

FREEDOM PLANNING

MAKE SPACE

CREATE

ALIGN

Hi lovely one,

My first question to you is; Is it 'One day...' or DAY ONE!?

It's your call!

If you've found your way here you're already interested in what my Freedom Planning package is all about or intrigued anyway? I hope to inspire you to write DAY ONE at the top of a page somewhere and never look back.

You are so welcome here and I am writing this message with a grateful heart to each and every one of you who reads this and I want to be completely honest with you from the get go...

Freedom Planning was born from a place of sheer overwhelm. It was the light out of the dark!

If we have a secure home, loving relationships/ friendships and a job we enjoy we get somewhere towards waking up happy each day.

Content even! If one of them wobbles or is threatened our happiness levels go down and we start to step into Anxiety territory...

I've suffered with serious anxiety three times in my life. I'm 36. The last 10 years I have built coping mechanisms and a toolbox of delightful ways to avoid this little gremlin sticking around although it does pop up from time to time!

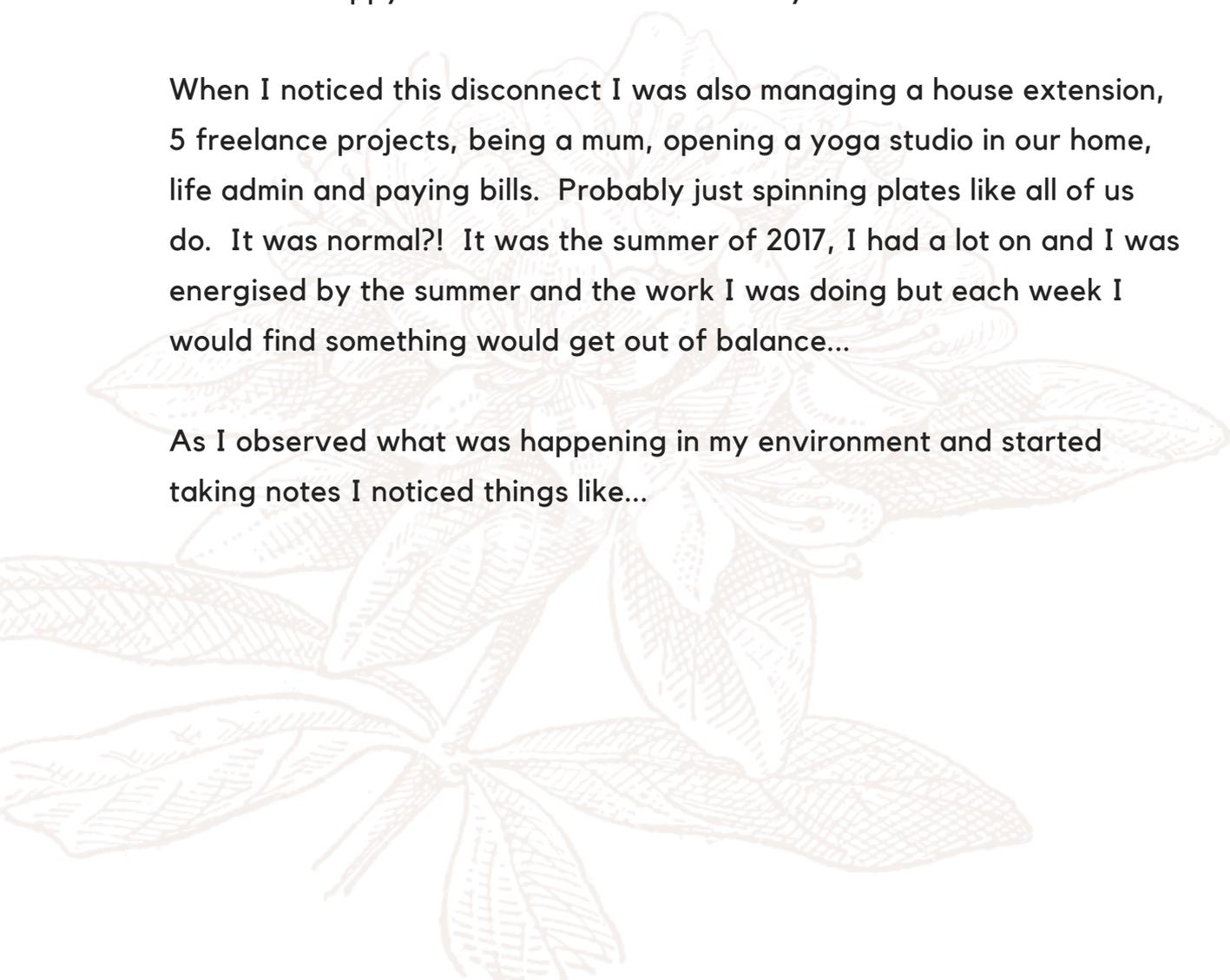
For me, I feel I've always NEEDED creativity in my life - it's my heart song, my medicine and my driver so I would add that to the above equation for my levels of happiness and feeling content. I feel the same about Yoga! These things are of course personal to me but I feel they have the power to transform so much in people - I'm a huge fan!

