



5 KEYS

TO BOLDLY MAKING LIFE HAPPEN

MAKE YOUR *life happen*

Do you have a dream for the life you want to lead...the life you know, deep down, you deserve? Does it feel like the only thing standing in your way is the lack of a practical plan or the feeling that you are at a loss as to how you should begin?

If you answered “yes” to the above questions, bam!—you are in the right place!

I honor everything it took to get you here. You have waded through the muck and the beauty of life, and likely recognize that it’s all part of this crazy journey. Now, you are ready to compensate for lost time, acquire some powerful new tools for making life happen, and at long last, draw wildly and unabashedly outside the lines on your way to success.

As most of us know, one of the most difficult steps is to simply motivate ourselves to get going. That’s why I created this course, which contains five keys that, when practiced together, make up the greatest journey of all:

The one that leads toward the most empowered and enlivened version of you!

The 5 Keys are not about “goal-setting” (which, for me, is an endeavor that’s about as appealing as banging my head into a wall). Instead, we need to move into the territory of self-inquiry, habit formation, and making the dreams we have our ultimate reality.

Most of us don't want to merely cross another item off the to-do list. We want to vividly feel our sense of purpose. We want that purpose to directly contribute to our personal joy and well-being in the moment. We want our dreams to impact our daily life for the better, to ignite our passion and make our hearts and souls burst open.

At this point you are probably thinking that this is easier said than done! A lot of us have a vague idea of what we are capable of, but still, our dreams remain frustratingly out of reach.

However, I firmly believe that we are here to make our dreams concrete.

You really do have infinite power and the innate ability to magnetically attract whatever you wish for. YES, you do! You also have a deep genius within you, but it's not going to be found by "fixing" yourself or following some guru's rules. The answers aren't going to be found within another expensive personal-development program, but in the greatest resource you have: YOU!

All it requires is your willingness to practice five key steps until they become second nature to you.

Throughout this process, you are going to learn how to take bold strides that will help you move through obstacles and challenges you might be facing. Because...



Obstacles = Opportunities

Now, let's revisit and reinforce something I just told you: Each of us is powerful and has the ability to make life happen. But sometimes we are thrown unexpected curveballs. We get stopped in our tracks when we are confronted with situations and circumstances that we see as obstacles. But I promise you that when you can view these roadblocks as opportunities to put the 5 Keys into practice, you will get excited about facing your fears and overcoming your challenges! Yes, I am serious!

The great thing about the 5 Keys is that they are totally practical. They are not about running away from the things that scare you and burying your head in the sand (or should I say, quicksand!) of your dreams and wishes.

The 5 Keys are about getting totally aligned with yourself and your life—as it is, in this very moment.

The 5 Keys are also super simple. For me, simplicity is such an important aspect of personal development. I'm a busy mom, wife, friend, mentor, and businesswoman, so I need a straightforward process that I can remember easily and implement on a daily basis, as well as when I'm facing major challenges. You too can use them for everything from dealing with difficult people, to making big career changes, to finding supportive and loving relationships.

Once you incorporate these tools into your life, you will experience major transformation. You can do this by coming back to the reflection questions and exercises in the "Soul Digs" you will find in each section of this course. They are meant to take you deeper into this process, which was designed to be fun, enriching, and illuminating.

What are we waiting for? Let's get started!

5 KEYS
=
TRANSFORMATION

Soul DIG

Think of something specific that you want to actively create. This could be improving your health, working on a relationship, finally sitting down and writing your novel, or living abroad. Whatever it is, choose something that you absolutely know will improve the quality of your life and offer you a sense of freedom, power, joy, and aliveness.

If your response is, “I don’t know what will do that,” I urge you to think again. We all innately know what makes us come alive—sometimes we just have to get out of our way in order to see it! Now, if you are having difficulty selecting just one challenge, extend some compassion to yourself and know that you will get clearer and clearer, the more you practice the steps in this course . Maybe for now, just choose a simple challenge in your life that you’d like to overcome.

Take a few minutes to answer the following questions:

What dream or vision do I want to bring alive throughout this 5 Keys process? (It’s a good idea to work on one at a time, although once you get the hang of the tools, you can increase that number.)

How will achieving this dream enhance my quality of life? (You don’t have to absolutely know the answer. Simply picture what your life might look like, and make that vision as real and as inspiring as possible.)

What are all the obstacles I believe are holding me back from having what I want? (Common “obstacles” can include lack of money, lack of time, low self-esteem, “Mom told me that I couldn’t do it when I was 12 years old,” etc. Don’t hold back on this one!)

When you are finished with this Soul Dig, write out your dream in one inspiring sentence (be big, bold, and fabulous with the words you choose) and put it somewhere you’ll be able to see it on a daily basis.



THE FIRST KEY

CURIOSITY

Be open.
Ask lots of questions.

Curiosity might've killed the cat, but you'd better believe it's going to be the very thing that brings you back to life!

Curiosity is our first key, and in many ways, the most important. This is where your journey began many years ago when you first discovered your childlike capacity for wonder—and it's where you will pick up and continue.

At its core, curiosity changes our relationship with ourselves and our surroundings. Because of our desire to know, life multiplies its resources, and evolves. Journalist David Dobbs, in his article “Restless Genes,” insists that our innate desire to explore and ask questions is mapped onto the human genome itself.

Instead of making assumptions about what we know and how we feel, we can let ourselves be taken by a sense of pure wonder. Personally, I've found that my most amazing and joyful moments in life were not the result of me being “brilliant.” They were simply the result of my openness to life.

Being open means that you are willing to see what might be hiding in clear sight. You aren't getting stuck in your own biases or beliefs; rather, you are letting yourself look around and see things in your surroundings that may very well challenge your preexisting ideas about how things are, or how they should be.

