

DARING Boldly

Guideposts to Create Change

Desire

All transformation is sparked by the *Desire* for change. What do you Desire to change?

Awareness, Attention, Acceptance

Creating *Awareness*, *Attention*, and *Acceptance* are the stepping-stones towards change and freedom. What are you observing and feeling? What are you choosing to believe?

Reflect

When you step back and *Reflect* it allows you to open up and see possibilities and have new insights. Are you choosing the life you want to live?

Intention

Knowing your *Intention*, who you want to be and what you want to create is the greatest gift you have. It is the power of choice. The power to choose to create (act) from love or to re-act from fear. What do you want to create?

Now

Action happens in the present moment, in the *Now*. Nothing about the past or the future is relevant. Now is all you have. Who are you choosing to be in this moment?

Growth

All *Growth* starts with the planting of a tiny seed. It takes love, attention, and nurturing for it to blossom. It takes you daring boldly. Are you ready to grow; are you ready to dare boldly?