

**Month 6, Week #1**

**Developing your personal mission statement**

Hi!

**Whoa! Welcome to Month 6 of our Gutsy Goddess Society training program.** I'm beyond thrilled to introduce you to my fave chakra of them all: the 5th chakra, the expression level of your happiness, which is located at your throat. When you're balanced here, others rely on you to speak your truth, and you do. You have put together your own unique worldview, and act on it without needing to prove yourself to others. You have learned how to quiet your thinking mind so that you may listen to the subtle, yet powerful guidance of your wise intuition.  Think: Truth. Originality. Innovation. Creative expression.

You know you're imbalanced here if you show inappropriate expression of self - either too little or not enough ... disruptive tendencies ... anxiety.

Our call yesterday was AMAZING. If you missed it, you can download it here: [http://jennyfenig.audioacrobat.com/download/GGS\_Module\_6.mp3](http://www.on2url.com/lnk?n3o34cKYBEA%3D)

Okay, onto the weekly assignment ...

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INSPIRATION IN ACTION ASSIGNMENT

On our call, I introduced you to our goddess of the month, Aurora, who is all about helping you discover your true path. She's awesome and you're gonna love her.

You're going to do this ritual for a new dawn and create your own personal mission statement. You'll do this ritual over a 24-hour period. It can be a regular day in your life ... but on this day, you'll tune in to Aurora's energies and declare a personal mission statement for your life and your life's work. Powerful, mission-critical work.

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**ACTION STEPS:**

1. **Cleanse.** At bedtime, take a warm bath and cleanse the body, mind and soul. Tune out the world and plan for a silent bedtime so that your mind is clear and new insights can arise. Release any drama from the day into the water. Let it go.

2. **Make a wish.** Before you go to sleep, look out upon the starry night in whatever way you can - either with your eyes or with your imagination - and wish for illumination on the life path you are to pursue.

3. **Say a prayer.** Speak to her with these words:

Dearest Aurora, goddess of dawn,

please bring illumination in early morn,

As you awaken at your twilight hour,

let me feel your energy and power

4. **Awaken gently, before the dawn.** It's been said that the day's greatest power lives in the moments between night and day. This time varies depending on the time of year, but it's often around 4:30 a.m. Challenge yourself to awaken at this hour, when nothing else is stirring, and allow Aurora to come ot you. Rising at this time as a practice helps instill discipline and gives you a chance to start the morning when a new day is truly breaking.

5. **Watch night turn into day.** From your window, porch or stoop, revel in the experience of watching Aurora bring forth the dawn. Slowly the night relenquishes its hold on the skies and gently the daylight comes forth. Watch how simple it is to go from darkness into light in a matter of minutes. Profound.

6. **Ask Aurora to help you define your path.** Relax your body, relax your mind. Ask Aurora to help you understand the path you must follow by revealing your mission in life and career. Just listen and see what guidance Aurora brings. When you feel ready, open your eyes and write down whatever thoughts and ideas are bubbling up in your mind.

7. **Listen and let it flow.** If you are a coffee or tea drinking gal, now go ahead and make your cup of love. Then sit quietly and sip. If you sit for 20 minutes as the new day dawns, sipping your beverage, SO many ideas will flow through you. Write down any inspiration that comes to you. Then, move on with the rest of your day ...

8. **Watch the messages that come to you throughout the day.** Remember, Aurora gently transforms night to day and brings the light ever so gradually. You may find that Aurora's messages come to you slowly and subtly throughout the day. You may receive a phone call, open a book to a particular page, see a street sign or meet a random person that offers a clue to help you take your next step and shape your personal mission statement.

9. **Write a mission statement for your life's work/career.** Ask yourself these questions: "What do I believe in?" and "How do I want to express myself in the world?" Now, formulate a mission statement for your life. Include qualities you want to experience, general goals you hope to pursue and achieve, promises about how you will move through the world. Creating this statement will help you establish a flow to your life and help steer you along your true path.

Here's mine:

I, Jenny Fenig, hear, see, feel and know that the purpose of my life is to be a positively energetic and peaceful soul ... to enjoy the present moment and all its abundance with grace and gratitude ... and to inspire and empower myself and others. I earn more than enough money to live comfortably in the world with my family and give to causes that make the world a more vibrant place. People know my name and recognize me for my contributions to women stepping up and being the gutsy, bold leaders they were meant to be. I live my yoga and make everyday count.

Now, write yours ... and live it.