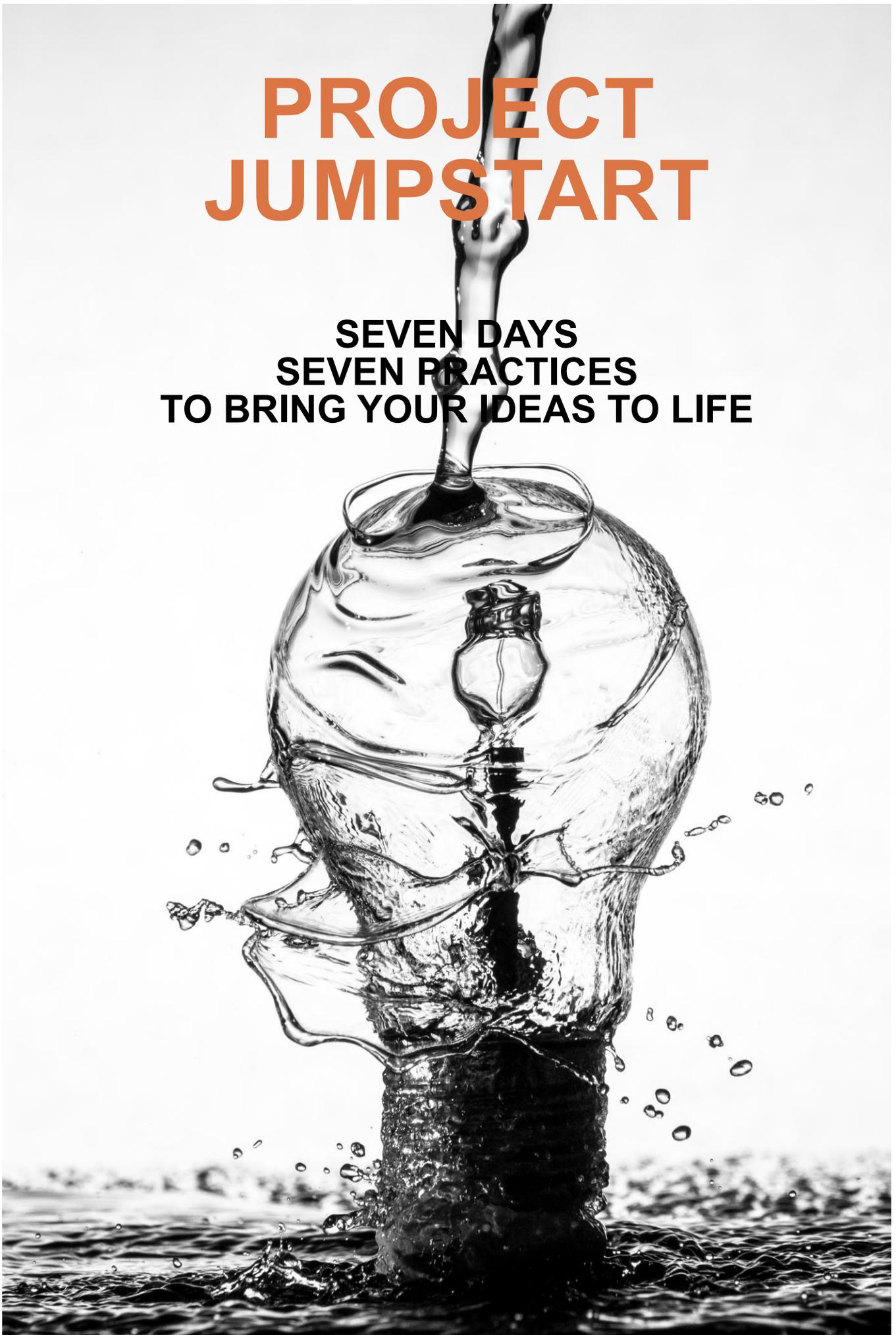


PROJECT JUMPSTART

**SEVEN DAYS
SEVEN PRACTICES
TO BRING YOUR IDEAS TO LIFE**



DAY 1- VISIONING

DAY 1 VISIONING

What wonderful thing/project/idea would you like to bring to life as part of YOUR Project Jumpstart?

