

I MATTER.

On good days, bad days, days when I'm "in the zone," bad hair days - and all the days in between. My worthiness is not at stake.

FROM MY FIRST BREATH TO MY LAST, I MATTER.

I embrace my shadow and my light - they are the gifts of my journey.

I AM ENOUGH.

I have dreams - that are important to me and to the world I'm here to serve.

SUCCESS IS DEFINED BY WHAT MATTERS TO ME: MY DREAMS & MY DESIRES - ON MY TERMS.

When we start dreaming, we stop dying.

All dreams are
BIG
because they are
DREAMS

I commit to showing up - every day - as my true self.

I TAKE RISKS...
like asking for help,
REACHING OUT,
and honoring my
BOUNDARIES.

My presence makes a difference. I choose to make it a positive one.

I CHOOSE COURAGE - EVEN WHEN NO ONE IS WATCHING.

I choose to remove my mask & let the world see the real me.

I am responsible for my success.

MY WORLD NEEDS ME TO SHARE MY STORIES & GIFTS.

I make no apologies for who I am. The only approval I need is my own.

It might be the size of a house or as big as the Universe. Scale isn't what counts. What counts is showing up & doing my best to share my gifts with my world.



LISAROBBINYOUNG.COM

IT'S TIME TO OWN MY DREAMS

Core Beliefs & Values

Like all our Key Areas of Success, Faith takes on many shapes and sizes. Depending on how you've previously defined faith for yourself, you may see the previous page as a form of inspiration. That is my creed. It's what I believe and what I'm committed to upholding in my daily life.

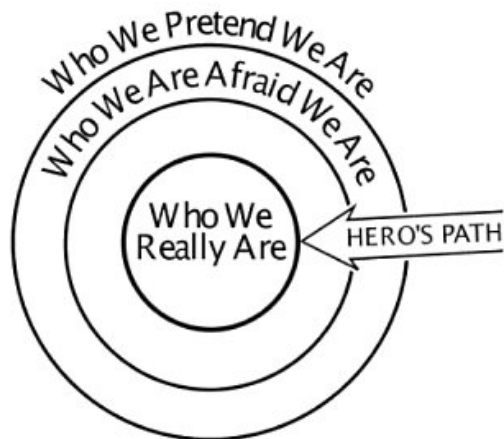
It is helpful to clarify and articulate your core beliefs and values. You may not need something as dramatic as a creed. Take time to get ruthlessly honest about what you value and what you truly believe about yourself, your work, and your world.

Why?

We often walk around wearing masks of one sort or another: pretending to be someone or something we're not, or hiding some aspect of ourselves. Dr. Maria Nemeth, in her book "The Energy of Money" identified three "layers" to our identity. I call them The Pretender, The Coward, and The True Self.

The Pretender

This mask protects us from the world. "What if they don't like me?" Is often the cause behind the mask. We're afraid that if we don't behave in a certain way, don't dress, or look a certain way, we won't fit in, we'll be cast out of the tribe, and be lost forever on our own. It's an ancient survival skill that often does more harm than good. We pretend to be what others want us to be so that *we* can stay "safe" from the darkness of the world.



The Coward

This mask protects the world from us. Because we've learned that being angry, selfish, or greedy (among other things) is "wrong" or "bad," we try to convince ourselves that we're not, and behave in ways that downplay those all-too-human emotions. We're overgenerous when we really can't afford to be. We hurt the ones we love, then try to "make up for it" by giving lavish gifts or literally begging forgiveness. We pretend to be more of who we think we should be in order to keep *the world* safe from our darkness.

The True Self

Here is where we are ruthlessly honest with ourselves. We admit that some days are more light than darkness, and other days, we're more dark than light. This is when we're not wearing masks, when we're not pretending, and showing up authentically – warts, sparkles, and all.

Core Beliefs & Values

With ruthless honesty, this is what I truly believe about me:

...and this is what I truly value in my life:

Core Beliefs & Values

With ruthless honesty, this is what I truly believe about the work I'm meant to do in the world:

...and this is what I truly believe about my world:

Synthesis

Connect The Threads

Take a look at what you've written on the previous two pages. In light of what you TRULY believe, what do you want to see differently in the next 12 months?

Pick Just One

If you could only select one thing in the Key Area of Faith to change over the next 12 months, what one thing would give you the most cause for celebration?

How would you feel if you could see that shift in your life?

How would you benefit from this shift?

What would you miss out on if you didn't make this shift?

Our highest calling on this planet is to find our dharma,
our mision, our purpose, and to live it to the fullest.