

I Feel Fabulous!



Kamala Murphey, MA, ThM

www.Kamalamurphey.com

I Feel Fabulous! Assessment

Here's a quick assessment to help you gain clarity on how feeling fabulous is showing up for you – or could be. No shame or blame, just an indicator of where you are and where you might want to be going!

	Rarely	Getting There!	Often
I know I'm fabulous!			
I feel healthy and vibrant.			
I enjoy my work.			
I engage in hobbies or activities I enjoy regularly.			
I practice good self-care regularly.			
I have a spiritual practice that nurtures me.			
My home is warm and welcoming – I love it!			
I trust this is an abundant universe, so I don't fret about finances.			
I take time for personal growth and development.			
I spend time regularly with a circle of loving and supportive friends.			

I FEEL FABULOUS!

Fabulous can show up in so many ways! A great pair of shoes, a dress that fits to perfection, a job well done, skin that glows with health, a week in a heavenly vacation spot. What's important is what feels fabulous to YOU!

Feeling Fabulous really is an inside job, beginning with gaining clarity about what makes you feel fabulous!

Let's get started!

1. What is YOUR definition of feeling fabulous and living a great life? What are the things you have a sense will fit in with you feeling fabulous? What things would you be doing or experiencing? Who is it you want to be? What would you have that made you feel fabulous? What kind of life would make you feel all 'lit up' inside when you imagine it? THAT's the life I'm hoping you'll be laying the foundation for throughout this process.

As you move through these exercises, let enthusiasm and feeling fabulous be your guide to creating a life you love. Consider each of these areas:

Financial

Mental

Emotional

Physical

Spiritual

Relationships

Work/Career

Go ahead and go wild with your ideas about feeling fabulous! Don't judge or censor what comes to you, just let yourself go. Write as much as you want to, being as unfettered or outrageous as you'd like. You really do want to come up with ideas that may be out of the "norm" for you – at this point!

Here are a few examples of what feeling fabulous might entail:

- * Being a powerful communicator
- * Be successful keynote speaker
- * Being healthy and physically fit
- * Run the Bay to Breakers
- * Have a housekeeper come weekly
- * Eat "raw" most meals
- * Be debt free
- * Be a full-time painter
- * Spend more time in nature
- * Homeschool the kids
- * Travel to Fiji, Italy, and the Holy Land
- * Have a multi-million dollar business that serves people in a way that opens their hearts and creates more joy, peace and prosperity in the world
- * Be a successful writer
- * Establish a foundation for young women's education
- * Establish trusts for my children's/grandchildren's education
- * Learn French
- * Learn to play piano
- * Take improv classes
- * Ride the zip line at Tahoe
- * Study with the Dalai Lama or other holy person

2. Think about what might feel fabulous both in the long-term and short term. Include anything that might feel fabulous now or in the future. Invite all your senses to come to play here!
3. At this point, don't even think about the "how" to make any of this happen. We're still in the "let it rip!" stage!

As you go through this process, remember to summon up the things that will make you feel absolutely terrific about yourself and your life. These will be the things that will make you say, "I LOVE my life!" In the list you develop there will likely be some elements that are "peak experiences," some that are material, and some that are more foundational...how you move through your world (e.g., I hold myself with grace and dignity and confidence).

So, what thoughts are running through your mind at this point? Let any negative thinking go for the moment, let your heart feel for the love and joy that is its natural state.

If you need some help thinking more outrageously, imagine that you've just been given twenty-five million dollars. You are set for life financially, so you have the freedom to take on virtually any activity or project you could dream of. (If your project requires more money, consider it granted to you!) What would you do? Who would you spend time with? How would you develop yourself?

What's in the Way?

As odd as it may seem, now we're going to take a step back from the "positive"/forward thinking we've been doing and look at some things that may not feel so fabulous. We'll be looking at and working through some of what may be holding your back from really feeling fabulous. These may be some of the "rotten apples" that you can't see readily, but that will spoil your progress if left unchecked!

Now that you've begun the process for identifying the life you REALLY want, what thoughts are coming up for you? What questions are you having? What doubts are creeping in? This is about the time many of us tend to put up roadblocks to our dreams - usually without even being aware of what we're doing. The thoughts and beliefs that we carry - usually unconsciously - are what hold us back from having what we want in life.

