



REFUTURE YOUR LIFE
INTERNATIONAL



Celebrating YOU!!

You've probably heard that keeping a daily list of things you're grateful for will improve your mood, outlook, and results. That's because it programs our minds to look for things to be grateful for during the day. Before long, we begin to *expect* good things. People even report good things happening more often with this practice.

Dr. BJ Fogg is a researcher at Stanford University and creator of the Behavior Design Lab. His studies have shown that **celebration is even more effective than gratitude at changing our habits and outcomes.**

Feeling good, like when celebrating, increases both your energy level and the vibration at which your energy is resonating. This pick-me-up is more potent than any Netflix show, glass of wine, or (gasp) piece of chocolate.

Just as joy is a higher vibration than love, celebration is a higher vibration than gratitude. Gratitude and love can both have a passive quality. Joy and celebration are more energetic and vibrant.

One of the reasons Future Now is so potent is that it's a way of celebrating in advance of the actions being taken. When we harvest the energy at the end of work calls, we're celebrating what's happened during that time.

Here at the end of this year of years, it's important that we celebrate fully, consciously and well.

100 Hoorays

The invitation this month is **look back through 2020 and find at least 100 things to celebrate.** You're welcome to write down many more! Nothing is too small to celebrate, so if it occurs to you, write it down. At least part of you wants it acknowledged.

You might want to look back through your calendar, your Integration Sheets, and/or notes from our Clearing Calls. You can also look at different areas of your life – work, home, health, relationships, creative endeavors, etc.

If you have any thoughts from the Judge voice about not having done more or better, or whatever, you know what to do – pull your Safety Self in close, hug them, love them, breathe, and keep celebrating.

Amping Up the Celebration

To magnify the energy and effects of your celebrations, let's go even deeper. **For at least ten of your hoorays, write down why they were so great.** What was special about that particular event? Here's an example:

Celebration: I signed up for the VITA coaching program on Love, Sex and Relationships.

Deepening: This is great because I'm exploring an area that I've been really interested in and nervous about. It's really uncomfortable for me, and my soul's been calling for it. It feels like I'm going back to something that was sacred to me in another time.

Here again, **you can do this with the “small” things, too.** Sometimes, those are the most potent. Here's an example:

Celebration: We had a really connective family Zoom call the Sunday after the election.

Deepening: This is great because it showed us all that even in the midst of so much turmoil and unknown, we could choose our love and connection, and could show up for each other. It also showed me that Mom can put aside politics and her drive to be right and simply be with us, which felt very nurturing to me.

Our lives are comprised mostly of the little things, so it's important to remember that the little things are, in fact, big things. *The Little Big Things* by Tom Peters is all about this.

Showing Up

Most of us in the course of life have gotten the message that it's not okay to celebrate our successes publicly. You may even have been embarrassed, chastised or ridiculed for it. When I was writing my book, sharing my struggles felt less vulnerable than sharing my strengths and successes.

Not being able to share our celebrations leads us to bond over our wounds and stories. That feels safer and more accepted, like we're not taking up too much space.

Often, we even try to “take down” people who let themselves shine, labeling them as we've been labeled – arrogant, self-important, braggarts. At the same time, we may wish we had the confidence to do the same thing.

Sharing your celebrations gives other people permission to share theirs. It can also raise the vibration of everyone around you, as well as your own. If others feel envious, that can be a gift for them. [more on this below]

You have an opportunity now to *experience* being accepted, loved and celebrated when you share your successes. This goes far beyond understanding that it's okay and that you're allowed to shine. This lets your *body* know that it's safe for you to shine.

As a business owner, this is essential for you. You have to be able to let yourself stand out from the crowd. Plus, people are craving authenticity, especially from the people they choose to support them. It is inauthentic to only share your struggles. It is inauthentic and counter-productive not to own your greatness.

I strongly encourage you to share some of your celebrations in the Facebook group. Let yourself shine!! And then count having posted as a celebration. Go into your discomfort zone in this safe environment. **How big can you let yourself get?**

And when you see someone else shine, celebrate them. Let them know you see them and are dancing alongside them. Add to the energy of women supporting women, and people building each other up.

Envy

Do you ever feel jealous of someone else's success? I do. It's a pretty normal thing. The only real problem with envy is that we haven't been taught how to handle it. (Spoiler alert: Telling yourself how horrible you are for being jealous isn't it.)

Envy holds two gifts for us: it shows us what we want, and what we think we can't have. This gives us the chance to go deep within ourselves, connect with our desires, and explore what's in the way of our getting it.

Think of it this way. If I come onto a call with a scarf that looks hideous, you aren't jealous because you don't want it. If I'm wearing a beautiful scarf and you remember having seen one just like it in a store near you, you aren't jealous because you know you can get one.

If, however, you see me wearing the most gorgeous scarf in the world that would go with every single outfit you own, and I tell you it's a one-of-a-kind that a friend dyed for me, you might feel more than a twinge of envy.

Many, many women have been so thoroughly trained to sublimate their feelings, that they don't even know what they want! In doing the work in this certification program, I've suddenly been getting in touch with feeling my desires. It's potent magic!! And something we'll be exploring much more in the months ahead.

Napoleon Hill, author of Think and Grow Rich, said, "The starting point of all achievement is desire." Envy is a neon signpost showing you what you want – a

beautiful scarf, more clients, or magical opportunities, or public recognition. When you feel jealousy, feel *grateful*, and let it connect you to your desire.

Then ask yourself if you think you can have it. As always, notice what thoughts, feelings and sensations you have when you think about what you want. Are there Safety Self thoughts that need to be seen and received? Does your body tense? Is there something even deeper going on that you'd like us to explore?

Envy is a gift because you know it is and you know how to make the most of it.

What about someone being envious of you? What if they get jealous and talk about you to other people, or post a snarky comment? Or tell your mother?

Remember:

1. **If you're acting from authenticity and sincerity, you're not responsible for other people's emotions or judgments.** How they respond says far more about them than it says about you.
2. **Your celebration and the envy they feel may be just what they need for their next expansion.** They may not recognize and appreciate it right now, or ever, and that doesn't mean it's not true.
3. **There's a gift in their response for you.** Maybe it brings up something for you that you're ready to process. Maybe it gives you the opportunity to love more generously, or to set a boundary, or to have a challenging conversation. You might even engage them in such an open, honest conversation that they hire you because they want to be able to do the same.

Grounding

On Wednesday's Clearing Call, we'll do a good bit of integration. When you ground the energy of celebration in your body, you increase its potency and your capacity to hold even more of it. It also increases the strength of your energy field, just as digesting food increases the strength of your body.

Ready to dive in?

1. **Make your list of at least 100 things you're celebrating from 2020.**
2. **Deepen with at least 10 of them**, describing what's so great about each.
3. **Read your list aloud**, pausing after each to let it soak into your mind, heart and cells.
4. **Share some celebrations in the Facebook group.** These can be past or current. You're invited to share what's so great about them, too.
5. **Celebrate your friends' shares, and mine any jealousy for its gifts.**

It's okay if you don't get all of this done by Wednesday. This will be an on-going project.