



Linda Mitchell

AMPLIFY YOUR AWESOMNESS: THE FOUR STEPS TO EXPANDING SUCCESS

What if I told you I had a simple but proven formula that would enable you to create more success, abundance, vitality, love and joy in your life and it would only take you a minute or less each day? Because it's been such a game-changer for me, I want to share with you my simple, 60 second process that I use at least once daily to create more success, happiness and joy in my own life.

We are all so wrapped up in working towards our goals and so good at flogging ourselves when we mess up or do something imperfectly. When we're always focusing on what we're doing wrong we get more and more stuck in that negative energy vortex.

It's high time we acknowledge all the good we do! I'd like to share the tips that have helped many transform their energy from focusing on the negative to amplifying the positive. It's so important to shift our focus and expand the energy of what we're doing right in order to manifest more of what we really want – the good stuff in life!

This four step process is from the Lazarus materials (Lazarus.com), which shows that when you celebrate each of your successes you naturally create more success, happiness and abundance of all kinds in your life.

Do each of these four steps to shift your energy in one minute or less.

Recognize your success. Think of something in the last 24 hours that was a success for you. It can be big or small. Perhaps you went

to the gym, cooked a healthy meal, took a soothing bath, gave a great presentation or simply made a stranger smile. Celebrate that.

Acknowledge who created the success.

In every case the answer is you! Say to yourself, "I did it" and if there's someone who may have co-created the success with you, go ahead and acknowledge that person as well.

Celebrate the success in your body.

For a moment get out of your head. Close your eyes, take a few deep breaths and connect with your body to see where you feel the joy of that success. Is it in your gut? Your heart? Somewhere else? Connect with and amplify that feeling. Really expand it and feel it in your entire body. Amplify your awesomeness.

Anchor that feeling in with a "success move".

This is an important step. It can be anything you want; many people do a fist pump or a version of an end-zone dance. Do whatever comes naturally to you; it's your own personal movement. Research shows that movement anchors good feelings and successes into our bodies and minds.

I invite you to use this process several times a day for the next few weeks and notice the amazing shift in your energy. Step into your power by acknowledging and celebrating each of your successes. This will definitely expand the amount of success and joy you experience. Cheers, you're awesome!

Linda Mitchell is a board-certified Coach, Speaker, Reiki master and Licensed Massage Therapist practicing for over 20 years. Linda's inspiration comes from a deep desire to empower people who feel stuck, overwhelmed or need to navigate change to move through life's challenges and transitions with greater ease, clarity and confidence while strategically reducing stress and anxiety. She helps people reclaim balance and connect with their inner wisdom to define, create and truly live the life they desire. To learn more visit: www.lindamitchellcoachingandhealing.com