

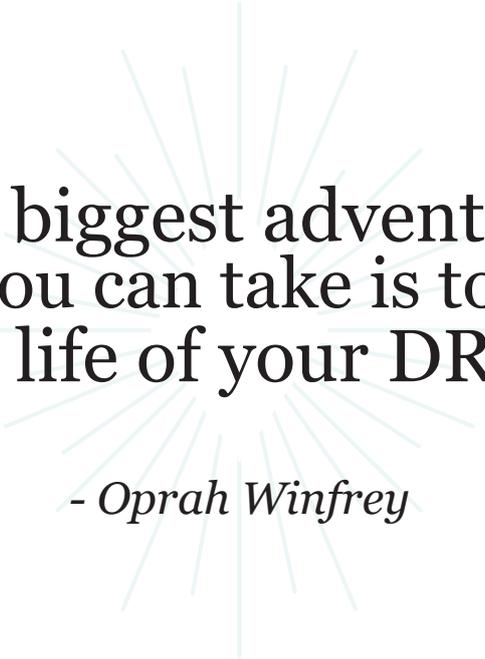
# INSPIRING *ladies*

Hey Inspiring Lady!

Congratulations for taking the initiative to join my 7-STEPS to CLARITY self-study programme. I am so excited to see what you can achieve over the next 7 weeks, and very much look forward to being part of this new and exciting journey with you.

The first six sessions are self-study sessions, so 100% commitment will be required in order for you to get the most out of them, but ultimately, the biggest opportunity from choosing the self-study option, is it allows you total flexibility to work through each session, week by week at your leisure, but remember there is only one person 'accountable' to ensure the work is done, and that is you, but I have every faith in you to do this.

I'm excited to say, the 7th and final session, will be a live call with me, and I really can't wait to see how you got on. This session will give you the chance to talk through everything you have done to-date, to share your ultimate vision, and then together discuss and agree a potential action plan, to start to think about the next steps, and how to make your dream, your reality.



The biggest adventure  
you can take is to  
live the life of your DREAMS

- Oprah Winfrey

To support you along the way, I have created a private Facebook Group called 'Inspiring Ladies – Creating a Life you Love'. I would like to invite, and very much encourage you to join the group, where you will be able to actively engage with other members, ask questions, seek help if you need to. I will most definitely be hanging out there, to help, support and encourage you every step of the way on your new exciting journey to discovering your CLARITY.

Making the first move can sometimes be one of the hardest steps of change, and by the sheer fact that you already have this workbook in your hands, I'd like to congratulate you for

*Dream it. Believe it. See it.*

committing to making this investment in yourself, you're clearly ready to grasp the 'opportunities' life has to offer you, I'm so excited for you.

Inspiring Ladies has been created, to help Ladies like yourself, find clarity in the next part of their journey, to really start to help them create and live, the life of their dreams. I truly believe in the saying 'if you can dream it, you can do it!', so the aim over the next 7 weeks is for you to do a whole lot of soul-searching, digging deep, in order to find Clarity around where you are, what you'd really love to do, and what you'll need to do next to fulfil it.

There's no need to worry where you are on your journey, you may already have an idea of what you'd like to do but no idea how to go about it, you might have no idea at all, but that doesn't matter. In a fun and creative way, in 7 simple steps we'll work to gain this clarity.

I've been seriously inspired over the past ten years, by so many people, so many authors, so many practices, and have spent vast amounts of time reading, studying, growing, but actually the journey's been a little disjointed and confusing, as every single person I met would send me off in a different direction.. 'read this, watch this, try this, try that, etc etc'. This is why it was so important to me to set up the Inspiring Ladies platform, and in particular the 7 steps to clarity programme, as it basically consolidates some of the key parts of my ten years of learning and practices into 7 weeks, to ensure your journey from hereon will be fun, exciting and if you want it, totally life-changing.

In the words of Oprah... 'The biggest adventure you can take is to live the life of your dreams!' so are you ready to get started, let's do this!

Sending you so much love,

Johanne x



*Your Home for Inspiration*

[www.inspiringladies.co.uk](http://www.inspiringladies.co.uk)

 @johanneholman\_inspiringladies

# INSPIRING *ladies*

## SESSION ONE

### Today is your day to LET GO of things that no longer serve you...

So Inspiring Lady, here's the task...

To achieve the success you want in your business, it's crucial to declutter your home and your relationships, sounds a little crazy I know. I appreciate it can be hard to understand as to how things we keep with us physically and mentally can actually have an impact on our business lives.

