



BRING LIGHTNESS TO YOUR LIFE: TAP YOUR CHILD SPIRIT

1 Permit yourself to laugh and be outrageous, experience the magic of lightness

Plug into these magical ingredients daily and notice the profound effects on your Self and others. How are you going to ensure that you remember to embrace these magical ingredients daily?

2 Get in touch with your creativity and nourish your soul

Re-ignite those childhood passions whatever they might be... clay, song, dance, story, paint, writing, carpentry, sport. What is your spirit desperate to get into now? How can you help your spirit to make it happen?

3 Use your imagination and create a more brilliant ending

When you have a challenge imagine a different ending, one that lightens you and frees your spirit. Write the ending down and make it happen! What story ending are you going to re-write now?

4 Re-gain your adaptability and enjoy the surprises that each day brings

See unexpected events as gold wrapped gifts that once unwrapped provide you with opportunities to lighten your load and shine more brilliantly. With this adaptability and way of looking at events what golden opportunities are before you now?

5 Be present, enjoy the moment and notice how much lighter you feel

Only by being like a child, being in the moment, fully present and fully focussed can you enjoy the gift that each moment brings. When was the last time you stopped to fully savour the moment and experience the lightness it brings? How can you re-create that experience now?

6 Be more spontaneous, release energy and soar above the clouds

Stopping to check everything and to make sure everything is perfect takes energy. It may be necessary and a responsible action at times but not all the time...child-like spontaneity is sometimes more appropriate. How often are you choosing spontaneity? What needs to happen to ensure that you choose spontaneity more often?

7 Tap the power of your mind and bring brightness and lightness

Children learn to walk because they believe they can. Children ask because they believe they deserve. Children who succeed have beliefs and attitudes that support them. Which one belief, if you dropped it now, would bring you even more lightness in your life? What is stopping you dropping it now and picking up a more empowering belief?