



Hi!

Thanks for signing up to my mailing list and here are the bonus morning questions.

My mission in life is to Live Life Lightly, I love to take away all the things that are weighing me down and to set myself up for success.

I use these every day, with tapping also (see link to video below), to set myself up for the day. You can answer all or some of the questions but I found it is great to start with them all and see how life changes.

As Wayne Dyer says - You cannot always control what goes on outside but you can always control what goes on inside.

As I teach in my Light Centred Coaching program, our long held beliefs from childhood, combined with our thoughts and choices for action create every moment. Lots of these are subconscious so you are not aware of how you make the decision. Light Centred Coaching is all about empowerment. I believe we all have the answers inside of us but unless we connect to our true selves it is hard to hear the answers. Working with me brings you that sense of connection and reduces your stress levels so that you are fully empowered to take charge of your light filled life.

Journalling first thing every day sets us up for clarity around our intention and inspiration for the day.

Making the most of the day

"This is the beginning of a new day.

God has given me this day to use as I will.

I can waste it or use it for good.

What I do today is important because I am exchanging a day of my life for it.

*When tomorrow comes this day will be gone forever,
leaving something in its place that I have traded for it.*

I want it to be a gain, not loss - good, not evil.

Success not failure, in order that I shall not forget the price I paid for it."

Enjoy working through the questions - the more often you do them the easier and quicker it is to love your life!



What am I grateful for in my life?

What am I happy about? What am I enjoying most?



Who am I today...how must I move, talk and feel in order to become the person I know I am capable of being?

Today...how can I bring more meaning and excellence to my activities?



Today...what will my day be about? What can I do well at today?

What will I notice today that I had not seen before?



What am I proud of in my life?

What is great in my life and how does that make me feel?



Who do I love and who loves me?

**What positive emotion do I intend to bring to all my interactions today...
how can I light up the room just by entering it...check out the Tapping
further down to bring some real intensity to this...**



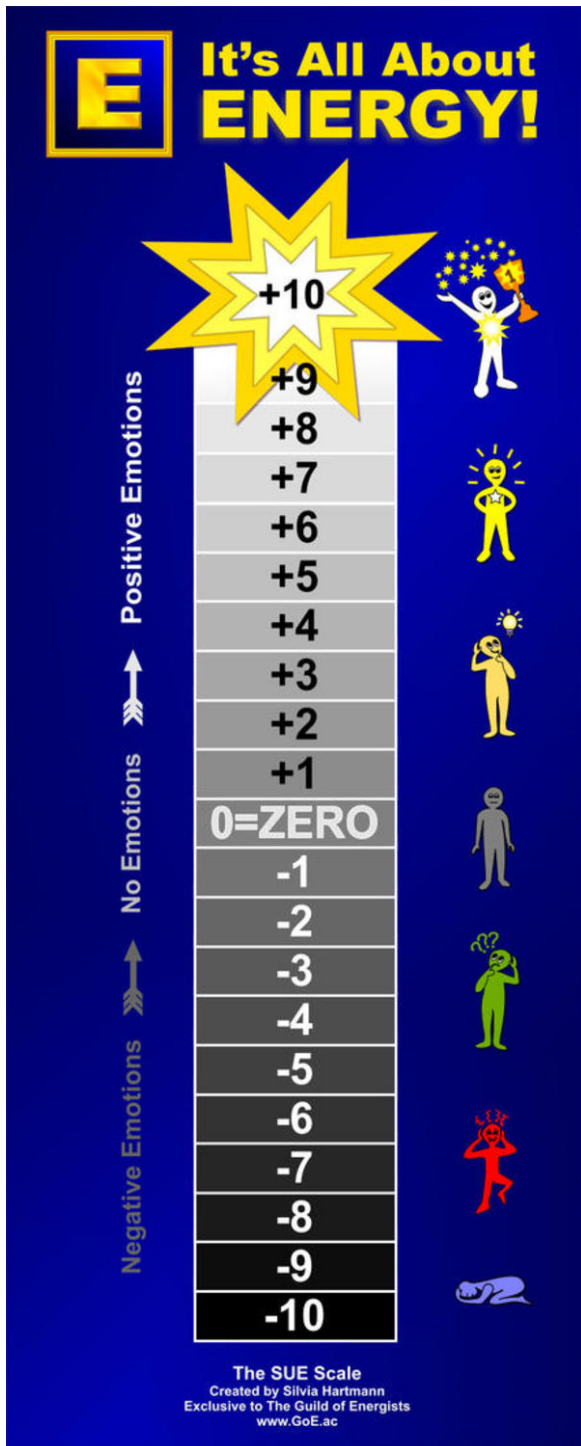
What might stress me out today?

How would the best version of me respond to this stress?



What is on my task list that I have been avoiding and when will I do it today...as Tony Robbins says "When is now a good time to start?"

Look at the Sue Scale below....



Without thinking too deeply about it what energy level are you at right now?