Explore the practices and the “YoU-Turn” of inside out psychology.

PICK YOUR IDEA AND BREATHE FIRE INTO IT

What wonderful thing/project/idea would you like to create as part of this Project Jumpstart? If you have been waiting for a sign to spur you in to action- this is it!

I have helped people Jumpstart everything from writing a single blog, creating a piece of art or craft, to starting a business, simplifying, setting up an online programme, scaling up their business and starting a new health regime, to meeting the partner of their dreams!! It can be very small or the start of something much bigger. Know before you begin, that everything you create in your world- comes from thought.

“Imagination is everything. It is a preview of life’s coming attractions”- Albert Einstein

WE LIVE IN A THOUGHT CREATED REALITY, BUILT FROM THE INSIDE OUT, THROUGH OUR THINKING IN THE MOMENT. APPRECIATE YOU ARE BUILT FOR NEVER-ENDING INSIGHTS AND REALISATIONS.

And if you are not sure of a project- it will come. There is a creative energy in all of us. In fact, we are constant creating machines- we create meals, we move, we talk, we share on Facebook. We create work, pieces of art, sing (badly for me), dance, we bring up children, families, bake, grow gardens- all with our UNIQUE creating style. This project could be about doing LESS (more rest, sleep, space) or doing more (business, health, art).

*Your project should be unique to **YOU**-something that will make you happy to get started on-not for anyone else.

* It doesn't have to be huge or serious (unless you have something in mind) -in fact the more fun we can have with this the better.

So for day 1- I have one very simple actions (because this week we are going to get REALLY comfortable with taking action). Spend 20 minutes today in silence -

thinking about YOUR fabulous project. Don't judge it, or worry how you will do it. Don't compared it to anyone else's- big or very small -just think of something you would like to get flowing in the next 7 days- get it clear in your mind- what is your PROJECT and what **will the end result look like?**

WRITE YOUR PROJECT JUMPSTART HERE....



DAY 2- STARTING

DAY 2 STARTING

There is a brilliance in getting started. We move from intention and affirmation to power and certainty.

IT'S OFTEN NOT THAT THE PROJECT IS HARD...

It is in the starting (and then the keeping going). Today is in the starting. Taking a first step. A bit of action. There is a difference between trying and doing. Between intention and action. Between affirmations and motion (motion is lotion). So today is the day the fun begins!

We are turning Pro- Action Pro. And of course, we are already Pro but we don't always recognise it. We show up every day. We work, we feed our families, we walk our dogs, we run businesses. But for our Project Jumpstart we are going to go full Ninja Pro - Super Pro- committed, dedicated, taking action no matter what our thinking or feelings bring for the next seven days. And if you have picked something stretchy or healthy or indeed anything to do with losing weight, or exercise or writing, or business, or growth of ANY KIND that requires us to give up instant gratification - particularly of sugar or Netflix - there will be Resistance. And all that experience is created from the inside of our mind and all these feelings are normal!! The key message today- no matter what our feelings- we can still take action.

“Whatever you can do, or dream you can, begin it. Boldness has genius, magic, and power in it. Begin it now”- Goethe

ALL FEELINGS ARE NORMAL. WE CAN STILL TAKE ACTION REGARDLESS OF HOW WE ARE FEELING.

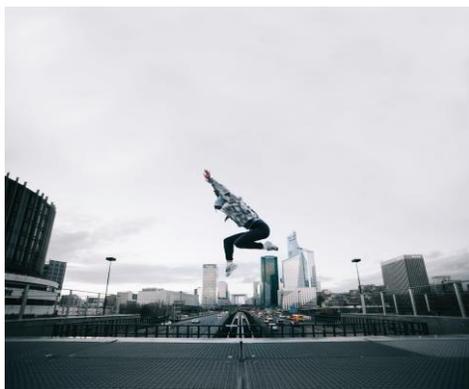
Today's 2 actions: 1) Find a picture, quote or Gif that reflects your Project Jumpstart (could be the end result, how you feel today, a before shot, an after inspiration). Pop it somewhere you can see it easily every day.

2) Tell me about THE one action you will TAKE towards that end result today! Then GO do it. The first step. If you can- post it on social media, or share with a friend. Consider this part of the game and the challenge - building your *put yourself out there muscle* and your *I couldn't care a monkey what other folk

think* muscle. Growing these will help in so many other areas.

