



Episode 17 : **Creating Your Life Beyond Shyness**

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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 shares with us her experiences of shyness dominating and directing her life and the tools she used to create an exponentialisation of her business and her life to be full of fun and joy.

### **Key messages:**

- Shyness can dominate our lives even when others believe we're striving
- Using the tools can become a compass for honouring ourselves and creating our lives beyond shyness

## Tools and Questions

*What's true for you makes you feel lighter.*

*What's a lie for you, makes you feel heavier.*

There needn't be a reason for why something is light or heavy.

*If I choose this, what would my life be like, in five years time?*

*If I don't choose this, what will my life be like, in five years time?*

You'll get the sense of the energy. If you don't get the sense, ask your body and the universe to show you.

You will start to get a sense of how your body and the universe communicates to you and tune in to choose what is really true for you, to see the expansion or the contraction.

## Resources:

- > [Find me](#)
- > [Joy of Business](#)
- > [Right Voice for You](#)
- > [Access Business and Money](#) (24 and 25 July 2021)
- > [Business Done Different](#) (5 to 8 August 2021)
- > [Access Consciousness®](#)

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