

## Bring yourself into Creation

It will benefit you to read the lecture and watch the video

When you have the opportunity to create your life, you have the opportunity to be the master of your life. You say how your life will go, what you are good at, and how you will perform. You have the opportunity to generate passion and live fully.

**Nothing** – not anything; no single thing.

**Creation** - the action or process of bringing something into existence.

From nothing you can create.

With creation you have imagination – possibility – opportunity – choice – action – direction – purpose. With this we have our Created Life.

To create you must first start with a clean canvas. To create a clean canvas you can first be in practice of cleaning it off.

Imagine you have created an art piece and don't like it. Well, take out some thick paint and start putting on a coat of paint. You will notice that it will take more than one to cover up those darker spots. Let's get to work on that.

The first layer of paint to awareness, knowing this is what you want to do.

The next layer of paint is Acknowledgment, knowing what you don't need any longer.

When we go to work on this we are always in the questioning. What do I need? What needs to be said?

Pick another area of your life, begin to break it down, and keep going until there is nothing else to be said. At this point in the work, it is best if you take an opportunity to get some coaching. Get out of your head and in the world.

Here is a calendar link to set up a Support Call with an empowerment coach. Have an hour of time set aside for yourself, if needed you will have some time to journal after the conversation is completed.

Do the work before you are on the call and have the topic clearly laid out, ready to speak about. You may find that the topic changed from when you schedule this call to when the call takes place. That is wonderful when this happens; you will still apply the same tools, and the work you do now will be the outline for the call.

It is to your benefit to have this call and it is not a requirement.

### Schedule Your Support Call

[calendly.com/jamielynn-ariseempowered](https://calendly.com/jamielynn-ariseempowered)

### **Letting go**

- Say/write all there is to be said.
- Ask – Is there anything else?
- Be aware of the possibilities, what are they?

### **What If...**

- ...there was nothing to fix?
  - ...there was nothing to change?
  - ...there was nothing to worry about?
- How would your life be? Live in that at this moment.

Once you have done the work to clear the space, now you can create. We begin with the way of being that you have created.

With that way of being it takes practice and you will need to communicate with those you share your life with. They may say reminders like, “But I thought you said you wanted...”

That will be your key to know when to check-in and ask what is going on, that you are working from an old mindset and old thought process.

Now it is time to create the future with how you think and act today. Living in the present moment allows you to see how your future will be. What you say and do now causes what occurs the next day.

### **Take Action**

- Download the Self-Awareness Worksheet and watch the video.
- Journal and ponder this with a friend.
- Comment in the group.

Empowerment Program Participants Group  
<https://www.facebook.com/groups/329320037979757/>

## Notes