

The Empowered & Evolved Challenge



'Kicking other people's crap out of your way to create and live your best life!'

Brought to you by Marie Stone

Do you ever find yourself holding back from flying your true flag, or from doing what lights you up the most for fear that someone will judge you for it?

When I was a child, my mother placed a fair amount of importance on my appearance. We were always clean and our clothes were always clean and free of holes. We were respectful and well behaved, but the only time my sister and I turned heads was when someone noticed how "good" we were being. What would people think if we appeared as rowdy ragamuffins wearing mismatched clothes or half of a halloween costume? I learned at a young age that it was important to value what people thought of me. In fact, I unknowingly raised my own children this way too!

Somewhere along the line, some of us have taken that ideology a little too far. We get so mired in what we perceive people's thoughts of us to be, that we are crippled. We are stuck in concrete fear. We don't pursue our crazy dreams, we don't quit that "great job" and start a business, we don't fulfill our lives purpose and passion. We stay in broken and unfulfilling one way relationships, in case someone out there might think we are doing the wrong thing.

I'm totally guilty of this folks, completely guilty...or at least I have been. I have stayed in relationships because I was afraid what people would think if I gave up...I have put off my dreams of working for myself because I was afraid of what life would look like if I wasn't earning a "normal" paycheck and taking care of my family. In the past few years I realized that I was doing this, and I decided to make a change.

The first big step I took was to leave a really high paying job for a much lower paying job in order to work in an environment that was much better for me, more aligned with my personal

philosophies. Someone asked me “are you sure you want to give up all of that money?” I smiled and said “Yes, I’ve never been more sure”. When I made that choice, I was rewarded with a very short commute and a really sweet schedule that has done amazing things for my stress level, and my quality of life.

I felt called to create this challenge to get you thinking about what your perceptions are really costing you, and how to shift your mindset away from other people's judgements and into your own reality, your own life, your own dreams, and your own path forward. Let's unpack this concept together - if you are holding onto other people's crap I want you to feel empowered to kick it out of the way and get on with living your very best life! A life that you design and create!

Welcome to the challenge, and I sincerely hope that it brings about some change for you!

Instructions:

1. Set goals for your challenge (worksheet included in workbook)
2. Move through the activity for each day
3. Have fun, learn and grow!

Let's Get Kicking!!!

Set your goals for the challenge.

It's important to have some goals to reach for! Use the space below to set some goals for this challenge. Some examples might be:

1. Choose one thing from your bucket list that you've hesitated to do because of judgment (perceived or otherwise) from people in your life.
2. Add one new thing to your bucket list that you would have NEVER considered before for the same reasons as in #1.
3. I will spend 15 minutes each day working on the challenge.

Goal #1

Goal #2

Goal #3

Day 1-

Part 1 - Today's activity involves reflection. Recall and write about what you remember being told as a child about how people would "look at you" if you dressed or behaved a certain way. How does that make you feel? Where do you feel it in your body?

Part 2 - Look back on your life up until now and make a list of things that you were afraid to do/be/say because of what you thought other people might say or think about your character and your worth as a person.

Day 2 -

Part 1. What/who's judgment are you most afraid of and why?

Some examples to get you started: What will my family think if I quit my job and started my own business? What would my boss think if I started taking initiative and implementing ideas without asking first? What would my spouse think if I started hanging out with a new group of friends that I'm afraid he/she won't like or approve of?

Part 2. What would happen if you just let that judgment come out, and float around, but don't let it stick to you...dodge it, and do your thing anyway? Brainstorm a little bit here and see what you come up with! What are the best and worst case scenarios?

Day 3 - Think of someone you know (a child or an elderly person might be a great example) that dresses and behaves or speaks their mind however they feel without fear of judgment. How do you feel when you observe them? Where do you feel it in your body? What questions might you have for them about how they have lived this way?

Day 4 - Think about the relationships you have with the people whose judgment you fear the most. List them below. Write a few thoughts about how those might change if you were to move forward with an item from the list you created on Day 1.

1. Do you think they would feel differently if they saw you deliriously happy after taking such a leap?
2. What is your level of fear around this person's judgment on a scale of 1-10 now, as opposed to Day 1 of the challenge?
3. What judgements have you had about YOURSELF that might hold you back from living the life you would love? Has this challenge helped you see them differently?

Day 5 -

Part I: What things do you or have you judged others about in the past that you can look at differently now that you've worked through this challenge?

For example: Perhaps you judged a friend (or yourself??) in the past for leaving a relationship that was unhealthy and unhappy for them. You thought they were crazy for taking a financial hit by walking away from a partnership. You thought they were foolish for taking on everything around the house once the partnership was over and they lived alone. Do you feel/think differently about the action that your friend took now that you have dug into this work a little bit?

Part II: Choose one thing that you feel you will view/judge differently now that you have done this work, and kicked other people's crap out of your way! Now you are ready to create and live a better life.

Let's wrap up!

Now that you've had a few days to examine the pieces and parts of this topic, I'd like to just leave you with a bit more food for thought as you continue to do the work on your own.

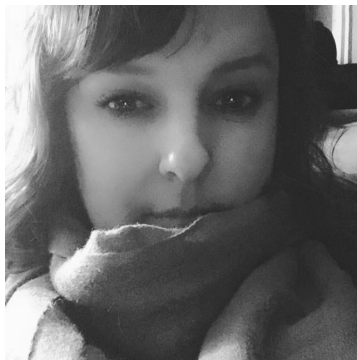
The fact of the matter is that whether people are judging us or not, we have to make decisions in our lives every day. We have to decide what it is that is going to make us happy or make us feel stagnant, stuck and unsatisfied. WE are responsible for that, not ONE SINGLE OTHER PERSON.

For some of you this may be as close to the surface as dying your hair a wild color. For others it might be as serious and life altering as coming out with your sexual preferences, a divorce, career change, or a move out of state or country!

At the end of the day, you lie down with your own morals, your own values, and your own feelings. You also pay your own bills, craft your own life and home, raise your children as you see fit.

Other people's crap, whether real or perceived, needs to be cleared from our paths so that we can be our authentic selves and follow our intended paths without fear. I hope that this challenge helped you to see and understand those judgments in a way that you feel confident in dealing with them.

I've recently started a brand new blog www.ruthlesslyresilient.com Check it out!
email me at pathfinderenergyworks@gmail.com



About me: My name is Marie Stone. I'm an Intuitive, Energy Healing Practitioner and Spiritual Empowerment Guide. I help people to heal old feelings, alleviate pain, feel balanced and

emotionally healthy and ultimately align themselves to activate their own inner healer. I provide them with tools and confidence to tackle life's challenges from a loving perspective.