CURIOSITY
=
OPENNESS

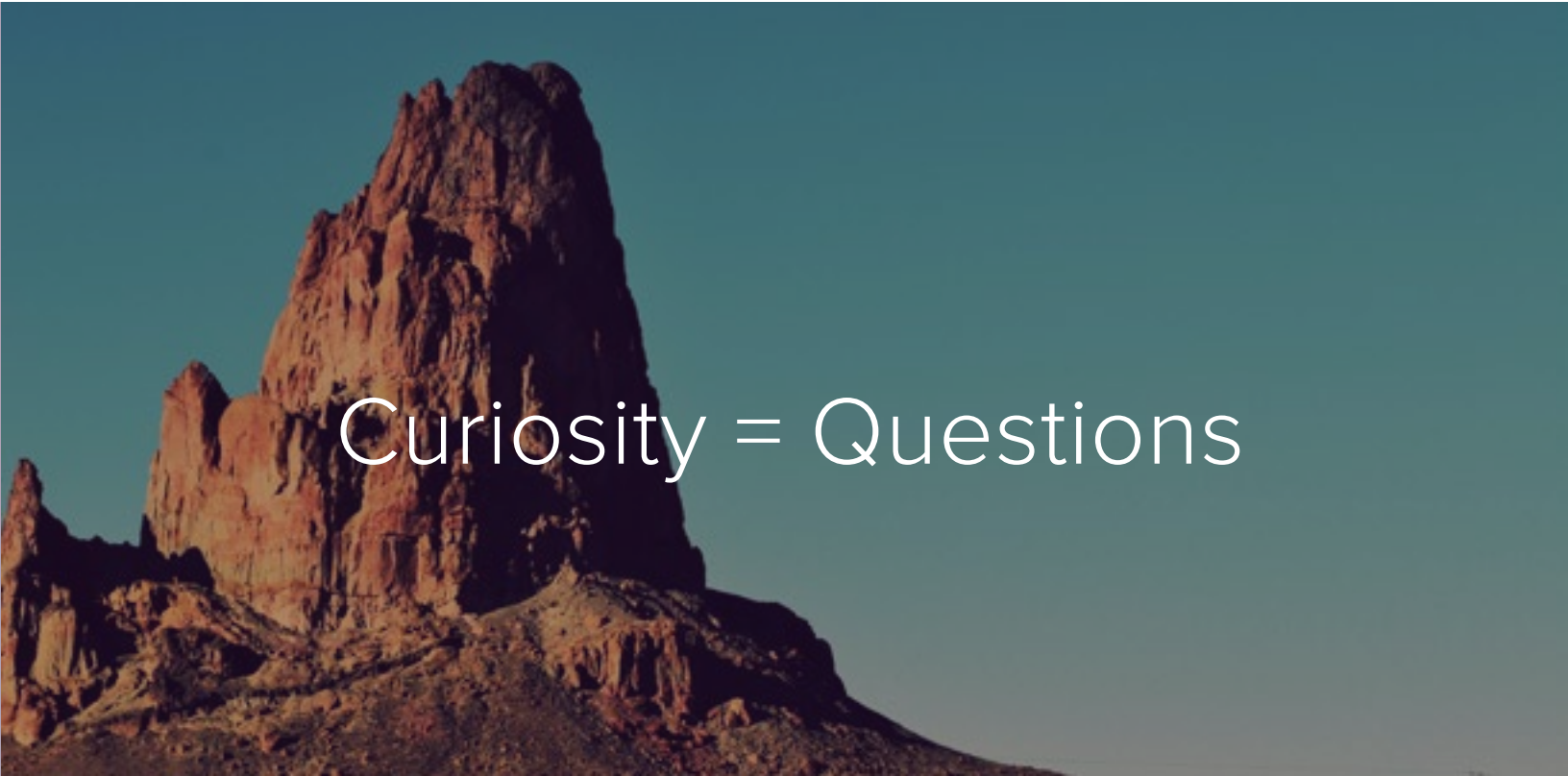
TYPES OF Curiosity

There are many different types of curiosity. They include individual curiosity (asking deeper questions of yourself about who you are, your motivations, and why you behave in certain ways or believe the things you do), relational curiosity (which refers to your relationships and how both you and other people behave with respect to each other), and global curiosity (which takes into account the larger scale of existence, including spirituality, religion, nations, ecosystems, and the universe itself).

The most important frontier to explore is our own internal landscape—especially in this journey I’m taking you on. After all, it is our thoughts, beliefs, and ways of making sense of the world that affect how we shape it. This is why we need to make diving into the great unknown of our inner lives a “must” rather than a “should.”

Self-discovery requires that we practice curiosity at every turn, especially when it comes to ourselves.

I know from my own experience that when I ask questions of myself, I get answers. And when we ask bigger and bolder questions, not only do we gain invaluable perspective (and maybe a bit of needed distance from stuff that we are just too close to in order to see clearly), we also get bigger and bolder answers...which leads to a more expansive and joyful life.

A large, jagged rock formation, possibly a mountain peak or a large rock formation, is shown against a clear blue sky. The rock is reddish-brown and has a very sharp, pointed top. The lighting suggests it's either early morning or late afternoon, with long shadows and a warm glow. The text "Curiosity = Questions" is overlaid in white on the lower right portion of the image.

Curiosity = Questions



Saul DIG

Think about the dream you identified in the last section. You absolutely know it's something you want, deep down in your bones...but have you ever stopped to ask why? For a few moments, get curious about why you chose this dream and take some time to reflect on it. How long have you had this dream? Why do you want what you say you want? Where do your dreams and desires come from? What is the story you are telling yourself about why you can't have this dream?

Now, come up with a specific question you have about your dream. Don't ask yourself an obvious question, but one that really makes you get curious and brings up lots of possible answers. It could be a question that seeks to fill a missing information gap (e.g., *What do I need to still educate myself on in order to move closer to what I want?*) or that helps you gain more awareness about yourself and your motives (e.g., *What are the small and large ways in which I might be sabotaging myself?*)

Don't try to answer the question immediately. Just take some time to reflect on it, and let your unconscious mind do its thing. (No doubt you already know that some of the best answers surface from the bottomless treasure chest of your unconscious mind!) Enjoy the process. At the end of the day or week, write down any answers that might have come up—and if there are none, don't worry. Just have faith and continue to ask the question.

