

## UNLOCK YOUR HEART'S SECRET CODE:

# PASSIONATELY ALIVE LIVING

The 5 KEYS TO OPEN YOUR HEART AND TRANSFORM YOUR LIFE!

Enjoy new levels of health, love, aliveness and happiness!

1. **Clarity Leads to Power. Self-Awareness, tracking GPS / compass TREASURE MAP where you are where are, what your feeling, what want and where you want to be**



What feeling and why, Emotional Literacy: recognise, understand, name  
Clarify: Who you are, What you want – solution orientated  
What is the cost of: 1) Staying where you are. 2) Not doing anything.  
What is the benefit of: 1) Staying where you are. 2) Move forward create what you want.  
*Health: get less run down, heal faster,*  
*Relationships: be understood, connect better with others*  
*Wealth: Make better decisions,*  
*Happiness: get what you want, be on course in your life, less mistakes, save time*

2. **Unlock the chain that keep you bound: Clear Emotional Blockages**

What do emotional blockages block us from?

How can you tell you're blocked?

What causes the blockages?

How do we get blocked?

Why is it important to clearing rogue emotions?

*Health: more energy, less tired, less dis-ease, heal faster,*

*Happiness: get what you want, less sabotage, confidence*

*Relationships: connect with others, be understood, more juice, less sabotage, arguments, pain*

*Wealth: Less compulsive, better decisions; renew vigour, enthusiasm, less fear, passion*



3. **Connect to the TREASURE within your heart**



Heart for wisdom, guidance and energy.

What is heart truth – a felt truth, ring of authenticity. Not principled.

*Health: more energy, less tired, less dis-ease, heal faster, more youthful, live longer.*

*Relationships: feel love, connect with others, less reactive, Empathetic, nurturing, compassion.*

*Wealth: make better decisions, timing, and intuition.*

*Happiness: come alive, more inner peace, self love, more fun,*

4. **Be true to your heart: Congruent living**

Trusting and moving with heart truth

Moving with heart truth – more in touch=harder to ignore, guidance system

What is heart centred living – guided by heart qualities

*Health: more energy, less tired, more youthful, live happier*

*Relationships: deeper relationships, more respected, inspiring, trustworthy*

*Wealth: More on track, productive,*

*Happiness: more real, genuine, fulfilled come alive, more inner peace, self love, more fun,*



5. **Stay on your edge: Commitment to living from your heart**



Live boldly

Only thing that will work

Not meant to be happy doing what not meant to do

Doubts seed struggle and failure

Compromise = ½ life

*Health: more vibrant, less tired, more youthful, live happier*

*Relationships: stronger relationships, more respected, inspiring, trustworthy*

*Wealth: More productive, achieve goals, overcome setbacks, less obstacles, more focused*

*Happiness more real, genuine, fulfilled come alive, more inner peace, self love, more fun,*

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