



## Episode # 29 Pivot Point Story: Sol Pineda

Sol was running a successful business, and for all appearances her life was beautiful..... but there was something else her soul and heart wanted to experience. She realised her business plan was working but not her life plan.

### Top Tips

### Simple steps to action

#### Take Time

Time is yours, and its relative.  
As much as you need, as much as you want.  
Create space and time to JUST BE

#### Deep Listening

Use this time and space to deeply listen to what your heart has to say. What has been going on, what are you willing to let go or explore. Just, LISTEN and BREATHE

#### When you are ready – ASK FOR GUIDANCE

When you are ready and have taken time off, to be with yourself, to just be - to listen and hear the message/ answer / need you've been seeking / waiting for...Ask for guidance IF YOU NEED SUPPORT. Seek out for help, be vulnerable enough to say YES I CAN and will let someone GUIDE ME TOO! A teacher, a mentor, a coach, a master meditator - whoever is there, angels are always around to aid us - JUST STAY OPEN AND RECEPTIVE

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