



What makes up your **LIFEBLOOD**?

What pumps through your veins, flooding your every cell with its substance?

Lifeblood is **PASSION** and **PURPOSE**. It is **FOLLOWING YOUR HEART** and doing things you **LOVE**.

It is your inner voice, your essence, your fuel. What makes you tick. Lifeblood is what gets you out of bed in the mornings. (Can't get out of bed? Think of 5 things you are grateful for before opening your eyes and see if that helps. It will.) Lifeblood asks

'HOW CAN I BRING MORE
GOOD
INTO THIS
WORLD?'

'HOW CAN I INSPIRE OTHERS TO LEAD A BETTER LIFE?'

It is believing that something extraordinarily lovely is right around the corner. It chooses love over fear in every situation. It feels the fear and does it anyway.

It's weird, over-the-top, a little rough around the edges and oozes self-expression. Lifeblood knows that a nourished body is a nourished mind and a nourished mind makes stuff happen. You'll find your lifeblood exploring the world. Or your own backyard. Travelling outside yourself lights the path to your core. It trusts the process of life and believes that where you are right now is where you're meant to be and everything you're experiencing is for the greater good.

LIFEBLOOD asks... 'What makes your heart sing? What do you love to do? What could you do all day?' and then it goes and does it.

Lifeblood is **GENEROSITY, CREATIVITY and JOY.**

It wants you to know that healing is the key to self discovery and true connection to ourselves and others. Lifeblood wants you to love the hell out of your fine self. It shouts from the rooftops

Y O U

are an

amazing, incredible gift in this world.

No one has ever lived on earth quite like you. It doesn't do well with self-doubt, criticism or comparison. Rather, it thrives on connection and creativity and lives next door to soul-content. You'll find it when you discover that health isn't the destination; it's the vehicle that enables all that you do. And on that note, you are what you eat. And what you think, say and believe. You'll find it when you start cleaning the slate to build bigger and better things.

Lifeblood is synchronicity (life's magic in action). Allow, acknowledge and appreciate it. Ask for it. Lifeblood will spill into your life when you change what you don't like and do more of what you do.

Never forget that you create your own REALITY.

Lifeblood knows that this is the only moment you ever have. Right now. **BE PRESENT**; watch, smell, hear, taste and touch. Lifeblood forgets regrets. It listens, learns and moves on. Use your lifeblood to paint your dreams and desires, to figure out how you want to feel, to visualise success. Oh yeah, and it doesn't live in your comfort zone.

Get out of there. **Make magic** instead.