I've been very lucky and since graduating I've followed a career path that's seen me achieve amazing things in arts and cultural project management. I've worked with a tonne of brilliant people and I know I have changed children and young people's lives for the better by introducing creative experiences and interactions to them through the projects I've raised funding for, managed and produced!

The flip side if you like is I've also encountered a hell of a lot of egos! As I've moved more towards making wellness part of my everyday life (my partner is a yoga teacher) I've noticed a huge disconnect between what I'm spending a huge chunk of my life "doing" and what actually makes me happy and connects me most to my heart.

When I noticed this disconnect I was also managing a house extension, 5 freelance projects, being a mum, opening a yoga studio in our home, life admin and paying bills. Probably just spinning plates like all of us do. It was normal?! It was the summer of 2017, I had a lot on and I was energised by the summer and the work I was doing but each week I would find something would get out of balance...

As I observed what was happening in my environment and started taking notes I noticed things like...

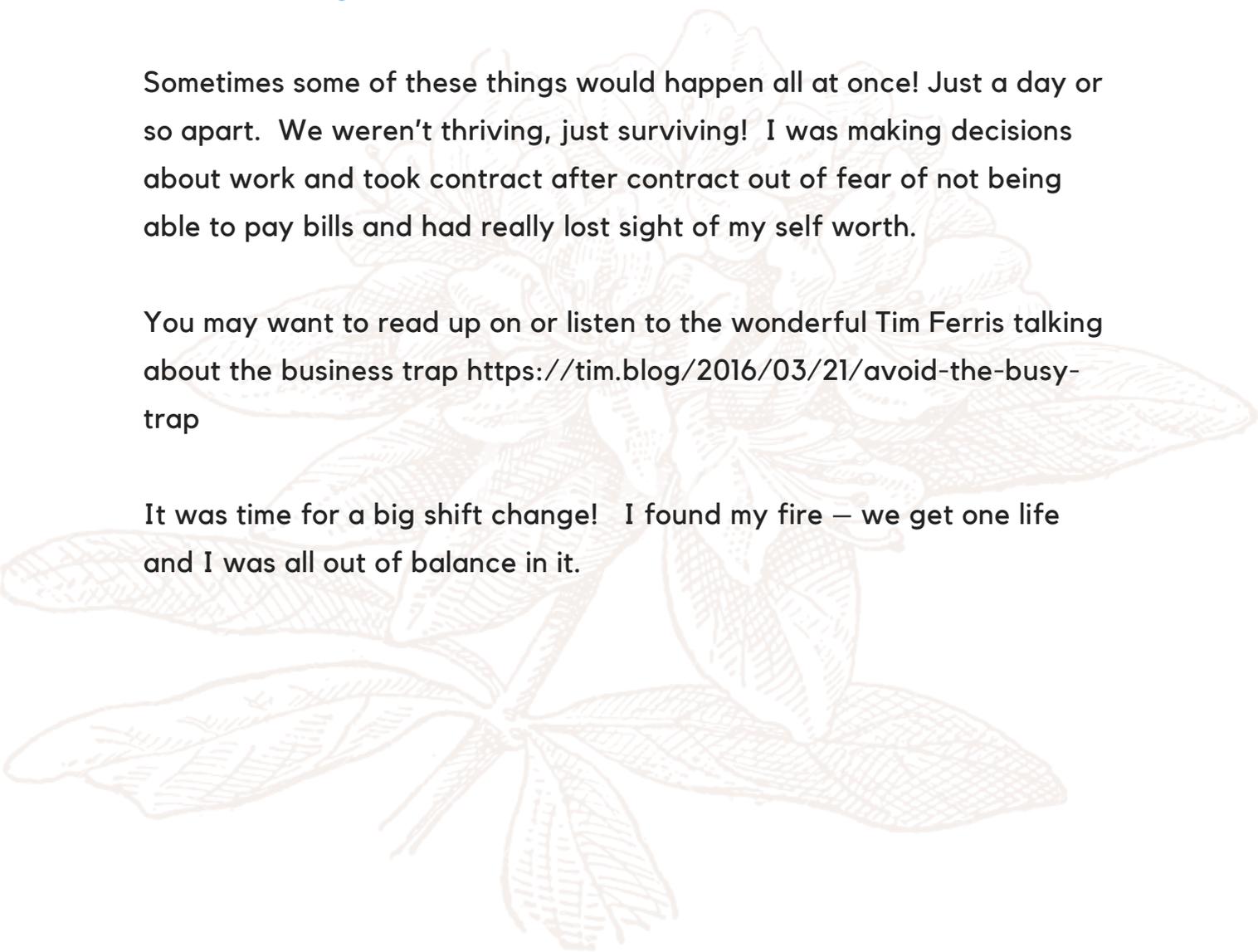


- I'd missed time to do Yoga again and another week had gone by
- My wardrobe was a mess and I couldn't find anything I wanted to wear
- My laundry pile was huge and my little boy had no clean socks - where do they all go?
- Work was demanding more and more, I was taking phone calls on days off, checking email before bed!
- I had no herbs to add to any of our meals - everything was bland!
- I hadn't seen any friends for coffee in weeks
- My little boy had fallen asleep by the time I got home from work so I'd only seen him for 1.5 hours that morning.
- My partner was teaching yoga back to back and then into the evenings and was losing weight as we'd fallen behind with food shopping!
- I was skipping meals
- I was drinking a TONNE of coffee!

Sometimes some of these things would happen all at once! Just a day or so apart. We weren't thriving, just surviving! I was making decisions about work and took contract after contract out of fear of not being able to pay bills and had really lost sight of my self worth.

You may want to read up on or listen to the wonderful Tim Ferris talking about the business trap <https://tim.blog/2016/03/21/avoid-the-busy-trap>

It was time for a big shift change! I found my fire – we get one life and I was all out of balance in it.



So I wrote down...

All the things I loved to do...

Things like...

- Date afternoon with my partner at the beach
- Painting walls
- Painting furniture
- Hanging with our back-yard chickens
- Leisurely jigsaw afternoons and baking with my son
- Working on projects that aligned with my core values
