

12 WAYS TO MAKE A BIGGER IMPACT

This is the Year of Miracles. As you embrace these sacred rituals, you will open yourself to new possibilities and wonders. Start small. Be gentle. Allow shifts to occur.

0. PAUSE: Make Sacred Time To Process, Let Go & Be

We're living in a crazy world with countless things going on and huge waves of change. To integrate all these changes and stay present (and sane) we need to make time to stop. Stop. Be with what is. Feel your feelings. Allow yourself to integrate whatever is going on. Just be, and allow your heart and mind to process all that you're going through and all the messages life is trying to tell you. If we don't stop, we will be forced to stop through illness, accidents or other drama. So it's far more loving to make the time to step back once in a while, do nothing, surrender to the Highest Good for all and be open to receive all that life is offering. This time will allow you to act from a place of strength, grace and freedom.

1. MANTRAS: Use 1 Per Day with Feeling

Thoughts are our first creation. The thoughts and vibrations you hold in mind tend to become manifest. So if you want to change your life, start with changing your thoughts. Most people think the same negative thoughts every day and then wonder why they have the same negative results each year. The good news is anyone can start to change their thoughts right now, simply by creating and using a *mantra*. Here's how it works:

1. Write a list of the thoughts you'd like to think: e.g. Freedom, Bliss, I am Love, I am Light, I Am Joy, I am Blessed, I am Healed, Divine Light, etc.
2. Choose ONE thought per day. And then create that thought over and over and over in your mind, slowly and with feeling, the whole day. After a while, the meaning and vibration of your mantra will seep into your subconscious mind, shift your vibrations and create new manifestations. Your mantra will also help override habitual thinking, freeing you from negativity and old patterns and bless you with a whole new lease on life. Try it and see what happens! For more support on finding and creating Divine Mantras - check out: [Change your mind, Change your life](#)

2. CLEAR & DEEP VISUALIZATION with Feeling

What you visualize and imagine in your mind will come to pass. To do this, simply:

1. Write out what you want to create each day. Choose your heart's true desires.
 2. Visualize that you already have it now, and deeply, clearly, feel that you have attained it. The more detail and depth you have in your visualization, the more success you'll create. Try it for 10-30 mins per day.
- For support with this, use the [Miracle Journal](#), Miracles and wonders!

3. 21 DAY CHALLENGES: Finish your projects!

Most people have ideas, but scarcely anyone actually finishes them. That's why it's so powerful to do The 21 Day Challenge. It's a proven and effective way of *completing* one project (or starting a new habit) each month. The 21 Day Challenge will focus your attention on what matters most to you, and allow you to do more in one year than you'd normally achieve in 4-5 years! To do a 21 Day Challenge Go Here: [21 Day Challenge - Get it Done](#)

4. SMILE BIG ON PURPOSE! :)

When we smile, we activate happy chemicals in our brains (even if we're not feeling happy). Your smile also makes many others smile when they see you (which will make you smile more). The more we smile, the better we'll feel and the more our days will go well. Try it yourself and notice how you feel and how others respond to you. Try it now. Smile as you read the rest of this and notice how you feel. :)

5. SHARE LOVE & WISDOM DAILY

It's in giving that we receive. When we show up and help others *daily* we are showing that we care about others and living on purpose. Giving to others also helps us get out of our own 'stuff.' It allows us to transcend our limitations and become the highest version of ourselves. A problem some creators face is that some projects can take months or years to reach anyone, and in the meantime, we can feel like we're not really making a difference. So why not also have some daily (or regular) content that you schedule in advance that can help others every day? This need not be stressful or take long. In fact, if you want, you can do it quite easily. Here's how it works:

1. **Make a list of all your best ideas/tips/stories** for your audience. (Stories are especially good to share.)
2. **Write 2+ weeks worth of short messages** (words/images/videos/audios). What would bring joy into the lives of others? The key to success is to do this work *in advance* so you can easily and quickly post what you've already created, and get back to comments in just a few minutes. Doing it all in one go, also allows you to 'get in the groove' and do better work in less time.
3. **Post one pre-created message each day** on whatever your favorite social media or email channel is. You could also do short simple videos or audios and schedule them. If you can't do that much, focus on quality over quantity.