UNLOCKING Curiosity

It may seem obvious, but curiosity is all about the questions we let ourselves ask. So often, the childlike quality of questioning others is stamped out of us as we get older—often, because we consciously or unconsciously fear that seeking answers will threaten our sense of stability or take us into unknown territory.

However, questions that empower us to understand ourselves and to take constructive action help expand our lives for the better. Now, this doesn't automatically lead to answers. It's perfectly okay to feel “stuck” after you ask the questions. The point of curiosity is to whet your creative appetite, not to get immediate answers.

In fact, while it may not seem like it, the confusion you might experience in the beginning of this process is actually a sign that you are on the verge of a breakthrough! Confusion can generate new neural pathways leading to major creative breakthroughs. If you find yourself spinning in a state of confusion, just be patient with yourself.

When we exercise curiosity, we exercise the faith to keep asking our questions. Be like the child who keeps asking “Why?” and doesn't get tired of it. And of course, expect answers that might be totally different from what you expected! After all, curiosity is all about openness to different outcomes and not getting stuck in needing to have one particular answer.

Let's put it all together now.

CURIOSITY
=
OPENNESS + QUESTIONS



THE SECOND KEY

CLARITY

Trust yourself and life.
Give yourself lots of space.
Exercise your intuition.

The second key is **Clarity**.

As you have probably discovered, curiosity tends to create more questions than answers! So you might think that clarity is about getting to the answers. However, I don't necessarily think this is true. Quite simply, clarity equals trust.

Trust is a firm belief in your essential ability, strength, and capacity to access exactly what you need in order to have the life you want. This trust is absolutely the same as what I like to call divine trust—which goes beyond mere ideas about “God” and taps into our innate connection to everything in the universe. In a state of trust, we have faith in ourselves and we also invite grace and help from unexpected places.

Embodying trust requires getting absolutely real with what is in your life. Because when we are stuck in our past wounds or future worries, there is no way we can hope to see what's right in front of us!

When you trust, you can count on yourself to act from a place of deep inner knowing that is a perfect response to what is occurring now, in the moment. Take a minute to think about your big aha moments. A lot of times, they come in the midst of experiences that are complex and confusing; just one single moment of getting present to what *is* can lead to stunning breakthroughs and flashes of inspiration.

CLARITY
=
TRUST

RIDE THE Wave

I'm sure that you, like me, have had moments of crystal-clear awareness in the midst of absolute chaos.

These moments are a lot like riding a wave rather than being submerged in the tidal crush of emotions or external circumstances. Just like riding that powerful wave, instead of being overwhelmed by your life, you have the capacity to observe it from a very different, and much larger, perspective. This is usually the place where we stop taking other people's advice and start listening to ourselves.

Often, what magically happens when we trust in ourselves and in life is that confusion melts away and is replaced by clarity. When we relax and remove ourselves from the trap of viewing things in black or white, good or bad, we learn to allow things to be exactly as they are—which can lead to new outcomes we might not have previously been able to see through the fog of doubt or fear.

Clarity can happen in the blink of an eye, but gaining it and becoming aware isn't always so easy. All the same, it's so necessary to commit to gaining clarity, because it puts us on the road to claiming our power and brilliance.

CLARITY = SPACE

Clarity is about getting to a state of internal calm where you can observe your emotions, behaviors, and reactions from a place of neutrality and compassion. Unfortunately, most people make decisions on autopilot or through kneejerk reactions to whatever is happening in the moment. We tend to react from the heat of our emotions, whether we are feeling anger, frustration, or despair. This doesn't typically lead to greater insights about who we are and what we're doing, simply because it doesn't create enough space.

Fear and frustration tend to constrict our sense of possibility, and to trap us in a limited perspective. In contrast, clarity is all about creating more space for yourself...the space to see exactly what is going on and to act from this awareness, rather than old patterns and beliefs. From this position, you have the room to ask yourself questions about who you are and what you really want.


