



**ENSURE THAT YOUR NEXT TRANSITION
TAKES YOU TO BRILLIANCE AND JOY**

*** Figure out who you are now. Be a detective and go on a treasure hunt!**

Laugh and play, re-awaken your creativity, recover your child-like wonder and open the door to the treasures within. These treasures tell you what you love and what you love is what you're gifted in. Which of your gifts make you shine more brilliantly?

*** Drop your need for approval and trust your inner Self even more**

Early in life you had yet to receive the wisdom that only years can bring. The approval of others would at times have been important to you, now is the time to ask yourself whether this is still so. Which is more important to your happiness now... how you are rated by those around you or how you feel inside? How could you build and strengthen your trust in that genius within, your inner Self?

*** Let go of the old you and the dreams of youth, leave space for the new**

Enjoy replacing out-dated dreams with ones that honour you, the real you. May the new show you living a life of brilliance, fulfillment and joy whilst gracefully accepting what you cannot change. What do you need to gracefully accept? To create space for the new what do you need to let go of?

*** Quit copying others, drop having to conform + stop having to be liked by all**

Now that you are wise enough to see the destructive nature of some of the behaviours of your early years drop them and set yourself free! Start being true to your Self, follow your own path, become a pioneer, an adventurer! Now that you've dropped these behaviours what new lands could your pioneer-self lead you to?

*** Realise that you never could be and never will be in control of everything**

Seeking to be in control of your life and to be 100% secure is an impossible task. Now, if you have not done it already, is the time to count the costs of these needs and to choose how much control and security you want to have. What would happen if you lessened your needs and trusted that all would be well? Where might you fly to and what treasures might you find if you were prepared to take more risks?

*** Be proactive and design your own path to freedom and happiness**

Celebrate that as you get older and wiser you are more free to make the choices that will take you along a path of real freedom and real happiness. Are your choices taking you along a path where you want to be, a path that offers life-changing opportunities ...one where your soul will sing?

*** Take action and make sure your team cheers you along**

Taking action and going out alone along a possibly unfamiliar life path can be scary, make sure you make it easier. Gather a cheering team around you, one that will challenge you and encourage you to acknowledge the wisdom of your years. How could the inclusion of a coach in your team help you turn your dream into reality?

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