- Seeing friends
- Going to the spa or for a swim
- Walking
- Watching the moon
- Watching the sunset
- Writing
- Knitting
- Baths
- Practising yoga

And I made space for them each week. That's it! My new business was born out of simply making space for the things I love. My work completely shifted. I set clear boundaries, worked with different intents each month.

My quality of life dramatically improved and I felt more happy, centred and balanced than ever before!

And you can too...

Here's how it works... This model takes 14 days.

You need a notebook, a pen/ selection of pens, somewhere to print this worksheet, some will and a sprinkle of excitement to ask yourself some soul-searching questions!!

Days 1-14 – follow the prompts below and keep writing in answer to each question until you run out of words...

- 1) I love myself because...
- 2) I love my life because...
- 3) Three things I really want to try are...
- 4) My self-limiting beliefs are...
- 5) The happiest I have ever been was when...
- 6) If money and time were no object I would.../ the lyrics to my favourite song are;
- 7) Exercise day!! When I exercise I feel.../ When I do creative things I feel...
- 8) A letter to someone I admire... because...
- 9) Draw and colour a tree in your favourite colours - the tree is you!
- 10) Add the things under the roots that the tree needs in order to grow... / Write down the names of three people you trust...
- 11) Draw on your tree what type of fruits the tree can grow if it is fully supported by the things it/ you need...
- 12) Write a letter to the world from yourself age 10... / Write a letter about the world to yourself age 10 knowing now what you know now as an adult – you can soften the language if you want to.
- 13) Write 10 things you are grateful for/ Write the title of your new book which will star this new version of you!
- 14) Freedom Plan for your new life!

For Freedom Planning to work you have to make space for the things that ignite your spirit each day and plan each week to make space for them! That means you have to know yourself really well and remember the things you have forgotten about yourself. I have some downloads I can send you to help.

There will be weeks things don't go as well as you'd hoped but you simply readjust, recalibrate and redesign then go again!

You have to want to connect to your highest potential.

We all have self-limiting beliefs and I have a myriad of ways I can help you go deeper and explore your truest potential whilst staying humble to your experiences and those who have taught you the toughest lessons.

I am here and would love to share my Creatively Conscious transformation package with you. Just drop me a line if you'd like more information!!

With love and an abundance of gratitude 💎💎 .

Claire at Creatively Conscious

www.creativelyconscious.co.uk