TAP Into Yourself

One of my favorite ways to connect with clarity is through my intuition, which I access by getting very present and paying attention to physical cues, such as “gut” feelings, sensations in different parts of my body, and certain “hits” on situations. Our bodies, minds, and souls are constantly communicating with us, but unfortunately, we are trained to dissociate or zone out. When we strengthen our connection to ourselves, we strengthen our connection to the deep inner voice that lives within us. Intuition is a gateway to clarity, because it is all about becoming acquainted with this deeper sense of knowing.

Even though you may still feel “foggy” or slightly unclear, the more you trust yourself and the process, the easier connecting with intuition becomes. Intuition is a muscle that, for too many people, remains in an atrophied state. But it’s never too late to get back in shape when it comes to honing your ability to tune in to yourself.

Some people view connecting to intuition as listening to your “inner voice.” But clarity comes in lots of different forms: Sometimes the voice of your intuition is obvious, and you hear it in your heart or head; other times, intuition may not feel tangible or come to you like a bolt out of the blue, but you might experience it in other ways—such as the synchronicities you notice that fill you with an inexplicable sense of validation.

Simply practice sitting with yourself, breathing into your body, and allowing insights to naturally surface. Getting quiet and present will help you achieve greater clarity, as well as the wisdom to act on what you intuitively know.



Clarity = Intuition



Saul DIG

Take 20 minutes to write down your current values and beliefs about yourself, life, and the universe—everything that helps to lift you up and offer you a sense of meaning and direction. It's okay if you don't include a comprehensive list—just write down what feels most relevant to your life right now. (For example, I value creativity and collaboration, I believe in the power of sisterhood to change the world, and I know that the fastest way to empowerment and joy is to give up my victim story and accept my life as it is.)

Now, think about the challenges you have in fulfilling the dream you identified earlier. I want you to get honest with yourself and identify three ways you are not trusting yourself or the values you have identified. For example, you might be passing on opportunities to go all the way with your dream, you could be procrastinating on doing something that will get you one or several steps closer to your dream, or you are making excuses for why you can't have what you want. Now, note what not trusting feels like in your body. How does it affect your ability to move toward your dream? It's totally okay if you find that you simply cannot trust; be patient with yourself.

Sit quietly for a few moments and breathe into your body and whatever feelings have come up. Think about the dream you identified in the first section of this course. Without getting overwhelmed by any of the “stories” and thoughts you have about this dream, ask yourself: *What do I absolutely know about my dream?*

Write down the answers that come to mind. Even if it feels vague or like you are making up the answer, let your “gut” feeling speak for you. Say out loud, “I trust myself and what my intuition has to communicate.” The more you practice, the easier it will become. And the more you depend on this sense of inner knowing, the more you will learn to exercise a genuine sense of trust in yourself, which will help you make your life happen on your own terms.

UNLOCKING Clarity

There are plenty of ways to get to clarity: We can engage in thorough self-reflection in the form of journaling or art-making. We can dive into our experiences, being sure to turn over every single stone so that we can uncover the wisdom we've accumulated along the way and identify lessons learned. We can verbally process with a therapist or trusted mentor. We can confide in and exchange advice with our close friends. We can choose to bypass the craziness of our conscious minds and get right into our bodies (something that can be very helpful, especially for those of us who tend to overthink!). In the same way we engage with curiosity, we can achieve clarity that is individual, relational, or global.

There are truly as many ways of achieving clarity as there are people in this world! Simply remember to trust yourself, give yourself the space to figure out what works best for you, and use your intuition to take you there!

CLARITY

=

TRUST + SPACE + INTUITION



THE THIRD KEY

CHOICE

Know your power.
Be present.

The third key, **Choice**, is truly the differentiator between making life happen and just passively letting life happen to you.

