

# First Steps

Three key skills for navigating change



Lorraine Watson

*Follow Your Light*

# Building the foundation

Change is a process. What we see as a growth spurt overnight or a light bulb moment of understanding has been in the works for a period of time.

But those background workings can easily go undetected because we're living with them every day. Or we're looking for signs of something else, something significant or monumental instead of ordinary or small.

Have you ever looked all over the house for keys only to have someone else find them right where you had started? Or missed the mustard jar in the fridge because it was behind the leftovers?

We miss seeing what's already here because we're expecting to see something else.

And that's exactly how we hide from ourselves.

Until we step back to observe, to pay attention and be mindful of ourselves and what is happening around us. We can begin to see the details and the bigger picture we couldn't see before.

Whether change feels chaotically fast or painfully slow, separating yourself from what's happening (or not) acts as a way to freeze time for a moment. You create the space to gain clarity, direction and greater peace of mind.

These three skills may appear too simple to be effective, but that's why they work. They can be used anywhere at any time to help you see what has been hidden from view - the real you.

*Focus your attention on being who you really are and the rest will take care of itself*

# 1. Move

A build-up of energy and emotion creates feelings of pressure and restriction in addition to what you may be experiencing around you.

Moving your body helps to move that energy and emotion up and out instead of remaining stuck inside.

Being aware of how your body feels is the start a life-long conversation. It has been waiting patiently to share its wisdom and offer insights you likely won't hear elsewhere.

## **Places to start:**

Dancing, jumping jacks, running, cycling, shadow boxing, brisk walking, yoga sun salutations, Tai Chi, climbing stairs

## **Helpful hints:**

- Adding vocals creates a booster effect. Sing, shout or laugh to move more energy.
- Keep up with your favourite activities for moving, even when you don't feel like it.
- Keep in mind one or two other activities you can do on the spot when needed.
- Respect others and do no harm. Do not direct your actions towards other people.
- Energy build-ups can take time to dissipate. Others release quickly. Keep up with being mindful of moving and notice changes in how your body feels over time.

*Nothing could be more natural than allowing life to move through and with you at all times*

## 2. Gratitude

Focusing on gratitude extends beyond finding the positives in your life. In turning your attention inwards, you shine the light on details taken for granted. You begin to experience how good and bad aren't opposites of each other, but can co-exist quite easily. Perhaps most importantly you bring awareness to how you are being instead of what you are doing or what you have.

### **Places to start:**

Write at least three (3) things you are grateful for each day, for thirty (30) days.

### **Helpful hints:**

- Create a space for your gratitude by using a separate book or special journal.
- Capture your moments of gratitude (MOGs) with handwriting rather than typing. Magic happens with pen and paper.
- Clarity comes from simplicity. Write each MOG in one or two sentences rather than paragraphs.
- Read through your entire list for the day in sacred silence at least once.
- Have a few standbys to draw upon for bad days (eg. I woke up today, I am still here, I ate, etc)
- Go deeper by avoiding repetition of MOGs when possible. Look for variations or something new.
- Make this a priority, something you will do, not something if you have time.

*Gratitude faced forward is a force of creation, something to use, instead of just have*

# 3. Observe

We're all unique. The way you experience life and connect with your inner wisdom is both similar and different to everyone else. As nice a thought as it is, you can't buy "The All Inclusive Book of Us" or Google "my life" and become your true self by mimicking someone else.

What you can do, however, is create "The Book of Me," your very own, ever expanding personal dictionary for handy reference.

## **Places to start:**

Observe yourself, ask others what they observe about you.

## **Helpful hints:**

- Be prepared by keeping a notepad and pen or a recording device near you at all times.
- Be on the watch for patterns, signals, repeated messages, how your body feels, etc. to appear.
- When you notice something, capture it immediately. Despite best intentions, remembering later rarely happens.
- Don't try to make sense of things, or find ways change or fix what you see. Observe first and reflect later.
- Welcome resistance. That's a sign you're getting closer to you. (And make note of how you resist.)

*Pay attention to yourself, you will learn quite a lot*

# Notes to Self

## 1. Move

My favourite activities that would move energy and emotion are:

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Ways I can move energy and emotion that can be done anywhere are:

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## 2. Gratitude

Standby moments of gratitude to use on bad days could be:

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Typically the best times in my day to capture what I'm grateful for are:

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## 3. Observe

I'm like a moth to flame when I see or hear about:

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For fresh eyes, the people I trust to ask for input on where they see I'm always a moth to flame are:

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*You see what you put out there, you created a reflection for yourself*

# What next?

I hope you find these three simple steps intriguing enough to give them a try for yourself.

With a bit of practice they can become indispensable tools in making your way through change, as well as finding familiar ground once again when life gets messy.

From here you may want to:

- [Leave your name](#) to stay connected through email.
- [Share your experience](#) or ask questions.
- Pick up a few more techniques to explore with [4 Keys To Unlocking Change](#) and [Listening Is A Process](#).
- Set yourself up with journals to record your insights.

- Forward this along to anyone else who is looking for a way to start.
- Jot down any additional thoughts you have right now so they aren't lost:

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*You have brought yourself to this point to decide with more clarity who you really are*

# A bit about Lorraine

Blessed by cats, potatoes and clouds, I am a “left-brained creative big picture idea” type.

Combining my intuitive abilities with curiosity and logic, we work together to re-ignite what Lights you up inside, find the clarity of who you really are and have the courage to bring your true self to Life.

My weekly **Letters From Home** are closer looks into everyday situations for discovering your True Who. There’s more to the world than first meets the eye. Don’t miss out on **your own copy** to help with your own journey

*One of Lorraine’s many gifts is seeing beyond what you think to what you know, down deep, to be true. She wields a special kind of kick-ass spiritual spelunking, compassion and truth telling. Once you're reconnected to who you are... bullshitting yourself becomes a whole lot harder.*

*Kate Johnson*



Lorraine Watson

**Follow Your Light**  
bring your true self back to life