<i>Lightness</i>	<i>Love</i>	<i>Wisdom</i>	<i>Wonder</i>	<i>Money</i>
<i>Excitement</i>	<i>Hope</i>	<i>Health</i>	<i>Purpose</i>	<i>Clarity</i>
<i>Abundance</i>	<i>Happiness</i>	<i>Faith</i>	<i>Laughter</i>	<i>Miracle</i>
<i>Wealth</i>	<i>Playfulness</i>	<i>Power</i>	<i>Fame</i>	<i>Pride</i>
<i>Blessings</i>	<i>Vision</i>	<i>Evolution</i>	<i>Satisfaction</i>	<i>Resonance</i>
<i>Tenderness</i>	<i>Stability</i>	<i>Focus</i>	<i>Certainty</i>	<i>Energy</i>
<i>Magic</i>	<i>Creativity</i>	<i>Stillness</i>	<i>Tranquility</i>	<i>Diversity</i>
<i>Surprise</i>	<i>Fun</i>	<i>Inspiration</i>	<i>Joy</i>	<i>Fortune</i>
<i>Respect</i>	<i>Luck</i>	<i>Logic</i>	<i>Strength</i>	<i>Sunshine</i>
<i>Beauty</i>	<i>Grace</i>	<i>Time</i>	<i>Truth</i>	<i>Gratitude</i>
<i>Confidence</i>	<i>Kindness</i>	<i>Brilliance</i>	<i>Serenity</i>	<i>Transformation</i>
<i>Belonging</i>	<i>Space</i>	<i>Wisdom</i>	<i>Harmony</i>	<i>Connection</i>

What positive energy would you like to gift yourself with today or do you just want to increase your energy?

Watch my tapping video and bring this positive into your life now... you can replace the word energy that I use, with the word you have picked as you watch. Once you get the idea of it just do it by yourself. Five minutes a day will make all the difference to your life.

[Free Positive Tapping Video](#)

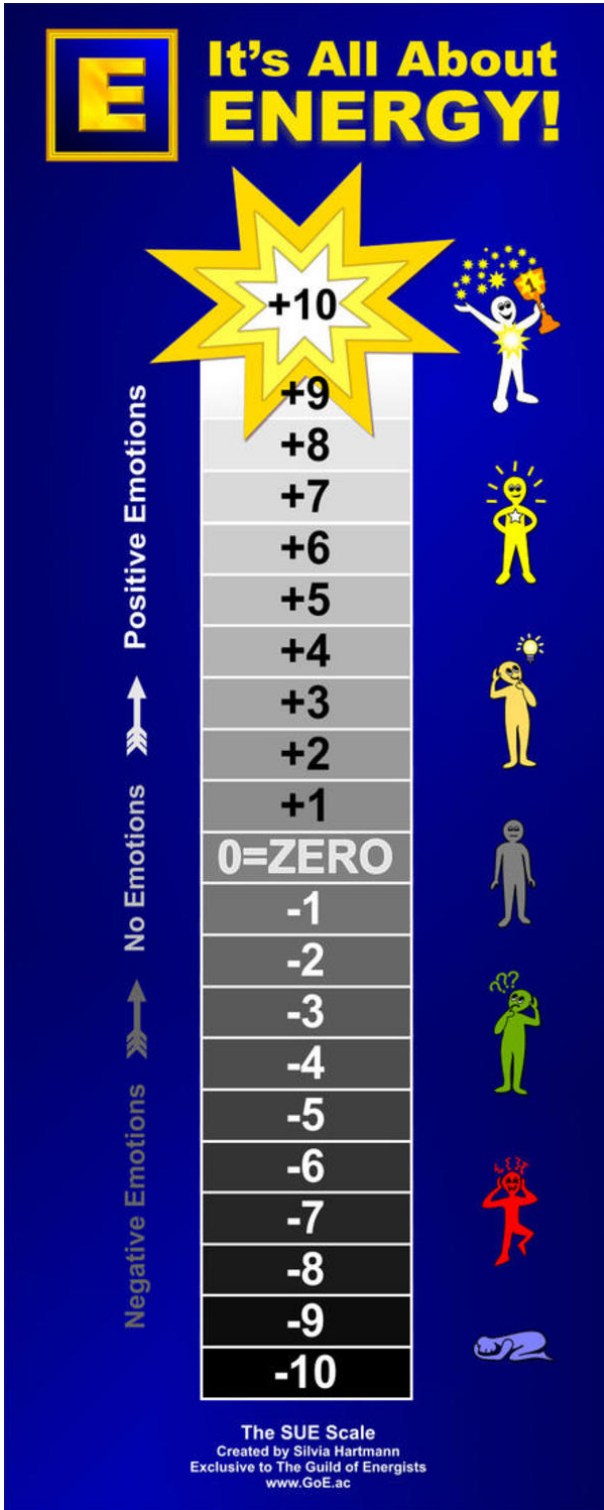
Place your hands on your heart and breathe deeply three times naming the energy state you want.

Now saying your positive energy with each point tap on...



- Top of head,
- Middle of Forehead
- Eyebrow near corner of nose
- Side of the eye
- Under the eye
- Under the Nose
- On the Chin
- On the Collar Bone
- Side of Thumb by nail
- Side of Index finger by nail
- Side of Middle Finger by nail
- Side of ring finger by nail
- Side of Little finger by nail
- Tap on side of hand/karate chop point

Placing your hands on your heart again take 3 Deep Breaths
Do as many rounds of this as you feel like, changing the words as new ones pop into your head.



How are you feeling?
What energy level are you at right now?

I only do a couple of rounds of tapping on the video to give you an idea of how it works.

Stay with the rounds of tapping until you feel an energy shift to +7 or above. Depending on how much you are letting yourself connect this can take 5 or 10 minutes of tapping.

This is where the magic starts to happen in your life.