

TAKING INSPIRED ACTION

Review Lesson #5 (Inspired Actions) from *The Power of Inner Choice*.

What is INSPIRED ACTION??

Inspired action is about being "pulled" into action. Inspired literally means -- "in spirit". Let action FLOW. Let action take you. Effortless vs. effortful. Allowing the power of your vision to *pull* you into action.

How do you know you're taking INSPIRED ACTION? (GROUP DISCUSSION)

- * Feels easy
- * I complete things
- * I enjoy the process
- * I look forward to it
- * Seems right - no conflict
- * I'm feeling GREAT!
- * there is an energy in and of itself --
- * barriers are translucent
- * I don't think about it, it just happens
- * it's clear, no doubt
- * there is no second guessing -- it's just clear and I step automatically into action
- * it "feels right"
- * get a clear picture - I KNOW what to do - driven by a vision
- * Detached from the "how" of the outcome
- * spontaneously acting out of the moment

How can you increase your ability to take INSPIRED ACTION? (GROUP DISCUSSION)

- * SURRENDERING
- * breathing
- * looking for it
- * get body moving - de-armor the body
- * meditation
- * music
- * stretching
- * Rolfing
- * quieting the mind
- * capture the ideas when they flow
- * RESPOND when inspiration does flow
- * reading...something inspiring
- * NOT trying to get there
- * getting your mind off the task at hand
- * wait until clear
- * stillness

Also when we are:

- 1) Living in the present moment
- 2) High energy vibration and
- 3) Connected to Spirit...Inspired action naturally occurs.

Other distinctions from Lesson #5 in The Power of Inner Choice. (refer to the book).

- **Outcome vs. Action Steps
- **Inspired Action vs. Willpower
- **Forced Action vs. Willpower
- **Do you REALLY Want it?

NOTES:

Willpower is useful to "jumpstart" inspired action
"Forced action" over the long haul leads to exhaustion

CONSCIOUS COMMITMENTS:

- 1) Write down your top 3 goals.
- 2) Write down 10 Inspired Actions for each of your top 3 goals - using the attached worksheet.