

YOGAMOTION LIFE ENRICHMENT®

ENERGY ENRICHMENT



CLEANING UP YOUR ACT

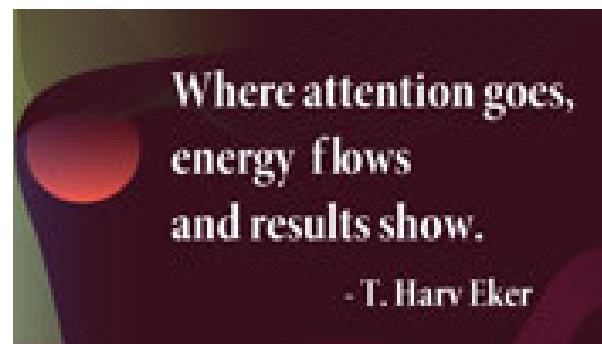
Today's lesson is one of my favorites that was gifted to me by my coach to help clear the way to manifesting intentions. It's one thing to clarify intentions, it's another thing to follow through with manifestation. So often we get tripped up by varying distractions that drain our energy within in our environment, our work, our finances, and our relationships, including those with our own body and soul.

Some of these items will be **easy to fix** and you'll feel a sure of renewed energy instantly. Some of these will be a little more challenging. No matter how it works for you, remember...THIS IS A TOOL.

Do not use it to berate yourself. Most people have fairly low scores when they first take it. And when they get clear that there is an actual concrete practical way to begin creating more energy in their lives, they begin checking items off slowly but surely. And that is the key, **GOING SLOWLY AND REWARDING YOURSELF** for each accomplishment.

Once you take this survey, the choice to do something about it is yours. My recommendation is that you set a goal to clear up one item per week during this course. Make it do-able. Then, commit to continuing these little repairs as this is an ongoing process.

Occasionally, some people feel a little disheartened after seeing their scores. They get down on themselves because they see some of the disempowered places in their lives. Remember, that this is a process so please be extremely gentle with yourself as you begin to take the steps to Enrich your Energy. Don't try to do it all at once. It's best to go slowly and watch how the progress unfolds.



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MODULE TWO - DAY 2 ENRICH YOUR ENERGY



The Energy Enrichment Survey is a list of 125 items. When these items are completed, your life and success will effortlessly run at a higher level because you'll be operating from a stronger sense of personal power and creative energy.

There are 5 Enrichment Areas for your attention:

Environment ♦ Business & Work ♦ Body & Soul ♦ Money & Wealth ♦ Relationships

This system will help you clean out and ENRICH these areas of your life. Completion can take anywhere from **6 months to 2 years or longer**. Of course, life goes in and out of balance. There will be times of transition when these items become incomplete after having been complete before. With that said, this system is a tool for **progress, not perfection**. Let it guide you, not rule you.

INTENTION

Just by doing this program, you'll be Enriching your Energy with your awareness alone. After that, aim for a score of at least 115 out of 125. Upon achieving this, you'll feel "complete" in most areas of your life. However, the process will be a reward in and of itself. Try to complete one new item a week at first.

RESULTS

You'll notice three major changes as you increase your fulfillment in each of these areas.

1. You'll have more energy. Clean orderly spaces, open communication and self-responsibility will create more enthusiasm for doing what you love.
2. Your awareness alone will create completions, as you clearly see and fix where you've been tolerating things in your life.
3. You'll get clear about your direction and purpose! Many people struggle to "figure out" their mission or their purpose. When incomplete items are handled, those exact answers come naturally because your energy will be in the present moment. You'll react less and create more in your daily life. This higher perspective is essential in the process of creating your best life.

INSTRUCTIONS

1. Review each item. If it's true for you, check the box. If it is sometimes true, DO NOT check the box until the statement is **always true for you**. If the statement does not apply to you, check the box. (You get "credit" for it because it does not apply and therefore is not a drain on your energy.)
2. Count your check marks and write the total at the bottom of each section. Add those numbers up for your total score. This is your starting point.
3. Continue to check items as you get complete. Revisit this system every six months. You'll be amazed at how much your score has increased!

ENVIRONMENT

Date ____/____/____

- I love my house/apartment/condo.
- I live in a location that I love.
- I am comfortable having visitors in my home.
- My home is clean and orderly.
- I love my furniture.
- Papers and receipts are in order and in their proper place.
- My car is clean and up-to-date on scheduled maintenance.
- My appliances do not need repair or upgrading.
- My plants are healthy. (Watered regularly, getting light and love.)
- I love the paint/wall paper colors in all of my rooms.
- I love my clothing.
- My clothes are clean and fit me well. (No piles of unwanted stuff.)
- My pets are healthy and get lots of love.
- My mattress is optimal and lets me have the best sleep possible.
- My bedroom is a place of peace and comfort.
- My lighting/lamps all work well, and light bulbs don't need replacing.
- Nothing in my environment harms me. (Toxic fumes, loud traffic noises, violent people.)
- There is nothing I tolerate in my home environment. (Dents, repairs, etc.)
- I regularly delight in music, art and beauty.
- There are no "dreaded" closets, attic spaces or basement areas in my home.
- My bed is made each day.
- My windows are clean.
- I am not clumsy or accident-prone.
- I use only non-toxic products that do not harm my family or my pets.
- I do not have excess clutter or items in storage that I do not want or need.