In order to fully understand and appreciate the power of choice, we must accept that it doesn't matter what has happened to us in our past. Yes, we may have experienced such traumas as abuse, divorce, the death of loved ones, addiction, and other challenges—and we must be compassionate with ourselves, as these things have definitely impacted us—but we have to remember something: We can choose to not let those events define us today.

It doesn't matter if we were once powerless over our experiences, or if we made poor choices that led to those things. What matters is right now, today, and what we decide to do.

One of the things that keeps people from making a conscious choice to take action that will move them forward is the false idea that they are powerless, particularly in the face of circumstances or situations they feel they cannot change. But you are powerful beyond belief, and the perception that you are not is a self-sabotaging limiting thought. Personal choice and self-responsibility are valuable tools that can help you to know your power, courageously choose an outcome that will truly serve you, and move into the life you were meant to live.

CHOICE
=
KNOWING
YOUR POWER

LEAP AND THE Net Will Appear

Learning to live our wildest dreams is all about making conscious choices that are aligned with what we actually care about and how we know we want to live.

You know what the awesome thing is?

It's never too late to exercise conscious choice.

Instead of feeling like a victim and resigning yourself to a sad reality (“Obviously, there’s nothing I can do to change any of this”), you can get back to basics by using the first two keys: Curiosity and Clarity.

Now, let’s all please remember that there is no such thing as a “good” or “bad” choice, especially where learning is involved. But we can make more effective choices by getting into the present moment.

CHOICE = BEING PRESENT

A great quote to remember is the Zen proverb, “Leap and the net will appear,” which is all about trusting yourself (something we explored with the second key, Clarity) enough to make a choice in the moment.

Many people make the mistake of believing that they need to plan ahead and know what is going to happen in order to make a powerful choice. You don’t need to know what’s going to happen in the future, or stress out over what might have happened in the past. Simply remaining in the here and now will give you all that you need in order to step decisively toward your desires.

It is perfectly normal to feel stuck at times, like moving forward is impossible. But simply staying present, asking questions, and getting clear about what you want gets you closer and closer to where you want to be.



Saul DIG

Think of a time in your life when you felt conflicted about a choice you had to make, but ultimately, things worked out when you took a chance and made that choice. Let yourself be filled up by the sense of empowerment that came from moving forward, even if you didn't necessarily know what was going to happen (something that can too often paralyze people from making a choice). Now, go ahead and ask yourself:

What are some of the things I actually have control over in this moment, with respect to my dream?

What are one or two things I choose to do?

How can I commit to these choices?

I don't want you to just "think" about a solution. I want you to commit to it. What you are doing here is making a conscious choice that will bring you back to a place of power.

In exercising Curiosity, we are led to the Clarity we need in order to make a powerful Choice! The most powerful choices involve our committed action.

Now, write your choices out and set a deadline for carrying them out.

UNLOCKING Choice

Persevere in practicing the keys, which will lead you to more powerful choices. Be patient with yourself, especially when you are feeling frustrated or stuck. Finally, no matter where you are, remember to consistently commit to taking baby steps that add up over time to massive change.

Before you know it, you will be living your greatest dreams.

When you are willing to take responsibility for how your life is going to look, you will be ready to make the powerful choices that will rock your world and move you into more passion and purpose.

CHOICE
=
KNOWING YOUR POWER
+ BEING PRESENT



THE FOURTH KEY

CONSISTENCY

Commit to yourself.
Build the habits that support you.

The fourth key, **Consistency**, is often the hardest tool for all of us.

After we get to the point where we have made powerful choices, it might be tempting to believe that we've got a handle on our situation for good! But sustainable change isn't about the caliber of our decisions; it's about consistency. Let me say that again.

It's all about committing to consistency!

While we can all attend an infinite number of personal-development seminars and dog-ear the hell out of our favorite inspirational books, those activities are meaningless unless we are consistent when it comes to taking actions and building habits that serve us! In fact, the mistake that so many of us make is believing that change is going to be immediate and automatic, without our having to do all that much.

Ever had the experience of going to an amazing retreat and walking away totally psyched about everything you learned? But maybe, like the majority of people who take a class in the hope that it will help them cultivate lasting good habits, you found your initial enthusiasm waning after a week or two.

