

Sonia's Playbook©
Letting Go And Taking Action

Your life is your house. It is your flat. Your room. It is the space you live in, wake up and come home to every night. In order to change the energy in your room, breathe better, move more freely, feel happier and welcome new things in, you will want to free some space by moving some old, broken furniture away. You may also want to refurbish a few things and repaint some walls. A room-makeover will bring in new energies, fresh colours and more flavor to your living space. You will laugh more. Dance more. Become more hopeful. Come up with new ideas. See fewer problems. Meet new people. Learn new things and start [really] living.

Instead of being constantly on survival mode. You will be in FLIGHT mode.

So, are you ready to open the windows, let the wind in and start remodeling?

Here is your house; which room would you like to start with?



A. EXPLORE

1. Area. E.g. romance
2. What is making me feel bad? Where do I feel stuck? What am I afraid of?
3. What do I want? Get comfortable and journal. Give yourself permission to imagine your ideal life with your partner... Write down notes. No censorship!
4. How do I want to feel?

B. TAKE ACTION

1. *Set an intention, NOT an expectation!*

An intention is what you want to be, do, reach, change... and how you want to feel while doing that.



Intentions give us back empowerment and agency, while expectations give our power away to other people and circumstances and reinforce patterns of disappointment, comparison and blame.

Example:

☹️ ~~I will take this action in order to meet my future husband/wife.~~

☺️ *I want to meet different people who enjoy experiencing new hobbies together and I want to have fun and feel joyful while doing this.*

2. *Your action has to be:*

- Different: not something you already do
- Small and specific: something you can do within the week
- Resonant: makes you smile, excited, afraid, shocked
- Accountable: who will you inform about this and how?

Not feeling ready, confidence is generated in engagement and movement; not thinking!



ACT before you're ready.

Example:

☹️ ~~Not an action: I will become more outgoing in order to meet more people.~~

☺️ *Action: I will sign up for a social meet-up this week. The activity has to be something I have never done before. I will commit to myself and inform my friend by text.*

C. AFFIRMATION

Step into your power. Don't expect yourself to be perfect, but whole. As Elizabeth Gilbert puts it: *"perfection is fear dressed up in high heels"*

How will you deal with rejection, negativity...etc. Get yourself anchored in your affirmations:



I am enough. I am deserving.

D. SUPPORT YOUR LEARNING:

a. Movement: challenge the status quo

Physical activity: take a walk, do some stretching, play round in the park, take a fitness class...

b. Structure/Energy (Let's use the 'wind-metaphor')

What energy shift do you need for this to happen and for you to feel empowered?

A soft gentle breeze: Do you want to be gentler with yourself? Do you want more self-forgiveness?

A spiraling tornado: do you want more assertiveness and more oomph to help you make this happen?

A cleansing fresh drizzle: do you want to wash old habits away? Do you want to try something new?

c. Letting go of the old & freeing space for the new

1. What will I let go of to create space and manifest what I truly want?

2. Support your decisions with physical possessions:

This week, dedicate ONE HOUR and go through an old box, a closet, a storage room, a drawer at home or at work

a. Have a cardboard box ready; write on it: I give away with joy.

b. Stick to ONE HOUR only

c. Enjoy the liberating feeling of letting go!

E. DEEPEN YOUR LEARNING!

Inquiries: Journal about your experience.



“Journaling is a key to your inner-self”

What came up and/or opened up after this action?

How do you feel as a result of taking this action?

What have you learned about yourself?

What decisions have become easier to take?

What would you do differently next time?

What needs to change?

NOW WHAT? HOW COMMITTED ARE YOU TO YOUR OWN LIFE?

Level 1: Stop here. No further work. No accountability. No support. No sustainability.

Level 2: Try the same 5-step process with other areas on your wheel.

Level 3: Sign up and wait for more free resources.

Level 4: Join events, group coaching and workshops.

Level 5: Reach out to me for REAL, FAST, IMPACTFUL work. You've waited long enough; you owe this to yourself!

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Do it with joy!