My Environment Total is



BUSINESS & WORK

Date ____/____/____

- I'm supported by a great team or staff in my work.
- I'm not stressed in my work.
- I do not dread calls from clients or others I serve.
- I manage my time well at work.
- I do not waste time on distracting activities like Facebook or email.
- My work allows me to be creative and serve with my unique gifts.
- I delegate clearly and well.
- I regularly take time to work ON my business or work – not just IN it.
- I am up-to-date on my social media presence.
- My website is up-to-date and serves my business well.
- My resume and/or other promotional materials are up-to-date and easily accessible.
- I have the proper working equipment for all of my business needs.
- I never have to waste time searching for needed documents or emails.
- I have a coach or mentor who encourages me and helps me strategize.
- I regularly invest in my own Upleveling and education.
- I wake up feeling excited about the coming work day.
- I am surrounded by positive, upbeat people in my office and work.
- I hardly ever get sick or have to miss work because of health issues.
- My office environment is productive and inspiring.
- My computer works well, is upgraded, and fully supports my efforts.
- I back up my hard drive on a consistent and scheduled basis.
- I am consistently on time for appointments and meetings.
- I do not have piles of paper or clutter on my desk or floor.
- I am up-to-date with current apps and devices, and use them to my highest benefit.
- I take evenings, weekends & holidays for personal time and have enough vacation each year.

My Business & Work Total is

BODY & SOUL

Date ____/____/____

- I'm happy with my body weight.
- I don't "check out" by watching television. (No more than 5 hours per week.)
- I don't or hardly ever drink alcohol. (No more than 4 drinks per week.)
- I hardly ever do stimulants like caffeine or sugar. (No more than 4 times per week.)
- My teeth are healthy. (I regularly visit my dentist.)
- I am fully confident in my physical health.
- I regularly visit alternative health professionals. (Massage, acupuncture, naturopath, etc.)
- I don't smoke, and I am not exposed to second-hand smoke.
- I do not abuse any kind of drugs or meds.
- My eyesight is great and/or I have regular eye exams to correct vision issues.
- I am happy with my hair.
- I have a regular work-out routine and get plenty of exercise.
- My nails are healthy and look good.
- I have hobbies and enjoy activities outside of work.
- I do not envy other people's lives or belongings.
- I am free from negative habits or addictions.
- I consistently get at least 8 hours of sleep per night.
- I use well-made glasses and/or sunglasses.
- I do not struggle.
- I laugh out loud every day.
- I take time to read.
- I do not make excuses. I take responsibility for my life.
- I drink plenty of water.
- I have a spiritual practice or a deep and ever-growing higher awareness.
- I know how to be with myself and be a loving friend to myself.

My Body & Soul Total is

MONEY & WEALTH

Date ____/____/____

- My bills are paid on time.
- My income source is reliable.
- I always pay myself first.
- I set aside a predefined amount of my income in savings.
- My “money conversation” (in my head) is one of abundance and prosperity.
- I have a consistent/weekly financial habit or system for tracking, reconciling, etc.
- I have a clear financial goal and a plan to get there.
- I have paid off or am current with payments on any borrowed money.
- I have at least 3 months of living expenses saved in an easily accessible account.
- I regularly create and live on a budget that helps me make wise choices.
- I am up-to-date on all my tax returns and do not fear the IRS. (Or other similar agency.)
- My financial files, tax returns and receipts are in order and easily accessible.
- I have high-quality health insurance.
- My possessions (home, car, etc) are well-insured.
- I have no outstanding or neglected legal issues.
- I have a will that is up-to-date.
- I do not worry about money or my investments.
- I am clear about my assets, liabilities and know my exact monetary worth.
- My work or business is financially rewarding.
- I hire ample support where needed in my life. (Child-care, house-cleaning, etc.)
- I have a professional and trustworthy accountant.
- My income increases each year.
- I confidently charge enough for my products and/or services.
- I regularly educate myself about wealth/money/finances.
- I know how to create wealth.

My Money & Wealth Total is

RELATIONSHIPS

Date ____/____/____

- I am complete with ex-spouses and romantic partners. (No drama, blame or attachments.)
- I am up-to-date with phone calls, notes and responses.
- I have said “I love you” to my spouse or partner this week.
- I have said “I love you” to my kids this week.
- I have said “I love you” to my parents this week.
- I get along with the people I work with.
- There is no one in my life that I try to “avoid” in public.
- There are no relationships in my life that drain me.
- I have made amends with anyone whom I’ve hurt, even unintentionally.
- I do not gossip or criticize or talk about others behind their backs.
- I have a circle of friends who encourage me and appreciate me.
- There is no one in my life who tries to change or fix me.
- I actively listen to the people in my life.
- I am honest.
- I have forgiven those people who have hurt or harmed me, intentional or not.
- I am impeccable with my word; people can trust me.
- I quickly own my mistakes or miscommunications when they happen.
- I communicate and take care of my needs and wants.
- I do not blame others for my results or outcomes.
- I do not betray my values or authenticity in order to get approval.
- I do not get triggered by things people say to me.
- I have a best friend.
- I make requests rather than complain.
- I am clear with boundaries. I say “yes” only when it is a true YES.
- I do not use or manipulate people to get what I want.

My Relationships Total is

My Energy Enrichment Total today is