

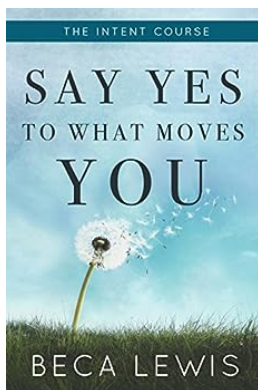
Say Yes To What Moves You - The Shift That Can Change Your Life

Have you ever felt stuck in a rut, like something is missing in your life? You go through the motions day after day, but deep down, you know there's more to life than what you're currently experiencing. If this resonates with you, it might be time to make a shift and say yes to what moves you.

The concept of saying yes to what moves you is about living a life true to yourself, embracing change, and following your passions and dreams. It's about stepping out of your comfort zone and taking a leap of faith towards a more fulfilling life. When you say yes to what moves you, you open yourself up to new opportunities, experiences, and growth.

Why Do We Often Say No?

Many of us are conditioned to say no to things that make us uncomfortable or challenge the status quo. We fear the unknown, rejection, failure, or judgment from others. We become complacent and settle for a life that is safe but unfulfilled.



The Intent Course: Say Yes To What Moves You (The Shift) by Beca Lewis (Kindle Edition)

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1991 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 133 pages
Lending	: Enabled



However, when we continuously say no to what moves us, we miss out on the chance to discover our true potential and live authentically. We suppress our dreams and desires, leading to frustration, regret, and a constant longing for something more.

The Power of Saying Yes

What would happen if, instead of saying no, we started saying yes to what moves us? Imagine the possibilities that could unfold. When we say yes to what moves us, we align ourselves with our passions, values, and purpose. We tap into our inner strength and resilience, allowing us to overcome obstacles and live a life filled with joy and fulfillment.

By saying yes, we give ourselves permission to invest in personal growth, explore our creativity, try new things, and take risks. We open doors to exciting opportunities, meet inspiring people, and expand our horizons. Saying yes allows us to break free from self-imposed limitations and discover our full potential.

The Shift That Can Change Your Life

The shift towards saying yes to what moves you requires a change in mindset and a willingness to embrace discomfort. It's about stepping outside of your comfort zone and moving towards the unknown. The journey won't always be easy, but the rewards will be worth it.

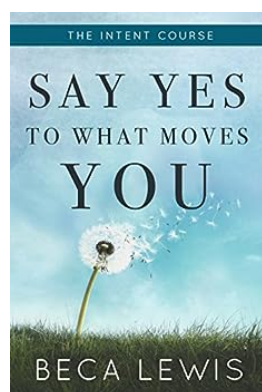
To make this shift, start by reflecting on what truly moves you. What are your passions, dreams, and values? What activities make you feel alive and energized? Take the time to reconnect with yourself and listen to your inner voice.

Next, identify the fears and limiting beliefs that have been holding you back. Recognize that these are just thoughts and not necessarily the truth. Challenge them and take small steps towards defying them. Surround yourself with supportive people who believe in you and your dreams.

Once you have clarity on what moves you, set goals and create an action plan to turn your dreams into reality. Break them down into manageable steps and celebrate every milestone along the way. Remember that progress, no matter how small, is still progress.

Saying yes to what moves you is a powerful shift that can change your life. It takes courage, determination, and a willingness to embrace discomfort. But by taking that leap and following your passions and dreams, you open yourself up to a life that is truly fulfilling and meaningful.

So, I challenge you to say yes to what moves you. Don't settle for a life that doesn't ignite your soul. Embrace change, step out of your comfort zone, and discover the incredible possibilities that await you. It's time to make the shift and live a life that reflects who you truly are.



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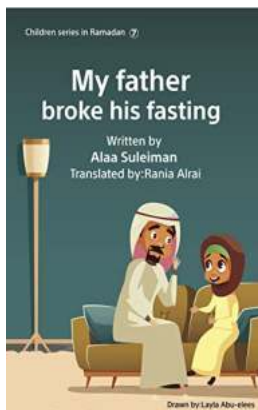


Are you ready to go after what you want? Not sure what you want? This practical self-help book is the answer.

The Intent Course is a 28-day-class-in-a-book based on the sound psychological theory about changing your intentions. Changing the way you think about the world and your goals to change how you approach everything from the meaning of your life to finding work that's right for you, to discovering the loves of your life.

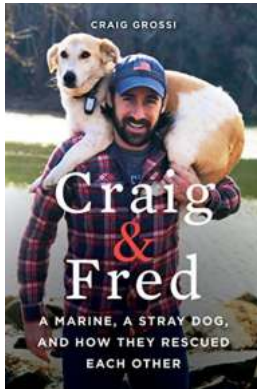
The Intent Course will provide both the clarity and the tools for you to use to reveal and joyfully live your intent and purpose.

This book defines practice management and self-help at its finest, written clearly and efficiently. Why not get started now.



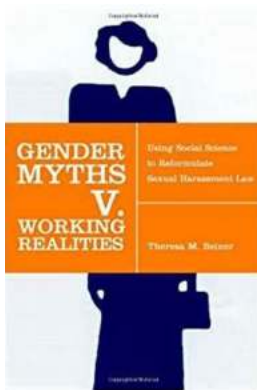
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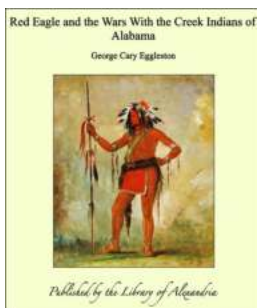
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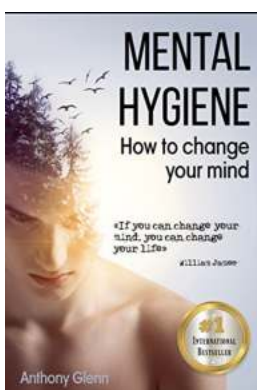
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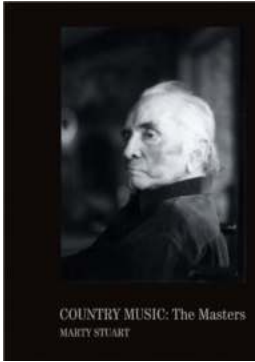
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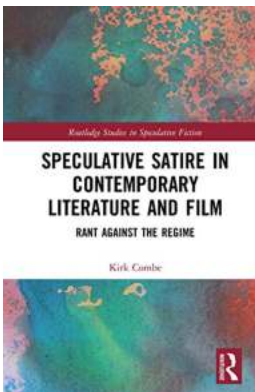
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