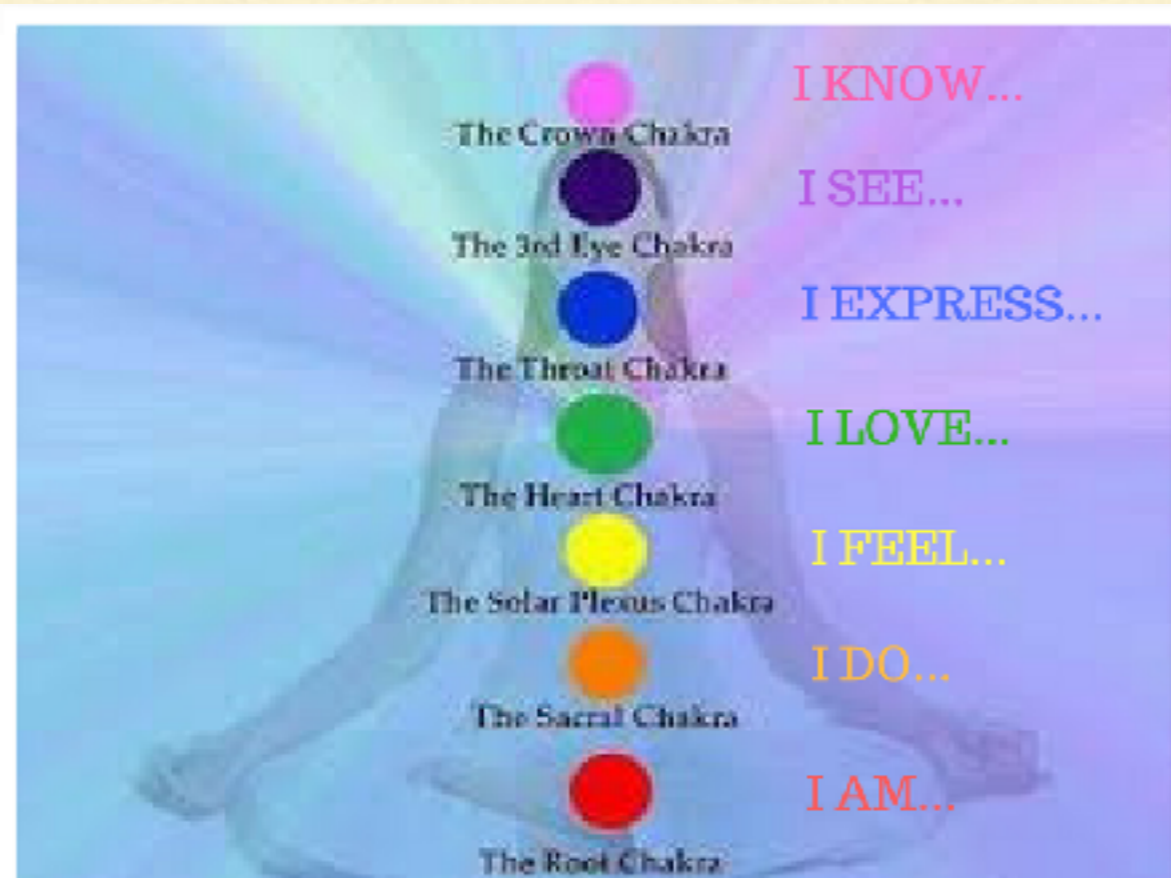
I am a good mother.

I am a good wife. **I am good.**

am a good friend.

GREATNESS STATEMENTS LEVEL 3

CHAKRAS



Each Chakra has a Greatness Statement that goes with it

- Each chakra has a Greatness Statement that goes with it
- When we use these combined with our Greatness Board we are taking things to the next level!

GREATNESS STATEMENTS LEVEL 3

CHAKRAS



- If these were the pictures you chose for each Greatness because you wanted to create them in your life:
- You would look at your Leader section and say “ I SEE myself completing the manuscript for my book”
- As you follow the arrows through the Who I Am words say “I LOVE that I am dependable, artistic, and a beautiful dancer”
- Keep following the arrows around the Doer section and say “I DO eat healthy fresh food every day”
- Keep following the arrows back through the Who I Am words and pick 3 more that you love about yourself
- Then end up back at the top in the Leader section and you will have completed the “I Am Cycle” on your Greatness board, using your Greatness statements and aligning them both with your Chakras
- Repeat with the Balance Cycle and the Love Cycle doing the figure 8 around each cycle 3 times while focusing on loving what you want to create

GREATNESS
PLAYLIST
LEVEL 3



GREATNESS PLAYLIST LEVEL 3



- Play your powerful instrumental Greatness Playlist music while you say your chakra greatness statements
- Stand tall and shout your Greatness Statements with all your might

GREATNESS BOARD- STATEMENTS

CHAKRAS-PLAYLIST LEVEL 3



- The secret to creating a Great Life?
- Use your Greatness Board, Statements, Chakras & Playlist all together to focus your energy and your love into creating what you want your life to be like.
- See it-Say it- Hear it-Feel it and Greatness will happen in your life!

LEVEL 3 GREATNESS

- For the next month:CREATE A LIFE OF GREATNESS by
 - Talking with your HIGHER POWER every day
 - Find out your LIFE PURPOSE by writing a letter to your Higher Power & writing a reply back
 - Replacing the pictures on your Greatness Board with things you would like to CREATE in your life
 - Use CHAKRA GREATNESS STATEMENTS(say it) as you trace the infinity sign around the pictures on your GREATNESS BOARD(see it) while you have powerful instrumental music from your GREATNESS PLAYLIST(hear it) playing. Feel love(feel it) for yourself, your Higher Power & others as you focus your energy on creating a LIFE OF GREATNESS!
 - Once you have achieved one of the pictures on your board, replace it with the next thing you want to create in your life. A Great Life is one that keeps creating and moving upward. The possibilities are endless now that you know how to SEE it-SAY it-HEAR it & FEEL the love & the GREATNESS!
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