



Episode 37 : **Your Life, Go For It**

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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 journey, using the tools of Access Consciousness, to become aware of and create a life so different from being the accountant her father thought she should be. She encourages us to make the demand to be present with ourselves and follow the energy to craft the lives we truly desire and have fun doing it!

### **Key messages:**

- As shy people, we can find ourselves living the life that other people think we should
- By asking for the energy for what we truly desire, we can become aware of possibilities to live a different life, that's right for us
- What if we didn't need any reasons or justifications for what we choose for our lives

## Tools and Questions

- *How does it get any better than this?*
- *What else is possible?*
- *What else is possible that I haven't considered yet?*
- *Universe, show me the energy of my life.*
- *What can I add to my life that will be fun?*
- *What can I add to my life that is the energy of my life and living?*

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Right Voice for You](#)
- > [Access Consciousness®](#)

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