



Routine

to Radiant

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4 Week Self-Discovery Immersion

Week 1

ROUTINE AWARENESS

Welcome to the first week of turning your routine life to *Radiant*. Congratulations for stepping up and taking action to shake up your monotonous routine! We will add joy based activities, so every day you get to experience joy. When we are in a state of joy, creativity flows effortlessly. Joy is the highest energy we can bring forth into the world, and we exude positivity and raise our vibration.

Due to unexpected life changes, I was forced to get out of my comfort zone. In the matter of 2-½ months, my dog passed away, my job was eliminated (after working at the same company for 13+ years) and my car was totaled. I was figuring out what I wanted to do with myself and chose to do something I never thought I'd do - start my own business. I put myself in new situations, met new people, learned about my authentic self, my gifts and what makes me happy, which gave me confidence. I discovered new creative gifts and the creativity flowed. I felt empowered. You can feel this way too.

LESSON 3: Setting Boundaries + Self-Reflection

Reflection is defined as the activity of thinking about your own feelings and behavior. This is a deeper form of learning and fuels personal growth. It's important to take the time to think about your feelings and behavior. What lessons can you take from looking back at these situations? Are there any patterns? Any triggers?

There was a season when my husband had a lot of activities and he wasn't around much. He was traveling for work, playing softball, playing ultimate frisbee, had social plans with guys, etc. Because of this, I took a lot on at home. I felt mad, resentful and hurt. I spoke up (well, I had outbursts) and we were able to talk through both of our feelings. Not too long ago, his calendar was filling up again. Softball, ultimate frisbee, social plans, etc. I began feeling anxious and mad at him. I was able to recognize these triggers and articulate my fear. We were able to have a productive conversation (for real - no outbursts) and my fear faded. He kept his schedule (he's an extrovert) and I felt good about it.

Once introverts and extroverts understand how their partner gets energized and doesn't take it personally, it is divine! I know when my husband is playing sports or with the guys, that is what fills him up. He knows that if I choose to pass on a social function, it has nothing to do with him or our friends. I need time alone to fill up my well.

Forms of reflection are planning, goal setting, journaling, meditation, prayer.

How do you incorporate reflection in your daily life?

If you don't currently incorporate reflection in your daily life, which form of reflection can you commit to adding to your daily life (begin with 2-3 times a week if you need)?

How often do you say 'yes' to requests for your time?

How often do you say 'no' to requests for your time when you don't want to do them?