This was one of the first tasks I was asked to complete by my coach many months ago, and I have to admit at first I found it hard, because I really struggled to let go of things, the things I knew no longer served me, yet I thought I still needed them, which actually if I'm honest, has probably always been a bit of a typical trait for me across many aspects of my life. I've always been a very tidy person and each time I've moved, had what I 'thought' was a brutal clear-out, but actually it was nothing like brutal. I now recognise its importance and value, so try to make the declutter and cleansing part of my daily practice wherever possible, by taking a single drawer or cupboard and decluttering it from top to bottom, or even just taking my iPhone and clearing out any unwanted photos / old messages, there's so much clutter around us, you just don't realise until you start.

So why is this process so critically important to your success?

The reality is, clutter in our physical environments and relationships energetically blocks the flow of abundance, getting in the way of the success we are reaching for. When we have clutter and unwanted things in our lives, there just isn't the space for the abundance we are seeking. We'd like more money, nicer clothes, a bigger house, yet all we have is lots of mediocre, old, broken, unused stuff taking up our precious space. It was only when doing this exercise myself, did I realise how long I was holding onto my things such as my chipped plates, non-matching sets for towels etc etc... I'm pleased to say they've all gone now, and the door's well and truly opened for new bigger, better things!

The decluttering process also applies to our mental and emotional environments as well. We often hold onto resentment and deny forgiveness, then wonder why it's so challenging to feel grateful and truly appreciative of all the things we do have that matter.

So, I guess you're here because you are serious about manifesting and welcoming abundance into your life. I've listed below a few ways that you can physically and mentally declutter your life, to start this new and exciting journey...

*Are you ready to be brutal?*

## DECLUTTER YOUR PHYSICAL ENVIRONMENT

So give some thought to the space you spend your time in on a day-to-day basis: your home, workspace and even your car. It's time to get rid of the things you don't use anymore, and anything that you feel doesn't fit with the next phase of your life.

Picture the vision you hold for yourself — the abundance you want, the success you need to achieve, and the place you want to be by this time next year. Is that broken crockery or mis-match of towels welcome in that picture? For me, it most definitely was not!

Go through every room in the house, every drawer and cabinet. Evaluate if what you're finding meets the high standard of the improved version of your life you're working toward. Is everything you have working? Is everything you have needed? Is everything you have in-date? (some embarrassing results here for me on this one). Are things there that have never actually been used? Are there clothes that no longer fit, or that you haven't worn in years? It's time to get brutal, they don't belong there, I promise.

By physically removing these things, you create space for the new, improved items. It's time to clear space so your abundance can come in.

## DECLUTTER YOUR RELATIONSHIPS

Sadly, this has probably been my biggest life challenge so far. I most definitely have held onto relationships far longer than I needed to or should have, and sadly at the detriment of my health and possibly my financial and personal success, but hey that's my old story, my new story is I'm loving my life and am prepared to declutter whatever it takes, however painful the process is. I am so much stronger and wiser now, albeit key to note, forever learning and developing.

**“You are the average of the five people  
you most associate with”**

It might feel a little unnatural to talk about decluttering your relationships like you would do with your belongings, but similar rules apply. We're all directly influenced by the people we choose to surround ourselves with - that's something we do naturally and carry with us through our lives. To declutter your relationships, you need to be around people who love and support you. When you're looking to attract abundance, surrounding yourself with others who are abundant is also extremely important.

“Always remember your focus  
determines your reality”

This declutter is so important. It's time to practice forgiveness — forgiving YOURSELF as well as others. For many years I would spend my precious time with my girlfriends, talking through drama after drama without even realising the damage I was actually doing. By doing this, I was actually exaggerating and prolonging the sadness or challenge, there's a wonderful expression... 'what you focus on expands'. So with knowing that, would you choose to focus on the negatives or the positives in any given situation / circumstance? Easier said than done in some circumstances I appreciate.

“Being brave isn't the absence of fear. Being brave  
is having that fear but finding a way through it”

It's time to get rid of the fear that lives in your head. This fear will confuse you, keep you playing small, and get in the way of your success.

It's time to stop procrastinating and prioritize. Delegate and eliminate everything you can so you aren't drowning in overwhelm. Allow yourself to see past the things that have hurt or disappointed you and visualize them as steppingstones and lessons to be learned from.

Release your frustration. This is a must if you want to live in the present and not the past.

Everyone has emotional clutter, it's natural. The important thing is to recognise and declutter your emotional baggage so that it doesn't prevent you from seeing and taking the opportunities that are right there in front of you. When you can release the painful baggage you've been hanging onto, immense transformation is possible.

Good luck with this little challenge, it literally will change your life, and on top of that, leave you feeling good.

I look forward to hearing how you did!

Have a wonderful week,  
Johanne x

DECLUTTERING QUESTIONS TO CONSIDER  
DURING THE PROCESS

*Do I use it regularly?*

*Do I need it?*

*Does it have sentimental value?*

*Am I saving it 'just in case'?*

*Do I have more than one?*

*Does it still fit?*

*Can something else replace it?*

You get the idea... But remember...



**“When in doubt,  
Throw it out!”**

*Your Home for Inspiration*

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