Trust me, I've been there! It's easy to be inspired by what you learn, but it's even easier to have those lessons fly out the window when you don't have the commitment to practice them. And truly, our commitment is what will get us from "good enough" to "great."

CONSISTENCY
=
COMMITMENT

YOU ARE MORE IN CONTROL THAN **You Think**

Sometimes, positive change occurs radically and overnight, but most of the time, it is gradual. In fact, change is often a product of consistent habits. Consistency over an extended period of time is what can lead to radical positive or negative change. Plenty of researchers have suggested that it takes at least 40 days for a new habit to stick, and individual times can vary from 18 to 254 days!

Creating the purposeful and passionate life you want isn't about filling your calendar with books and workshops. It's all about building consistent habits that serve you. And we are more in control of our habits than we think.

Practicing effective habits is like a country-western line dance: for every step forward, you find yourself taking two steps back. It happens incrementally—and it doesn't often transform into habit without a whole lot of effort and occasional backsliding into comfortable routines. The only way to navigate the steps is to continue to take practical action around what you most want.



Consistency = Building the Right Habits

CELEBRATE Yourself

Building consistent habits is easiest when we celebrate ourselves with love and affirmation.

Being kind and encouraging to ourselves is so important, because when we make dramatic choices in our lives, our self-sabotaging behavior is much more likely to kick in and remind us that we have ventured outside our comfort zone. This might manifest as self-defeating internal talk, such as, *This isn't really who I am—who am I kidding?* If you have experienced this, just know that those voices are not you—they are simply the result of an obsolete habit that's been running in the background and that it's time to upgrade.

We can't take these negative thoughts at face value. Sadly, this is what many of us do—we so often give up at just the moment when we should be honoring how far we've come.

When we find ourselves hitting a wall, it's likely that we have not recognized the progress we have made along the way or truly acknowledged our wins. This is why celebrating is so important: It reinforces our sense of what we've accomplished and motivates us to keep going.

So next time you accomplish a milestone around your chosen dream, no matter how big or small, stop to offer yourself words of love or a token of appreciation—which could be as small as a cup of tea or a scoop of ice cream, or as big as a new wardrobe. It doesn't really matter what you choose to give yourself, as long as the gift is given in the spirit of celebration rather than an attempt to fill a void within yourself.



A close-up photograph of various succulent plants, including a prominent rosette of green leaves in the top left and bottom center, and several large, flat, pointed leaves in shades of green and blue. The background is a dark, textured blue.

Saul DIG

Write down a list of your most ingrained habits that limit you from fulfilling your deepest desires. Be brutally honest with yourself; note how often you procrastinate on big projects, put your wellness on the back burner, or do anything else that might not serve you.

Don't hold back. Write for pages if you need to, but don't stop until you feel complete.

Now, write down another list: of the habits you have that actually serve you, and the ones that you'd like to develop that will bring you closer to your dreams. Just as you strived to be thorough with your first list, do the same thing here. Note any habits, even the seemingly insignificant ones, that have gotten you to where you are today. Let yourself fill up with pride and a sense of celebration and gratitude.

Post both lists in a place where you can see them daily. At the end of each day or week, consider which habits you've been feeding. Consider what you are giving your precious time, attention, and energy to.

UNLOCKING Consistency

Consistency comprises the rituals that create balance and meaning in our lives. They are the seeds we nurture, which transform into the gardens we grow. Our self-acceptance is the water that enables that process to happen.

Remember to start small and with great love—and to go slow. Small, consistent change leaves us feeling triumphant and accomplished. We don't need to wake up longing for “better” days or feeling that we've lost our spark. Instead, through careful attention to how we are spending our energy and attention over time, we can make our lives happen in the best possible ways at every moment.

CONSISTENCY
=
COMMITMENT
+ THE RIGHT HABITS



THE FIFTH KEY

CONFIDENCE

Move through your fears.
Embrace your mistakes.

