



Episode 41 : **Creating Your Life**

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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.**

From the not very Christmassy Antalya, Turkey, Fiona gives us a wake up call and tools to start creating the energy we desire and require for our lives in 2022 and beyond!

### **Key messages:**

- Many of us have found ourselves in a kind of enforced sleep since the first Covid lockdown, trapped in a space of waiting
- We need to be willing to look at what we'd like the energy of our lives to be
- We need to have a sense of what we are moving towards and be willing to take risks to have it and to have trust in our choices

## Tools and Questions

*When you get sucked into the inertia and not really creating your life, while telling yourself you should be able to create your life, everywhere you are doing that, will you destroy and uncreate it all?*

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

*If you have no idea what you are looking for in 2022 and beyond ask, Hey Universe, show me the energy of my life.*

*Show me what's true for me.*

*We can also ask, What can I add into my life that will be fun?*

*What can I add into my life that will be fun and make me money?*

*Everything that doesn't allow that, will you destroy and uncreate it all?*

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## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Access Bars®](#)
- > [Access Consciousness Body Process®](#)
- > [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.