

10 COMMANDMENTS 4 HEALTH



WEEK 7

**Experience the wildest
success of your wildest
dream**

**Recognize your Passion and
Listen to your Instinct**

**Develop your intuition into
a powerful ally**

Find Your Passion

REALIZE YOUR FULL POTENTIAL

Have you ever heard yourself saying, “I woke up on the wrong side of the bed this morning?” It’s just an excuse that we often make for ourselves. Another one is, “I’m just having a bad day.”

What we are missing is that these sayings come from decisions we make about how we want to feel. If we want to mope around all day feeling depressed and depressing others, then we will think of any old excuse to do so.

Find It and Take Action

If you could wake up every morning feeling fired up by the prospect of what lies ahead, take ownership of your lifestyle and feel unconstrained by the reality of your present circumstances, would you decide to do it? I'm trusting your answer is YES.

However, there are many things that might be working against that idea - past disappointments, criticisms from friends and family, lack of security, lack of confidence... What do you do?

- Start by counting your blessings. Yes it's a cliché, but a true one. We all have blessings. I won't pretend to know what yours are, but write them down, whatever they are.
- Add to the list as you recognise new ones.
- For the time being ignore the things that worry you on a daily basis. Definitely don't write them down. Sure you have to deal with them and solve your problems as they arise, but by concentrating on the good things in your life you will be able to enjoy them more

The naked truth and the great thing is, you don't have to find your passion. It's there already waiting inside of you, burning within you and just waiting to unfold.

I'm sure by now you guessed that you are the only one who can break those chains and set another part of you free. All you need to do is take that first step.

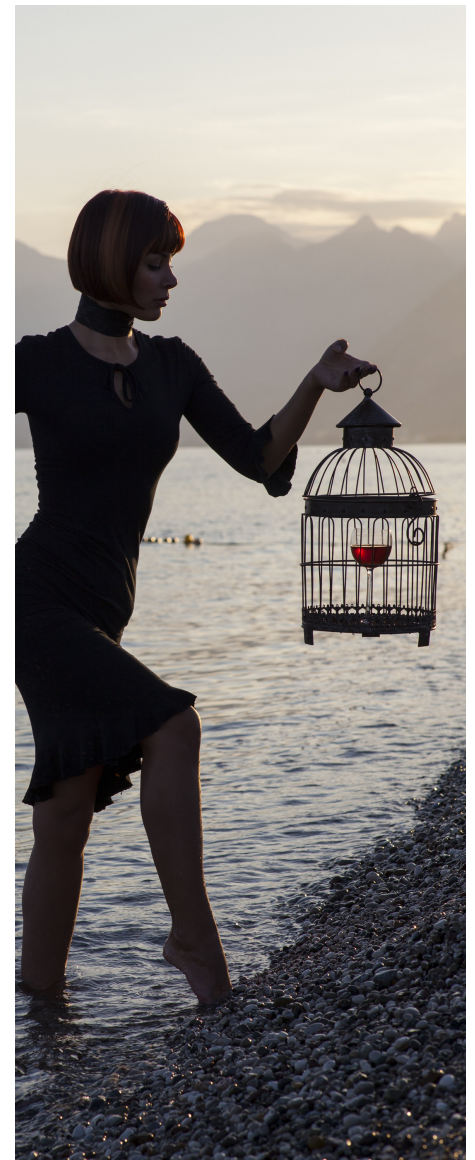
Passion and Instinct

The more people I talk to about taking ownership of their lifestyle, the more I realise that passion is the one thing that keeps us alive above all others.

Yes, I meet sceptics and those who have grown so comfortable in their way of life that they are loath to even think about changing. Living with passion would open their mind. But most often, I am helping people to address a problem they see in themselves, but can't diagnose. And they are usually happy to change their ways in order to address that problem.

I am pleased to say that very often they instinctively pick up my passion and spread the word to their friends and colleagues.

“ *A man who has not passed through the inferno of his passions has never overcome them. - Carl Gustav Jung*



It is very difficult sometimes to know which path to take or which choice to make, but I nearly always opt to follow my first instinct, because I know that my instincts mirror my passions. If a door opens, get into the habit of walking straight through it!

If you find yourself in the wrong place, you can always turn round and walk back out. If you live with passion and follow your intuition, there is no limit to what you can achieve.

“Never underestimate the power of passion. - Eve Sawyer

Follow Your Intuition to Follow Your Dreams

Aren't there times when you just know something is right? Instead of all the things that you HAVE to do, what is it that you KNOW to do?" When we say we KNOW to do something, aren't we really just letting our conscience be our guide? Doing the things we "know" to do allows us to fully express ourselves. It allows our intuition to be our guide and teacher. What you "know" to do contributes most to your life and to your future.

Intuition or instinct is an effortless, immediate, unreasoned sense of truth. It's also sometimes called a hunch, a gut feeling, common sense and even a sixth sense. Whatever you call it, it is the result of the countless experiences the average human has had.

“ *If passion drives you, let reason hold the reins. - Benjamin Franklin*

Develop your intuition into a powerful ally. Believe in it and exercise it regularly. The more you do the more you will gain confidence and trust its unerring ability. "Let intuition be your guide, with reason at your side."

Although many don't fully understand why, I do believe that our attitude does affect our outcomes. I frequently feel intuitively what the outcome of a particular situation might be. Let me share one of many personal experiences that support this-

WANT TO READ MORE?

The "10 Commandments 4 Health" is available here:
<https://ke122.infusionsoft.com/app/storeFront/showProductDetail?productId=27>

