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**THE POWER OF EXPRESSION:**  
**INSIGHTS – SUMMARY & BULLET POINTS**

**1. THE MORE YOU EXPRESS FROM YOUR CORE, THE MORE YOU INCREASE THE GOOD IN YOUR WORLD AND THE WORLD!**

Express to allow your success!

**2. EXPRESSION IS POWERFUL, BUT YOUR DOMINANT VIBE REINS FEEL better first, *then* express**

**3. KEEP “ER” VISITS SHORT AND BE GENTLE WITH YOURSELF DURING THE PROCESS.**

Express. Release. Relax. Move on.

**4. BE A LIVING EXPRESSION OF CLARITY, LOVE AND JOY**

Who you ARE is infinitely more powerful than what you do or say...  
Express ideas and creations that feed possibilities for fabulousity for the benefit of all.

## THE POWER OF EXPRESSION: TOOLS

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### **TOOL #1: EXPRESS MORE FROM YOUR CORE**

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*Express to increase and open yourself to the good in life!*

→ Let the majority of your expression (speaking/messaging/posting/sharing/tweeting/creating, etc.) come from a place of clarity, excellence, fun and love

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### **TOOL #2: ER AND CHILL (AS NEEDED)**

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→ When you've done your best to shift to a better feeling place and resistance is still present, sometimes the best way out is *through*

1. Give yourself permission to feel however you feel and know it really IS okay – even say to yourself or out loud:

*“I FEEL \_\_\_\_\_ AND IT’S OKAY.”*

2. Choose an “expert” you love and trust who can allow you fully while still holding the high ground OR opt to have your ER time in a private space where you can write/speak/cry/scream in a total judgement-free zone

3. Express until you feel a sense of release

4. Do something to nurture your spirit: Be kind and gentle with yourself and focus on something that feels light and easy

→ Meditate

→ Spend time out in nature

→ Take a nap

→ Watch, read or listen to something light & funny

→ Get a massage

→ Pet your favorite creature

→ Color in an adult coloring book

5. Reset your vibe by getting a good night's sleep

6. Start your new day lighter and brighter by deciding in advance to do something nice for yourself or by focusing on subjects that are easy to feel good about the moment you become conscious (Use one of your feel-good lists/recordings/collection of images)

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## TOOL #3: TELL A FEEL-GOOD STORY

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### 1. Watch your language and cease and desist!

Stop telling stories that don't feel good that keep you where you are

→ Slow the momentum of a pattern you're not enjoying by omitting the use of "always," "never," or "every time..."

→ Stop "owning" and claiming what you do not want, "my condition/crappy experience," "**I have** this condition/crappy experience," or "I am \_\_\_\_\_"

### 2. Express from a SOUL-ution-oriented perspective

Tell stories about what *IS* working, what you *DO* like and what you *DO* want

*Below are some ideas:*

→ "I LOVE THAT I'M ON THE PATH OF FEELING BETTER AND BETTER."

→ "IT'S SO NICE TO KNOW THAT NO MATTER WHAT, I ALWAYS HAVE TIMES OF NON-RESISTANCE EVERY DAY. THERE ARE ALWAYS MOMENTS OF FLOW AND I REALLY LIKE KNOWING I CAN HAVE MORE AND MORE OF THIS."

→"I'M ACTUALLY REALLY GOOD AT ALLOWING\_\_\_\_\_, AND KNOW THAT IF I CAN ALLOW THE FLOW OF GOOD ON THIS SUBJECT, IT IS DEFINITELY POSSIBLE TO ALLOW MY FLOW OF GOOD ON OTHER SUBJECTS TOO."

→"I REALLY DO LIKE\_\_\_\_\_."

### **3. Tell *new* stories that feed your dreams and visions**

Put your new stories in writing or create audio recordings - and do this just for YOU (See the tools in "The Power of OWNERSHIP")

### **4. Read or listen to your new story daily or as inspired to do so**

## **HERE'S A BULLET LIST OF THE POWER OF EXPRESSION TOOLS:**

TOOL #1: EXPRESS MORE FROM YOUR CORE

TOOL #2: ER AND CHILL

TOOL #3: TELL A FEEL-GOOD STORY

→ Choose the one that feels best to you and do it now.