

EMOTIONAL MUSCLES:

Other boot camp participants were gracious enough to allow me to share their "emotional muscles" and mini-descriptions to you. As you read each one, you may imagine what the ripple affect is on a goal, vision or state of being. And, remember -- select emotional muscles that resonate for YOU. I'm sure you'll be as creative as this group. Have fun with this process!!

Taking Ownership: I move through the world with the rock-solid knowledge that I have created this life I am living, and that I am WORTHY of it. I don't have to prove anything to anyone, and I don't question myself. I take feedback in a self-assured, open manner, bringing my unshakable poise to all that I do.

Calm Confidence: I am composed and tranquil even while juggling complicated projects. I take care of myself, so that I am able to do things in appropriate, skilled, supported ways. I make use of resources to help me produce substantial endeavors without stress.

Outrageously presumptuous: I am willing to boldly step into places that don't fit into the box of how I am supposed to behave and what I am supposed to be allowed to ask for.

Sharp Focus: I don't allow my emotions to muddle my clear view of things as they are. I act with clarity and surety

Forgiveness. There are certain people in this world, which I now realize more than ever, I need to forgive. A common theme in all the literature I am reading right now, whether it's self-help, spiritual, or inspiration, is forgiveness. As I keep reading, these certain people keep popping up in my thoughts and my dreams. I believe this is my sub-conscious mind telling me that the time has come!.... ***I offer forgiveness to those who I perceived as hurting me. I offer forgiveness to myself. I realize that the act of forgiving frees up exponential energy in my life that can then be utilized for the greater good of the universe.***

Humility- I know I need more of it in my life, but I need to be clearer to what it means. Humility according to the dictionary means: modesty or respectfulness (or rather, the quality of being modest or respectful). It also is defined as having an unassuming nature. Yes...I need more of this in my life. ***I see each and every person in my life with fresh, non-judgmental eyes. I approach life experiences with love and an unassuming nature.***

Gratitude. Although I have already started this one (and it's made such a

profound difference in my life in just a month!), I still approached this topic with resistance. WHY??? I really don't know why I have resistance here. Even though I've already started flexing this emotional muscle, I still find that I have a hard time when I need to flex it the most (like when I'm feeling low). ***I have gratitude and am grateful for every sip of air and every second of my day that I get to enjoy on this journey of life. I show my gratitude every day through my thoughts and actions toward others, earth, and myself. Thank you, God/Universe for this amazing life I get to create.***

Commitment. I am committed to being committed this year. I flex and expand this muscle of commitment and I watch how easily all of my experiences improve. Part of my commitment means saying no when I don't have time, saying yes when it's for my highest good and knowing when to discern between the two. Commitment means putting things on my calendar that need immediate attention and accomplishing them. This commitment will be the key to my success in this coming year!

Child-like enthusiasm. I have the exuberant enthusiastic energy of a child. I embrace every experience as if it is the very first time, with my eyes and my heart wide open. I am bursting with child-like enthusiasm! The universe is SOOOO supportive (and so funny!). I decided to go to my basket full of soul qualities and choose the next muscle for this year. These qualities are buried amongst messages and affirmations that I choose day to day. Guess what quality I chose - enthusiasm, of course. What else can I say 😊!

Peace. Deep within me there is peace and harmony and I am in the flow of love and life. I allow this expression of peace to guide me each day as the universe directs and supports me to my highest good!

Integrity. I always strive to live with high standards and values and flexing this muscle reminds me that my integrity is contagious and it can easily spill over to everyone whose life I touch. I let integrity flow through me to others in each and every action this year! PS There is NO (that's right, ZERO) judgment in integrity – just a reminder girl – STOP IT!

Serenity – I was just curious what soul quality I would choose next. Just as sweet and gentle as peace – let this year be filled with sweet and caring serenity.

BELIEVE - There are **STILL** times when I do not believe it will happen for me! I do fully believe I'm capable of maintaining this great relationship but I waffle on believing that the person will present themselves to me! 😊
(Charlotte on Sex and the City: "I've been dating since I was fifteen, I'm exhausted. Where ***IS*** he?!")

Surrender: I am focusing on surrendering my need to control the outcomes of the

HOW my goals will manifest. I am surrendering to ALL the abundance of health, wealth, JOY, love, creativity, inspiration and peace that the Universe has in store for me. I am letting go as I imagine myself swinging on a BIG swing connected to one of those beautiful GIANT redwoods you all have in California. I am a tree junkie (can't believe I've never seen those trees in person yet!) and that image of swinging on a swing from one of those trees, like a little girl...just ALLOWING and BEING present and not forecasting the future or rehashing the past. Just opening up and saying Ahhhhhhhh...that's surrender for me. And so it is!

Receptivity: A lot like surrender, but slightly different. With receptivity, I imagine I am a catcher playing softball with the Universe. Never quite sure which ball will come my way. Will it be a fastball? A curveball? Yet, using my intuition and connection to the pitcher (Universe) I can still flow and sway and shift, as I am receptive to anything it throws my way. Because I trust and KNOW that whatever it is, it serves my highest good. I'm receptive to what comes my way and I am open to that position.

Vulnerability: Here's the tricky one. I still have a way of being the "strong one". I am aware that I still have some old "defenses"...haha, I notice the word "fence" in defense!! So those "fences" still try to protect me. Yet, I have shifted in such a way that I am no longer wanting to "be strong". Not in the old way anyway. I AM strong, but I don't need a protective armor anymore. So I am focusing on opening my heart, my mid and my spirit thru flexing the surrender and receptivity to allow me the opportunities to BE vulnerable. I think if I am aware when moments arise for me to just BE (emotional, moody, funky, joyful) that I can also let others see that part of me and they won't bail or freak out or be disappointed. That I can still support others AND be vulnerable and let them IN.

JOY/FUN Because let's face it...is there ever too much? I just love focusing on this. I have been since earlier this summer and what fun has been coming! I want to continue to focus on JOY as sometimes I can get too "serious" in regards to work and career. JOY muscles remind me to have FUN and breathe in all the goodness life is offering me. I LOVE laughing and I LOVE connecting with others thru laughter. So JOY/FUN is definitely on my list of muscles to keep on stretching!

Integrity: The best description of this I have ever found said that: Integrity is the value we place on ourselves. Because I value myself so much, I want my actions to be Spirit lead. I will speak my truth and stand in the confidence of knowing it is "my" truth. I will be considerate of other's feelings, but I will be in integrity with me, first and foremost.

Focus: I don't want to lose sight of what I'm capable of creating by maintaining focus. If I lose focus, then I've allowed my ego to take over, and at that point I'll be out of integrity with my Spirit.

Awareness: Is the power to be the "witness" that identifies when I'm in Spirit or in ego. If I remain in awareness, then I will consciously choose to focus, which will keep me in Integrity.

Unconditional Love: As I live my life in awareness, I can't help but focus on creating a life based on Integrity. When I live this way, only unconditional love will flow within me and through me.