



## Episode 21 : Consistency

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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 consistency and commitment, and how committing to something may in itself lead to you becoming resentful.

### **Key messages:**

- People will desire to be consistent so as not to stand out; shy people particularly often desire not to stand out
- We are told that having a habit of showing up will create something; actually it is the very act of showing up that creates something
- When you're in the space, or in the flow, the project you are working on can meet its intended audience with ease
- You can constantly ask questions while doing something, and let the energy guide you

## Tools and Questions

*If sometimes it feels like you're rushing through things and you're not satisfied with it, or you judge yourself for not doing the things you said you would - what if that's not a problem, what if that's all OK?*

*What if you tune in to your project(s) and let it guide your action with ease?*

*All the energy that talking about this, in this way, brings up for you, will you destroy and uncreate it?*

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

## Resources:

- > [Find me](#)
- > [Joy of Business](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)

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