

SENGA CREE

EMPOWERING WOMEN TO LEAD



The *You-Turn*™ Formula

Inner Wisdom *for* Outside Success

Hello and thank you so much for downloading the *You-turn*™ Formula Starter. This formula I am going to share with you is so simple but it really is the foundation of successful change. If you start your transformation with this learning in mind, then the scene is set for fabulous results. And even better than that- it is not about rushing to make anything happen.

It's a more subtle understanding and living of these three things.....

- *Understanding how your mind works-underpins everything else!*
- *Fear (thinking) gets in the way of doing our great work and leading a peaceful, confident life.*
- *As we step boldly forward with a new awareness, it is not about changing what we have -we literally see the world with different eyes.*

Understanding how the mind works: The state of our mind ebbs and flows, with around 55,000 thoughts running through it a day and we live our life in the *feeling* of these thoughts. Ups, downs, looping around. When we see that every individual on the planet lives only from his/her very own thought-created reality, (which may be very different to our own), we can get less caught up in the reacting to absolutely every thought that passes through our own head, in reacting to other people and get on with doing our very *best* work. This new world view also allows for such wonderful possibilities, new creativity, innovation and a deeper clarity to be present.

Breaking up with Fear: It is really easy to hook onto our fear as something that is happening to us from out there. In reality, we live in the feeling of our thoughts. All the uncomfortable ones, all the happy, successful, clear ones- our thoughts, our feelings. It's

easy when things go our way, to attribute it to a new job, great feedback or a relationship, but less easy to see that our perception of these outside happenings are just a figment of our thinking. The more we understand this fact, the more we understand our happiness doesn't come from things going just the way we imagined, or from not being able to control things, but *from our feelings* that are based on our *thinking* and we have 55,000 of them coming and going all day! SO... if that fear is nothing to do with anything outside you and just about your thinking and feeling in the moment- what next BIG BOLD move could you make? When we take action from this place of knowing- it is amazing how we grow into our confidence and clarity.

A new world view: We have an inbuilt recalibration system to settle our mind (just as our body automatically looks after our breathing, our heart beating and healing and repairing every day). And from this settled position we open our mind to a wider source of wisdom, a universal mind that acts as a gateway to navigating your life with ease. When you get settled and open your mind to this expanded potential, new insights, undiscovered opportunities and aha moments are all there! This *You-Turn™* the settled knowing, the awareness of your inner "clear" thinking and wisdom- this is what guides you to show up in a completely different way. And when you show up in a different way, everything is different.

My coaching uses The Three Principles thinking introduced by philosopher Syd Banks. here a couple of his quotes that I love and have helped my clarity and success....

If the only thing people ever learned

was not to be afraid of their experience,

That alone would change the world.

and this one..

Life is what you think it is.

Sydney Banks

Bold New Plans

Understanding that more striving and controlling is not the way to feel good or get results, frees up your energy and thoughts to create from a new place. Recognising you live in the feeling of your thinking doesn't mean you do nothing from now on it, it means that you get to consciously choose from your inner knowing what feels powerful, exciting and right for you.

So if 2017 is going to be the year you understand where your fears really come from, set firm foundations on getting acquainted with your inner wisdom and show up with a wider awareness of what shows up- what would you do and how would you stay the course? Scribble some notes below.

What would you like to create?

What would amazing look like?

What rituals will you put in place to make it happen?

Who do you need to reach out to for support?

Ideas to get you moving forward on your plans...

#1 Keep your goals loose: If you are absolutely set on your goal or outcome you set your field of vision and opportunity too narrow. You miss the journey and the learning in the moment. It is when you show up, for what shows up (as my coach Michael Neill shared with me) that the road to success, happiness and unimaginable results appears!

#2 Make space for what wants to come: the brilliance of inner wisdom is that it shows up in the space, when you are clear of cluttered thinking. Limit and subtract beliefs about the way you should be, the rules you live by, the people you should work with, the way things are meant to be. Let go of trying to control what comes into your mind. My clients often ask how they can speed up this process of uncluttered thinking! The only answer is to do less outward thinking. To understand that a cluttered mind is natural and it will settle. A cluttered mind is a sign that you focusing outside instead of in. As you *You-turn™ it will quieten.*

#3 Recognise love and kindness as a signal of an uncluttered mind- both for yourself and others. If your reality is based on your thoughts and feeling in the moment and thoughts ebb and flow, imagine that for every other person on the planet too. Is it any wonder this creates bewilderment and confusion as we face such conflicts of understanding. See that judgement, comparing, disrespect compromise your ability to do your best work. Your alignment to your inner personal thought wisdom produces your best results. And it is the same for everybody else. So if you are leading others- remember that their performance comes from their state of clarity in the moment.

All you need is within you.

Moments of fear, doubt and cluttered thinking will occur, but so will quiet, insight, courage and truth.

I wish you every success and love on your journey to creating big things this year.

Love Senga xxxxx