By doing this, you'll know in your heart you are making a difference and helping people right now. You will also gain some insights about what people like and appreciate and you can then create new content based on the comments you receive. By creating a stock of love and blessings every two weeks, you can help people every day. Posting content will make you *content*. Try it and see.

6. GET A COACH: Receive Accountability Support

No matter how well we're doing, we all need help to get to the next level. We may want to implement all these new wonderful things in our lives, but it's all too easy to get lost or stuck in our usual habits or hit a plateau. When you get a coach, you'll receive the help you need to stay focused and on point. You can work through blocks and start to make lasting changes in your life. You may not even need a traditional coach, as weekly accountability support can be enough to keep us on track. Either way, get the support you need and you'll thrive. If you're in the Academy, you can set up weekly check-in sessions with our team to help you.

7. DANCE, SING, MAKE ART, WRITE POETRY

To be truly creative and inspired we need to *feel alive* and do things that bring joy into our hearts. Most of the world's most successful people in any area had a side hobby or creative pursuit that inspired them in their work or was a full-time endeavor. For this, make time each week (or day) to do something creative that activates your heart, taps into your joy, connects you to a non-linear awareness and allows you to think outside the box. Do what brings you joy.

8. LIVE FROM YOUR HEART WITH LOVE

Life has so many details that it's easy to get stuck in our heads. Instead, we can drop down into our hearts, feel the love, notice our feelings and act from a place of loving kindness. More than anything, the world needs real love. When you focus on staying in your heart, receiving Divine Love and sharing love, you'll find everything get's easier. You may enjoy [3 Seconds To Being Your Higher Self](#).

9. CELEBRATE OTHER'S SUCCESS from your heart

When you truly love to see others succeed and consider their success your success, you will have more friends, deeper connections and be more valuable to others. Jealousy and envy poison our hearts. Instead, root for other's success, have good wishes that everyone be their best and achieve their higher good, and you'll feel so much more blessed. From this place, all your own visions and dreams will come true — with the love and cooperation of others. Giving is receiving.

10. EXERCISE DAILY: Get Your Body Moving

We are human beings - spiritual beings inside a human body. And if our body is healthy and alive, we will be much happier and able to do more. So find a kind of exercise that works for you and do it every day to get your heart beating and work up a sweat. One great form of exercise is the 5 Rites - mentioned in the book *The Ancient Secret of the Fountain of Youth*. This practice is not only healthy, it also gets your Chakras spinning correctly. If you're looking for a practice that you can easily do at home in a few minutes - this one is wonderful. Move your body daily.

11. DEEPEN YOUR SPIRITUAL PRACTICE

We are spiritual beings having a human experience. So on the deepest level, we need spiritual nourishment, deep inner fulfillment that reaches our heart and soul. And that deep inner nourishment comes from the Divine, from the Source of all Love, Bliss, Peace, Joy, Freedom, Purity, Power and everything else we need. Mantras help us to refine our thinking. Remembrance, connecting with the One, gives us the love, light and bliss we seek. For help with this, you can enjoy the free [Raja Yoga Course](#) and listen to the [Spiritual Recharge Podcast](#).

12. TAKE TIME OFFLINE to recharge & renew

It's no secret that most people feel they spend too much time on their phones. And while technology has many benefits and is indispensable, it can also steal precious time from us that would be better spent elsewhere. When we look back on the year, will we regret that we spent 4-5 months worth of our free time online? (When you calculate the amount of time spent online it adds up to far more than most people realize). Smartphones have been called the 'new cigarette' for a reason. An easy way to start a new habit is to have a 'digital sunset' where you turn off devices when the sun sets to be with yourself, be present with loved ones and get quality rest. For more support with this go to: <https://digitaldetox.io/freedomnow>.

IT'S NEVER TOO LATE TO CHANGE!

No matter what time of the year it is, you can still jump onboard and do these things now. We can choose to change anytime. Transformation happens in an instant. It just takes a loving willingness.

Sending you lots of love and smiles on your sacred success,

Michael & Arielle
Awakened Academy