

# PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION





# Welcome to Day 2...

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*The Pathway to  
Calmness, CLARITY, Confidence  
& Connection!*



# Your Practical Pathway Begins...

Day 1

**CALM**

*The  
Power of  
Presence  
& the  
Beauty  
of Breath*

Day 2

**CLEAR-MINDED**

*Seeing, Feeling  
&  
Hearing  
Clarity*

Day 3

**CONFIDENCE**

*Stepping into  
a  
Confident  
New You*

Day 4

**CONNECTION**

*Connecting on  
the Inside  
=  
Connecting  
on the  
Outside*

**BONUS DAY**

**WRAPPING IT ALL  
TOGETHER**

*Wrapping  
everything  
we've learned  
into one  
meaningful  
day, week, month  
and year.*





# OVERVIEW

## Day 2





# What is in Store for YOU Today...

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- *A Clean Outside Space = A Clean Inside Space*
- *Anima Awareness & Emotional Excellence*
- *Seeing, Hearing & Feeling CLARITY  
(Meditation: Audio Recording)*





# SECTION ONE





# CLEAN OUTSIDE SPACE = CLEAN INSIDE SPACE

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## Downfalls

### of a messy outside space:

- clutters the mind
- can increase anxiety, depression & feelings of overwhelm and shame
- consumes your precious time in finding things
- can create a feeling of “stuckness” or paralysis... which can carry over into other areas of life



## Benefits

### of a clean outside space:

- Lowers levels of Stress
- Gain awareness of what resources you have
- Time Saver
- Tidies up your Thoughts
- Lessens distractions
- Improves quality of sleep
- Increases Productivity
- Lowers chances of sickness





# CLEAN OUTSIDE SPACE = CLEAN INSIDE SPACE

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## Fun “*CLEAN SPACE*” Opportunities!

- Make your bed
- Tidy Up House
- Clean Bathroom
- Vacuum Floors
- Clean out the Fridge
- Clean out Cupboards
- Organize office or files in office
- Organize shelves
- Clean out closet (and donate old or unused clothes)
- Clean up computer (organize documents or files so you can find them easier)
- Clear up space in computer
- Buy a big garbage bin and throw everything unnecessary into it!
- Get in touch with your generous side and give away anything you no longer need!





# CHALLENGE

A silhouette of a person is captured mid-jump, leaping from one large rock pillar to another across a body of water. The scene is set against a dramatic sunset sky with vibrant orange, red, and blue clouds. The water reflects the colors of the sky, and the overall mood is one of challenge and achievement.

Choose 1 of the “clean space” tasks from the checklist  
Do it daily for 30 days.  
(could be as simple as just making your bed everyday)

\*Be mindful of how you feel\*



# SECTION TWO





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #1:*

*What are 1 or 2 reoccurring thoughts that go through your mind everyday?*





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #2:*

*How do these reoccurring thoughts make  
you feel?*





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #3:*

*Do you want to take any of these feelings  
with you into your future?*





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #4:*

*What behaviours did you demonstrate today?*





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #5:*

*How did these behaviours make you feel?*





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #6:*

*Are these actions congruent and in alignment with who you want to be in your life?*





# ANIMA AWARENESS & EMOTIONAL INTELLIGENCE

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*Question #7:*

*If you continue with these thoughts, feelings and actions, will they take you to where you wish to be in 1 year?*





# CHALLENGE

A silhouette of a person is captured in mid-air, jumping between two dark, vertical rock pillars. The scene is set against a dramatic sunset sky with vibrant orange, red, and yellow clouds. The sun is low on the horizon, casting a warm glow over the water and the distant land. The overall mood is one of challenge and achievement.

Set an alarm on your phone 4x throughout your day...

Ask yourself

“What am I thinking right now? How does this thought make me feel?”

Do it everyday for 30 days.





