



## Episode 15 : **Writing**

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**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 how she moved from having to force herself to write, even though she always received praise, to how she now includes herself in her writing and is having way more fun with it!

### **Key messages:**

- Our shyness can stop us from expressing ourselves in our writing even if we are 'natural' writers
- Judging our writing can end up meaning we have to push ourselves to do it and it being totally not fun

## Tools and Questions

Before you start writing, ask:

*How much fun can I have writing this?*

*What words can I use that these people can hear?*

*What are my judgments of me as a writer, with my writing?*

Everywhere I am creating this, I destroy and uncreate it all.

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

## Resources:

> [Find me](#)

> [Right Voice for You](#)

> [Access Consciousness®](#)

> [Access Consciousness Clearing Statement®](#)

> [Easy Writer](#) (5 July 2021)

Fiona's 2-hour class: where Fiona will facilitate someone live around their writing.

Sound appealing? Send a piece of your writing to Fiona.

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