



Is your 'Inner Flame' burning at 100%?

Have you ever heard of the term 'Inner Flame?' It's that part of you that feels fantastic when you're doing things you love. It allows you to give more, enjoy life and let you be everything you were born to be!

If your Inner Flame isn't burning too bright at the moment, ask yourself the following questions:

What can I do, that gives me energy, lights my flame and makes me happy?

This could be going for a walk during your lunch break. Asking a friend or family member to watch your children for an hour or so, listening to a song you love, having a sumptuous lunch or going for a massage.

Get creative! One of my clients had such busy days; she would take 10 minutes to go to Fiji in her mind, feeling, thinking and imagining herself being there. When she came back she was energised and ready for work again. She has now sold her business and has taken two months off for a wonderful holiday.

What needs to change so my flame can burn brightly?

This could be saying no when you're asked to stay late and do extra work, or asking for help when in the past you have soldiered on by yourself
Throughout your day you can even ask yourself 'Will this choice feed my flame or drain my energy?'

Who do I need to ask for support?

This could be your family, work colleagues, friends...

Make a list of flame feeding activities.

It may look like this...

Walks on the beach or sport

Dancing with friends

Reading or watching a great movie

Meditation or journaling

Dinner with your partner, or a weekend away

Great music or singstar

Time with family, playing, laughing or great conversation

A bath with candles and essential oils

Giving 100% on a project





Keep your list where you can see it and each day, choose at least one thing that will assist you in keeping your flame burning brightly. The rewards will be life changing!

If you take the time to listen, your inner voice will tell you what's right for you. When you first decide to make changes to feed your inner flame you may be challenged by people around you. They may not be used to the new assertive you! Stick with it, the more you look after yourself, the more you can give 100% to all areas of your life, including the people who are challenging you. And you'll still have energy left at the end of the day!

