



MOMENT ON FIRE & ENERGY LEAKS

Step 1: What is your moment on fire?

Imagine a time in your life when you accomplished or did something that made you feel absolutely incredible. A time where you felt empowered, confident, happy, and full of energy. A time in your life that you felt like you can do anything you put your mind to.

It can be ANY time in your life. When you were a kid, hitting a home run, acing a test, leaving your job, getting a big check, accomplishing something significant, falling in love, speaking on stage, or doing something you've never done before and crushing it. Write out what your moment on fire is below:

Refine it, what was the most powerful part of your moment on fire?

If you think of your moment on fire as a YouTube video...refine it all the way down to one specific moment. 1 second on your YouTube clip if you will. Examples: receiving an award, the feeling of crossing home plate after the game winning home run, the sound of the crowd during a standing ovation, the feeling of looking at an "A" on your final exam.

Step 2: Attach a meaning to it, why is that moment so significant for you?

What does it mean to you? Examples, you accomplished something great before and you can do it again. You stepped outside your comfort zone and you can do it again. You can do anything you put your mind to.

Step 3: Physiology, how did you feel when during your moment on fire?

What did you feel, how did you stand, how were you breathing, what did you hear?



What is 1 “energy leak” that you can solve today?

Complete one of them today and post what you did in the Facebook group:
