



Reflections on the 30-Day Action Guide - Partnering The Inner With The Outer

Watch the intro video at: <http://youtu.be/F9Z7YM1w6Ao>

The 30-day Action Guide was designed to nourish the energy you activated around your goal by identifying the specific actions you want to take on that goal in the next 30 days. It also is great for dissipating any overwhelm or procrastination around any of those actions, and each week choosing the actions you feel most inspired to take that week. The action guide identifies the actions you want to take, and addresses any tangled energy you have around taking any of those actions.

The 30-Day Action Guide allows you to receive clear, tangible guidance from Your Inner Guidance on both how to serve your Business Dire Need and how to experience energetic relief by surfacing up jumbled energy and emotions that have been blocking you from completing tasks and having the business you desire. It will help you manage and align your energies around specific actions, so you can make shifts and actually experience forward movement in your business.

The process is not automatic. The more you practice, the easier it gets, then the more you want to do it because it feels good. So becoming disciplined and working with this tool regularly actually helps alleviate your sense of overwhelm.

Most of us get stopped because when our energies aren't aligned, we can't figure out what to do next. Or if we do, we push our way through it, and then wonder why we feel exhausted, burned-out, or frustrated.

It is like when someone has a goal "I want to write a book." Writing a book is not about doing ONE thing, it is about doing 100 or more things!

But when we don't break things down in "do-able" steps, this jumbled energy can come up. You know, that old, negative inner critic that says things like, "Oh, I don't have time to do all of this" or "I don't ever seem to be able to get things started or complete them" or "I'm not smart enough." And we talk ourselves out of it before we even get started.

When you get your energies aligned by doing a 30-Day Action Guide, all kinds of things unfold for you easily and effortlessly.

The 30-Day Action Guide actually helps you take inspired action. It will also help you understand your past holding patterns and blocks that need to be better and more pro-actively managed, by you.



You use this tool to shorten the timeframe for the realization of that goal. It's critical to understand that a 30-Day Action Guide is not just another version of a to-do list. Instead, it is a way to:

- Define actions to take in the various categories of your goal so you are progressing on many aspects simultaneously, with a greater sense of ease.
- Begin to identify and dissipate any fear, procrastination or overwhelm around those actions using the tools you've learned thus far in this program so you are always moving your goal into reality from a more inspired, higher vibrational place.
- Organize the actions you feel inspired to take into a specific timeframe so you are always moving your goal closer to physical reality.

When you are always moving from a more inspired place, realizing a goal becomes more of an entertaining, fulfilling and joyful process. When you move from a higher vibrational place, you expect things to work out. You become more of an observer, curious to see what shows up next, where the next thing leads.

You also start to develop a stronger sense of faith that even when things don't appear to be working out that everything, in fact, is in divine order. You begin to trust that regardless of what appears to be happening, by working on both the inner and outer levels, you are continually enhancing the probability of your energy lining up with what it is you want.

You find yourself experiencing a greater sense of peace, regardless of what is happening at a given point in time. The process of bringing a goal into reality becomes very alive, spontaneous, magical, and so much less stressful.

Follow your inner guidance picking the actions that are going to provide the greatest Return on Energy (ROE). For determining the best consider actions that...

- Have the greatest impact on revenue
- Make you feel excited to take action on them
- Feel most aligned with your passion
- Feel like they are the highest priority at this time

Break each of the actions you identified into any sub-actions it requires. This helps you see all of the things required to accomplish that action so you have a better sense of the time it may require. For example if you had a goal of "create a teleseminar," the sub-actions might be "define a topic, define the structure and content, set a date, organize a phone line, determine pricing, define ideal clients."



Review each action and sub-action and determine whether you have any “yeah buts” around any of them. A “yeah but” is a feeling that you can’t or won’t accomplish that action for some reason; the action triggers you on some level.

For each “yeah but” see if you can identify an action that would address it or help to dissipate it, and if you can, remove the “yeah but” and add that action to the others in the category. For example, if the “yeah but” was “I don’t have time to do all this,” you might feel you can help dissipate it, make it less of a trigger, by talking to a local college about getting an intern to help you; you would add “talk to local college about intern” to your list of actions.

Notice any dependencies or time constraints on any of those actions (for example, perhaps you can’t take one action until you complete another, or an action must be done at a certain time). This helps you determine which actions must be done first or on specific days. For example you want to ask a colleague a question in-person and you won’t see them until a certain date. Or you are plan planning a dinner party and you have an action “decide how many people to invite” that depends on the action “price seafood menu options.”

It is important energetically that when you commit to completing an action, you intend to honor that commitment. Your clarity and commitment activates the completion of that action; it exists as complete at that point in time. If you must change the timeframe for an action, treat it in the same way you would if you were breaking a commitment to a colleague. You want to honor and maintain the energy of completion you activated when you originally set a date and time for completing that action.

At the end of that week, take time to acknowledge and celebrate the actions you’ve accomplished and all the feelings that have shifted, beliefs that have shifted, insights you gained, things that showed up out of the blue, etc.! Your goal is closer to reality than it was a week ago! Then review cross off the completed actions and add any new actions that arose from the ones you took.

The celebratory review amps up the energy around your goal and its manifestation so do not skip it! Reschedule it if necessary but take time to luxuriate in all you have noticed and accomplished!

Be sure to partner with Spirit and follow your inner guidance as you create weekly action plan. You want to be following Spirit’s guidance, not forcing energy in a direction your rational mind has decided it “should” go.

If you don’t accomplish everything on your plate in 30 days, just move any outstanding items to the next month. As each month unfolds you may find yourself responding to



opportunities and situations that require you to reprioritize. Let that be okay. Think of yourself as moving towards your goal by taking action each day and week in a fluid, adaptable way.

Love the journey your goal leads you on as it manifests! You're never "done." You always have another goal, something else you want to accomplish. That is the nature of being a human; we naturally seek growth, new ways to expand and experience life. It's in the journey itself that we find our experiences of joy.

Try it for the next 30 days and see how much time and energy you save using this powerful tool.