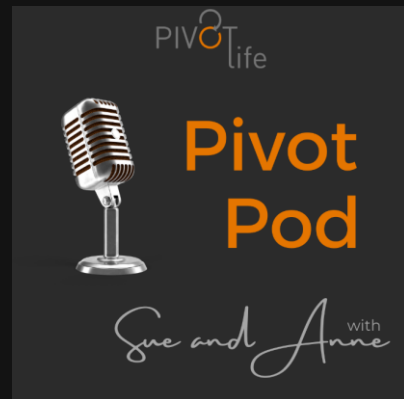


Episode # 21

Pivot Point Story: Liliane Grace

Liliane's pivot was built on a life of no secrets no lies. She navigated a complex path of interwoven relationships that challenged and provided growth. It was forged by her belief of following her own integrity and having the courage to honour her truth.



Top Tips

Simple steps to action

Trust your intuition but listen to yourself at all levels: intuition, head, heart and body. They are all providing important information!

On an almost daily basis we are presented with decisions and choices we have to make. **Simply practise observing the messages you are getting from these different aspects of yourself.** Does your body feel relaxed or tense at the thought of taking a particular action? What is your mind telling you? How do you feel about it? Any hunches?

Be prepared to take risks – to develop into a hero we must leave our comfort zone.

Are you 'living on the edge' in any part of your life or is it all 'plain sailing', very comfortable? If so, **see if you can extend yourself in some area of your life**, or if you are currently facing a risky choice, remind yourself that you can't get it wrong: we make choice after choice after choice and there is always plenty of opportunity for change and reversal, even if we appear to have made a mistake.

Remember that there is no such thing as greener grass: we'll always experience a balance of support and challenge, positives and negatives. If we are clear on that that, we'll be less prone to elation and crashes and it's much easier to stay balanced and manage the ups and downs. I.e. have realistic expectations.

Look at a number of areas in your life and observe the balance of positives and negatives, even in areas when you might perceive something is all good or all bad. This exercise is especially worth doing if facing a big risk: you'll take the fear out of the decision if you identify the worst that might happen and how you might deal with it and how it would serve you.

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