



Episode 64 : **What Are You Willing To Put Up With**

~~~~~

**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona talks about a very unpleasant experience that she was told she just had to endure for the bigger picture that she was now choosing to create. As she waited in an unmoving queue, she became aware that she was just not willing to put up with the system and how by changing the energy and being willing to do something different, an alternative presented itself. What are you just not willing to put up? Fiona shares with us tools and questions to help us be and do something different when we are just not willing to put up with a situation!

### **Key messages:**

- As shy people we tend to be willing to put up with a lot because we think we can take a different action to change it
- We need to take action when we are not willing to be treated in a way that doesn't work for us
- We may think shyness is unchangeable, yet we can choose different

## Tools and Questions

*What are you not willing to have in your life?*

*Take a look at your life where things are going on where you are being treated in way that you shouldn't be and ask:*

*What can I be and do differently to change this? Anything that doesn't allow you to perceive, know, be and receive what you can be and do different to change it, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)
- > Fiona's Zoom call: [Uprooting and Unearthing the Causes of Shyness](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.