Thoughts like:

- * "I don't know how."
- * "I've never been able to do this before. What makes this time so different?"
- * "I'm scared."
- * "Who am I to think I can have everything I want in life?"
- * "I need more money before I can have ..."
- * "What if I don't make it?"
- * "What if I waste all this time and effort and nothing happens?"
- * "This won't work for me."
- * "What if I fail?"

Do any of these sound familiar? Are you aware of others that nag at you?

Take a few minutes, breathe deeply, and take a scan back over your life, noticing the times things just didn't turn out the way you'd hoped; the situations that wound up being disappointing. Notice the areas where you feel anything BUT fabulous. As you go through this process, pay particular attention to the thoughts, feelings and body sensations that come up for you around those events. What do you notice? It's likely that you'll be experiencing some less than pleasant emotions, thoughts, or sensations: fear, sadness, disappointment, tightness, collapse, resignation. Just be aware of what's coming up...no need to DO anything with these thoughts and feelings right now.

Next, take a few moments to think back over your life to areas that have seemed to come easily to you, or times when you were happy. What were the thoughts, feelings, or sensations associated with those times? You are probably noticing a sense of ease, freedom, peace, joy, or maybe just a sense of neutrality or flow.

What you'll likely notice is that there is a correlation between thoughts, feelings, and situations. In retrospect, it can be difficult to figure out which came first, the thoughts and feelings or the situations, but it's pretty easy to see that if you are walking around thinking, "oh, well, this never works for me," chances are good that things won't be working out in your favor! This is one of the basic premises of the law of attraction. There's that great quote from Henry Ford, "Whether you think you can or you think you can't, you're right!" Yep. Law of Attraction.

You can bring this awareness to present time: look at your life today and notice the correlation between what you are thinking and feeling, and what you are getting in life. Are there areas in your life that you seem to be getting what you do not want? Are your dreams that are a part of feeling fabulous still not manifesting?

This is where I wound up getting stuck! What was I focusing on? That my dreams weren't being fulfilled! Well, I set my intention, my desire...where is it? It's not here yet. I guess it's not working! (You can see my focus is on this process not working, rather than on my desire.) What about you? Are you noticing that they aren't here yet? Are you thinking it's really been hard up to now? Then how do you change all that in order to truly have what you want right NOW? How do you break through those barriers?

You begin to break through those barriers, first, by understanding that whatever you are focused on and the emotion behind it is what you've been flowing to you. Think about this. Remember, we need to keep focusing on what we want!

Seem too good to be true? Hmm. Notice where you are putting your focus with THAT question. Flip it back around – what is it that you DO want?

So, here are the steps to moving through what's stopping you:

Step One: Become aware of your limiting thoughts and beliefs as they come up.

Step Two: Deliberately change the thoughts from what you don't want to what you DO want.

1. Make a list of all limiting beliefs and feelings you currently have around the desires you've identified for yourself. These are nothing more than habits of thinking you've had up to this point. That's all a habit is - thoughts you keep thinking over and over again. It's a great idea to notice themes, so you can be more aware when they pop up and nip 'em in the bud!

2. Take your list of limiting beliefs and thoughts and come up with some more supportive thoughts that will help set you on your way to being who, and how, you want to be!

Examples:

* "Regardless of past choices, now I know I can make choices that work for me by focusing on what I DO want."

* "I am learning from the results my actions. The only real failure is not getting up if I "fall"."

* "I may not know how to do this yet – I can have fun learning."

3. Release your limiting beliefs. Set your intention to step into your new thoughts and beliefs and release the list of limiting beliefs you wrote down. You could burn your list, tear it into tiny bits and throw them away, or other method that feels like a real release for you.

Make it a practice to notice your thoughts, feelings and body sensations throughout the day. See if you can begin to catch those negative thoughts more quickly and intentionally choose a more empowering feeling or thought.

We don't want to deny feelings, but we don't want to get mired in them – and we don't necessarily have to believe everything we think! (Just because we think something doesn't mean it's TRUE!)

You've done great work by doing the exercises here! Feeling fabulous really is an inside job – and when you make it a daily practice, life becomes magical!

If you'd like some additional support, I'd love to talk with you! Schedule a short call with me at <https://kamalamurphey.as.me/letsconnect>

Many blessings,

Kamala