WHEN WE START TO DO THE WORK - POWER AND CERTAINTY GATHER AROUND US

WRITE TODAY'S ACTION HERE....



DAY 3- THE POWER OF YOU

DAY 3

THE POWER OF YOU

One Understanding and One Superpower to help you with your Project Jumpstart.

ONE UNDERSTANDING, ONE SUPERPOWER

Today- ONE Understanding and ONE superpower to help your Project Jumpstart.

Behind my coaching model and in supporting people to bring new projects into the world with ease and grace, is an understanding of life principles first described by Syd Banks- called Mind, Consciousness and Thought. These are not tools or strategies but rather an explanation of the invisible operating system that explains how we work. How we show up in the world.

1. We experience life through the creative power of thought.
2. We have the gift of consciousness that helps us realise this.
3. When we appreciate this, we make space for universal intelligence that provides unlimited inspiration

Our personal world is created from the inside out, through our thoughts in the moment”

DAY IN DAY OUT, OUR MIND DISTORTS THE WORLD TO FIT WITH OUR LIMITED PERCEPTION. ALL WE MUST DO TO CHANGE THAT, IS TO ACTIVELY EXPECT A DIFFERENT REALITY.

How do we actively expect a different reality? No rights or wrongs, although it sometimes feels like that from the thoughts that ping pong around our head. Whatever your idea- don't feel you have to have all your ducks in a row. Jump in, get started, show up for what shows up, work it through as you go along. Understanding that the power to create and evolve your project comes from YOU. From the inside out. Open to what is showing up, moment, to moment in your day. See the power of the YOU-turn. Of looking at yourself. Your thinking. The power of recognising your stories, your history, your

beliefs. And the gift of ideas, insights. And knowing when these serve you and when they hinder you.

SHOW UP FOR WHAT SHOWS UP FOR YOU TODAY. WRITE YOUR ACTION FOR TODAY HERE.



DAY 4- PRODUCTIVE

DAY 4 PRODUCTIVE

My favourite saying to all my clients...

TIME is BIG

BUSY V FLOW

When you are in your FLOW, in your JOY, doing what you LOVE, not doing what you MUST - and challenging your models- TIME expands. Traditional thinking is based on increased effort and busyness = increased results and I have had a lot of learning over the years personally and with clients on the havoc that can bring!!!

The work matters. Sitting down every day and DOING the work matters. More important- is it the RIGHT work for you AND how are you approaching the work?

How you work, what you focus on, how much you squeeze out of your day, is a total reflection of the state of your mind. On what you choose to follow. Drudgery or joy. On how you choose to approach it - ease and fun v difficult and serious. Lead your Project Jumpstart from the mind of exploration. To see where it takes you. Curious to see how you can serve, give, impact, rather from a perspective of what you can get. Putting action off? How can you turn it into play? A game? Lighter? With ease?

“Being busy means doing stuff. Being productive means getting stuff done”.

IF YOUR PROJECT JUMPSTART IS A MUST, WHAT ELSE NEEDS TO GO?

How are you creating space in your life to create space. To achieve more through doing less. To earn more by working in a different way. To push your joy to the front of your life. To open your mind to new possibilities around WHO YOU ARE. I have this little thing called WIN THE DAY.

Where I do my most important things first, early, prioritised. Particularly if it's scary or challenging or frightening. That way you don't carry the worry of it with you all day - freeing up head space!! That's how you succeed over time. By the daily WINS! Try this with your biggest project Jumpstart action today.

DID YOU WIN THE DAY?

WRITE TODAY'S ACTION HERE...



DAY 5- EMBODIMENT

DAY 5 EMBODIMENT

Embody who you will become when your project is complete.

FEEL IT IN YOUR BONES

Have you picked this Jumpstart because you want it? Need it? Feel it? Is it something you know in your bones you want to do. That reflects who you are? That you are certain about? Even if you are not certain how you will do it or how it will work out. Personal mastery is in the developing of our own deep foundations and embodiment. Awareness, grounded, centred. This is the deep understanding of yourself, the deep roots. The understanding of how you relate to your environment, choices and challenges, all a reflection of your internal state-which ebbs and flows. Whatever you intend, walk your talk. Embody your dreams. Feel them into reality. Understand that YOU are living in a thought generated reality, bringing your embodied codes to life.

