



Episode 61 : **What If It's Not Logical**

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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 comes to us from Zagreb, Croatia and shares with us how by making the demand to be really present with her body and not limit herself to logical decision-making and an original plan, she is creating a life that is expansive and fun! What if we're not actual logical beings? What if the way we live our lives doesn't have to be dictated by logic?

### **Key messages:**

- Shy people often try to figure out a way to live their lives that is safe by creating a "logical" plan - what if we're not wrong for not following our plans? - what if being logical doesn't work for us?
- Making the demand to be really present and checking in with our bodies, helps us make choices that lead to expansiveness

## Tools and Questions

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

When choosing, ask: *What will my life be like in five years' time if I choose this?*

*What will my life be like in five years' time if I don't choose this?*

*Am I living my life to please someone else?*

*Or am I truly getting present with what is true for me?*

## 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.