Congratulations for making it to the fifth and final key of this journey, **Confidence!**

But of course, like any journey worth taking, there's never truly an end. As you learn to "work" the 5 Keys, you will find yourself coming back to them, customizing them, and finding new ways to learn from their simple but powerful wisdom.

Our final key, **Confidence**, is the one that keeps us in a state of maintenance so that we can continue to go back to Curiosity, Clarity, Choice, and Consistency.

When we make a commitment to the process, we build the muscle that makes us more capable of showing up and taking risks. I promise you that the obstacles that seemed like they were standing in the way at the beginning of this journey will continue to dissipate or become unexpected allies that will lead you more deeply into yourself, your passion, and what you love and value.

All it takes is your willingness to show up and face your fears, seeing them as opportunities to practice one or more of the C's at every single turn.

CONFIDENCE
=
MOVING THROUGH
FEAR

REFRAMING Failure

In many cases, our obstacles aren't real; they are often the result of our not fully owning our desires and dreams.

Confidence is all about believing in yourself. The thing about believing in yourself that so many people forget is that it's not about merely staying in the race when you're on a winning streak. It's about completely reframing your ideas about failure and success.

Remember, although many of us desire "success," few of us are willing to take the steps that lead toward it. One of those steps is the willingness to make mistakes, endure failures, and learn from each and every one of them. When we get stuck in limiting ideas about "failure" and "success," taking meaningful action can feel overwhelming. But when we come to understand that we can't have success without failure (and vice-versa), and to get clear on how our fears may be holding us back, we can step boldly toward what we want—with a newly restored faith in our ability to transform even the most painful experiences into ones that serve us. If that isn't the epitome of confidence, I don't know what is!



Confidence = Embracing Mistakes

A close-up photograph of various succulent plants, including a prominent rosette of green leaves in the top left and bottom center. The background is a dark, textured surface, possibly a wall or a large piece of paper, with the succulents placed on it. The lighting is soft, highlighting the textures and colors of the leaves.

Soul DIG

Write a list of all the “mistakes” you made that actually ended up being remarkable learning experiences. Ask yourself the following questions:

What did I learn from these so-called mistakes?

How did they contribute to my gifts and talents?

How did they make me the brilliant and beautiful person I am today?

Where would I be today without them?

Take that list and put it somewhere visible, where you can refer to it in both times of celebration and times of difficulty. Let it inspire you to own your awesomeness! After all, the willingness to make mistakes and take risks is precisely the thing that so many successful people share in common. Instead of feeling discouraged, be grateful for your bravery and inspired by how far you have come.

UNLOCKING Confidence

Confidence truly is about owning who you are in such a way that you can embrace even the things that might feel scary or difficult.

When we are confident, we are at peace. I want you to feel at peace with who you are and with the process of incorporating the 5 Keys into your life. They will be incredible supports when it comes to staying in contact with yourself, your needs, and your awesomeness. It's all about staying engaged with your life. Learn to love who you are, and to embrace each and every one of your experiences; this is what leads to genuine confidence and the resilience and wisdom to keep going.

CONFIDENCE
=
MOVING THROUGH FEAR
+
EMBRACING MISTAKES

Thank You for Joining Me on this Journey!

Together, the **5 Keys** make up a process that is deceptively simple, and incredibly powerful. It begins with asking yourself lots of questions (**Curiosity**), being present with and trusting yourself (**Clarity**), making effective and conscious decisions that are based on what you know and value (**Choice**), making the commitment to build habits that serve you (**Consistency**), and gaining the strength and resilience to keep applying the process (**Confidence**).

The 5 Keys are just one of the many resources I have for you, so please be sure to check out all my tools (including books, recordings, meditations, and interactive challenges) so that you can keep making life happen—on your own terms!

Thanks for joining my community. I want to hear from you about your successes, aha moments, breakthroughs, failures, challenges, and learning experiences!

Email me at info@kellymcnelis.com.

I wish you joy, empowerment, and everything you need in order to make life happen, right here and right now!

Big love,

Kelly