“How you relate to the surrounding environment is a reflection of your internal state”

WHAT GAP ARE YOU FILLING? WHAT SOLUTION ARE YOU PROVIDING? BE THE ANSWER: EMBODIED.

From experience I know that change is sometimes only moments away. We show up every day for things we don't love. What about trying something new for the things you do love? Not thinking that anything NEEDS to be done but because we enjoy the process. Or if we want an end result showing up when we don't think we will enjoy - expecting the very best for ourselves. Open to how things may flow. Open to other's perspectives and views. Open to being seen. Open to showing up fully. For the LOVE of it.

Today consider what energises you. Consider what environments your work best in. With whom? Consider your strengths. Consider how you can share your work? Consider the best media to bring it to life. Embody who you will become when it is finished.



YOUR ACTION TODAY. SPEAK IT | SHARE IT | LIVE IT | BE IT.

DAY 6- RESPONSIBLE

DAY 5

RESPONSIBLE

Do the work- because you love the process.

DO THE WORK

Do the work. Stay with the work.

No excuses.

If you get stuck- ask for help.

If you face a roadblock- find a work around.

Don't take anything personally (worrying about what people think, needing external validation). Remember- we all live in our OWN thought created reality. Not everyone will love what you do. YOU love what you do.

Self- validate- know your worth, your identity, your inside out design.

Keep fluid- reframing, re-adjusting, re-inventing-anytime!

This is the YOU-turn® in action.

“For your idea to work, you have to do the work”

THE ANTEDOTE TO FEAR IS ACTION

Today's actions:

1. Describe what your project result will look like in 12 months
2. Describe your project result in 3 months
3. Describe 3 actions you will take responsibility for this week to make it happen.

WRITE YOUR 12 MONTH, 3 MONTH AND THIS WEEK'S 3 ACTIONS HERE



DAY 7- UNFOLDING

DAY 7 UNFOLDING

Begin a conscious process of surrendering to the most expanded version of yourself.

THERE IS A TIME FOR EVERYTHING

Master doing the work but also be aware of the intangibles that go into LIVING LIFE LIKE IT IS GOLDEN.

We think how we are feeling day to day on how certain things are turning out, is a good measure of how well we are doing (or not doing) in life. Of how things are going - at work, in our relationships, business. Of our SUCCESS. When in fact they are nothing more than a measure of our THOUGHTS in the moment. Going up, down and sideways.

So, what if we just take the pressure off ourself and notice it's just thinking (notice also other people's thinking) and let life UNFOLD.

See how much you can get done in your project today by letting it gently unfold. By less prodding and controlling. To turn to our inner wisdom on the right next step. To know that each step you take, is moving you forward. Enjoy each aspect- the frustration, the gains, the wins, the tiredness.

“To the sage, all of life is a movement towards perfection”- Lao Tzu

HOW WE FEEL IS NOT A MEASURE OF OUR SUCCESS OR OUR PERFORMANCE.

Today's action:

Step back and witness what is evolving, what wants to live through you, where you need to surrender, let go of any self judgement and frustration and watch the perfect UNFOLDING of it all.

Find any places where you feel a need to control and let go there- just for today. Get out of your own way and “let” things be. Observe peacefully rather than

interfering. Notice what you are grateful for in what has transpired over the last 7 days. Write here what unfolded today, what you are grateful for and your key aha moments from the seven day practices.

REVIEW WHAT YOU HAVE ACHIEVED IN 7 DAYS!





WAYS TO WORK WITH ME

I hope you have enjoyed Project Jumpstart. Come find on me social media, tell me about your projects and say hello!

Senga Cree Coaching

I have a closed women's facebook page called Inner Fire- for conversation to support Women Rising. You can join here:

<https://www.facebook.com/groups/227902934209259/>

My general facebook coaching page is Senga Cree Coaching

<https://www.facebook.com/sengacreecoaching/>

You can contact me or find out more about my Inner Fire Online Coaching Group, 1:1 programmes and Spanish Retreats on my website

www.sengacree.com