# SECTION THREE



# Seeing, Feeling & Hearing CLARITY

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This Section includes

## **1 Meditation Audio Recording**

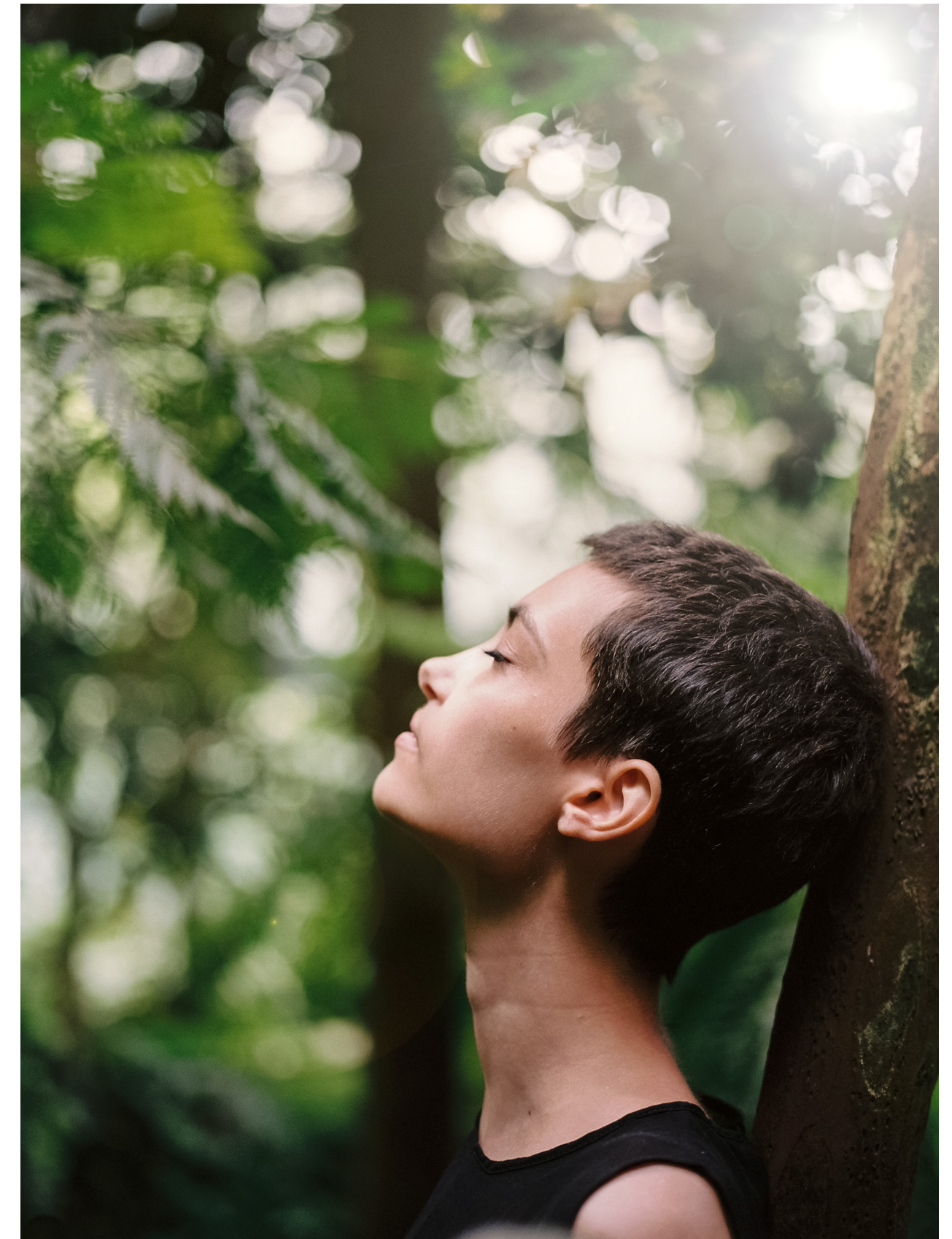
which you can listen to at any point throughout your day to offer you a sense of

**CLARITY & GUIDANCE**

with anything you may need to clear up in your mind or gain direction on in your life.

Enjoy it with an open mind & open heart!

\*(see audio recording on platform)\*





# CHALLENGE

A silhouette of a person is captured in mid-air, jumping from one large rock pillar to another. The scene is set against a dramatic sunset sky with vibrant orange, red, and blue clouds. The water of a lake or sea is visible in the background, and the overall mood is one of challenge and achievement.

Do this Meditation everyday for 30 days  
Be aware of how clear-minded you feel  
&  
how in-tune you become with receiving clear guidance



# Q & A TIME

**Please Post Any Questions, Comments,  
Insights  
or Breakthroughs  
you've had in the group!**

**We can all share and participate together as a community!**



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