

10 Steps

Towards Creating the Orgasmically
Joyful Life & Career You Really Crave!



melissa dawn ●

Congratulations on saying **YES** to you and starting to take the initial steps towards creating a more energizing life and career!

STEPS 1-4...

will help you get a better idea of your strengths, your passions, what fuels you, what you truly desire and your life purpose.

STEPS 5-6...

will help you remove some of the obstacles that stand in your way of making what you want happen.

STEPS 7-10...

will provide you with some tips to help put this all together.



Now...
Let's get started!!!

STEP 1



Journal about what fuels you

As you go through your day, start noticing ...

- Who or what inspires me?

- What brings me joy?

- What gives me energy?

★ At the end of each day, journal what you noticed. ★

I recommend doing this for a minimum of 21 days for two reasons:

One - when you focus on the positive, you will attract more positive in your life.

Two - you will start to notice a pattern of what brings you more joy, and then you can start focusing on spending more time doing just that.

It is proven that a habit takes 21 days to develop.

*You can choose to continue this exercise after the 21 days...
if it makes you feel good!*

STEP 2



Meditate

Start meditating on your true purpose.

I strongly recommend a 21-day meditation journey entitled “*Desire and Destiny*” from the chopracentermeditation.com.

The objective is to spend 15 to 20 minutes doing a daily meditation which will help you tune your attention within and connect to your true nature.

When you are more connected to yourself, you then experience life with greater confidence and freedom. This particular 21-day meditation engages you to follow your bliss and realize your authentic life purpose.

Each day there is a different mantra. What I love is to repeat the mantra as much as possible throughout the day.

Some of my favorite mantras from this series are:

- I play. I create. I succeed.
- Joy is my highest purpose.
- My destiny is joy.
- The world is waiting for my vision.

Essentially these are affirmations. Evidence is building that thoughts which are repeated, are absorbed by the subconscious, which does not judge but simply accepts. Imagine how much more positive, joyful and energized you’ll be when most of your thoughts are uplifting ones!

Keep in mind...**we are what we repeat.**

STEP 3



Determine what you really want!

Imagine that you are given a magic wand and you can create your dream job... the sky is the limit...answer the following questions as if everything is possible.

What would your ideal job be?

Who are you in this role?

What are you good at?

What do you want to feel like when you go to work every day?

In which city would you work?

What type of work environment would surround you?

What types of energies and personalities would your bosses/coworkers/employees have?

What would a typical day comprise of?

What type of salary and benefits would you have?

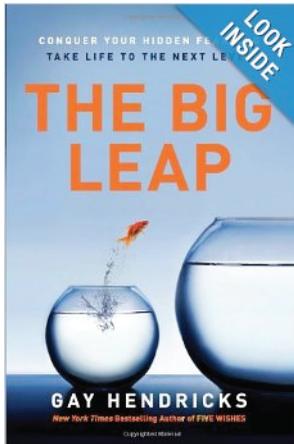
Would any training be needed? If so, what type of training? What would it involve?

What type of hours would you work?

STEP 4



The Big Leap



I highly recommend the book, **“The Big Leap”** from Gay Hendricks.

This book is a life changer. I really feel it should be a mandatory course in every school’s curriculum.

I would recommend answering the following questions taken from it:

- Am I willing to increase time every day to feel good inside, to have my life go well all the time, to take the big leap in love, money and creative contribution?
- What do I love most to do without getting tired or bored after a long period of time?
- What work do I do that doesn’t seem like work?
- What is my unique ability?

Once you take the time to complete this personal inquiry, allow your answers to be your highest priority. Have the courage to act on the new discoveries that you make.

STEP 5



Burn it

Understand what is preventing you from moving towards the life and career you truly want.

Often when someone wants to move forward in life, they can feel a resistance or something that feels like it is keeping them stuck in the same place. It is that feeling that you want to release.

Ask yourself:

- **What is holding me back from taking action?**
- **What is the fear that I am experiencing, perhaps in what other people might think or say?**
- **What is the downside of getting what I want?**
- **What is upside of staying where I am?**

Write all of this down.

If you are ready to truly release these feelings, then burn them. Write your answers down on a piece of paper and burn it in the fireplace, or somewhere safe saying, "I am done with this!"

Fire consumes. Fire transforms. It will destroy the energy of what no longer is working for you and help you create the energy you need to start making what you want happen.

STEP 6



Take an oath

Remember, you are the CEO of your life. It's up to you to take responsibility for the role you want in your life and what you would like to create.

Set a strong intention...

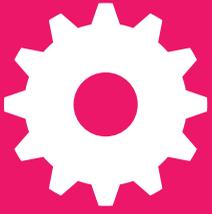
this year is the year that I [SPECIFY WHAT YOU WOULD TRULY LIKE].

Take an oath, say it out loud and write it down as well.

Here is a draft that you can adjust to fit your needs:

“I, _____, take 100% responsibility for my life and my circumstances. I am grateful that I have the power to co-create my life and change it for the better. ”

STEP 7



Take action

Now that you have taken the mindset that you **CAN create what you want**, what's next?

Create an action plan.

For example, if you want to start looking for a new job, start fixing your CV and your LinkedIn profile.

If you want to start a business, start creating a business plan.



If you are unsure where to start...

You might want to consider hiring a coach to create an action plan with and to help motivate you and hold you accountable to it.

STEP 8



Visualize.

Spend at least 90 seconds daily visualizing.

You can visualize the dream job you described in Step 4, or the way you would like to live every aspect of your life.

Visualize it as if it's actually in your life NOW.

Feel it, believe it, and assume the energy of what you want to experience.

Visualization is powerful. It helps you move through life with intention. When you continuously visualize what you want, every cell in your body is involved in that image and you start to resonate with everything in harmony with it.

This helps everything that is needed to make this image a reality line up towards you.

Professional athletes do this all the time! So can you :-)

STEP 9



Trust

I know this may be tough. But now that you have a better idea of what you want and have taken steps towards attracting it, you need to trust that it will all work out for the best.

Uncertainty is essential in our path to freedom. The intuitive heart guides us on our journey. Listen closely; it will lead you in the direction of your soul's purpose.

When we go with the flow of life, instead of our fixed view vision, we open up to something bigger than we could have ever imagined.

STEP 10



Continuously ask yourself questions

- ▶▶ If things are not working out like you had planned, ask yourself these questions:
 - Could this be what I was asking for showing up in a different way?
 - What have I learned from this?
 - What can I do differently?

- ▶▶ If things are going well, **CONGRATS!!! Celebrate!!!**

And still ask questions...

- How can it get any better than this?
- What else is possible?

After all, we want to be continuously learning and evolving!



Fireworks icon Designed by Juan Pablo Bravo

You are now officially equipped with some pretty powerful tools to help you start creating your orgasmically joyful life.

Is something holding you back?
Do you feel you need some guidance?

As a life, business & career coach, we can work together in helping you figure out what you would like to achieve and then we then develop an action plan on how we are going to make this happen.

I will help you remove the obstacles which are preventing you from taking the steps needed to move forward.

Through regularly scheduled sessions, I ensure you stay on track and take the steps required for you to be able to wake up every day feeling totally energized about the life that you live.

Contact me to book an initial free conversation.

A handwritten signature in black ink that reads "Melissa". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

joyful@melissadawn.ca



Here is a little bit more about me...

As a life, business & career coach, I help people create an orgasmically joyful life and career, where they are able to feel totally energized about what they do.

We spend so much time at work, it's vital that we spend our days where we feel blissful about what we are doing and that it is aligned with our values and life purpose!

I have had a successful career in the business world, receiving numerous awards of high achievement in marketing and sales. Not being satisfied with just "creating successful products, marketing campaigns and surpassing sales objectives," I wanted to be of a greater service to others, to help people realize that they are the CEO of their life, that they can pretty much design their future any way they want.

While I still thrive in the business world, I am now also a coach and a trained energy practitioner. I use a variety of techniques and tools depending on what will be of most benefit to someone in creating the life and career they truly desire.

Connect with me

 www.facebook.com/joyfulcareer

 ca.linkedin.com/in/melissadawnp

 www.melissadawn.ca

 joyful@melissadawn.ca