

Annette Archambeau
PO Box 23 Kersey, Co. 80644
archwayfoals@gmail.com
720-203-6781

Welcome to this Grand Adventure! I hope these ideas help you soar! Reaching your higher self. A great way to write your grimoire.

I am available to clarify, listen or help on this magical journey of self-discovery, my contact information is above.

The absolute best to you and your amazing journey.

Ovate Gift – “The Power of You” Redefining yourself in times of change/finding your path and power.

“Don’t Die with your music still in you” Wayne Dyer

- Find Yourself – journaling/self-analyzing
- Individual change and action are the tools of true change
- Positive personal effectiveness through: **“Treating yourself as if you already are what you’d like to become” Wayne Dyer**
- Creating tools to manifest fulfilling relationships
- Be a master of your time
- Increase money flow and free time – through less spending, define your needs/wants
- Enhance your Creativity/of your thoughts/opinions/choices
- Generate Happiness and fulfillment
- Build your self-sufficiency
- Cooking/gardening/health awareness/ knowledge and connection to Nature
- **No limitations, (I cannot. must be banned)**

“Have a mind that is open to everything and attached to nothing “ Tilopa

How to begin:

- 1. Understanding why change and reaching your personal power is difficult**
- 2. Awareness of influences**
- 3. Knowing self**
- 4. Creating a plan /creating positive habits**

5. Living your path

Defining blocks to higher self:

Low Self -Esteem – (we all have it; where does it come from?)

“You cannot solve a problem with the same mind that created it.” Einstein

Where does low-self-esteem originate?

1. **Karma** – energy from past experiences/choices
2. **Family** – often, through actions of family, lessons misunderstood or not appropriate for our individual expression create negative self image
3. **School** – conformity, no one is special, different is bad
4. **Society** – just get a job, we tend to feel unappreciated, a means to an end
5. **Self** – angry/frustrated with conforming, we react/rebel/ relinquish our individuality, choose to be hostile, passive aggressive/aggressive

Bad workmanship/ stress on past mistakes and mind’s image of self

How do we combat these seemingly unsurmountable obstacles?

Mantras:

1. **I am thankful and grateful for all my many blessings: {list them all}**
Look up the Houdensaunee thanksgiving address
2. **I don’t necessarily believe everything I think – does this thought serve me?**
3. **Change the way you look at things, and the things you look at change.**
(2 and 3 are Wayne Dyer sayings)

The Journey: Journaling

Self-discovery/analysis:

“Thoughts are the ancestors of every action”

- **Defining self**- answer questions in Who am I? document – leave ample space to add future insights
- **Start a dream journal**
- **Create a goals/ list journal or section**, (likes/dislikes), (needs/wants), (goals/ actions), (progress/setbacks)
- **Triggers journal** – write them down, date them, reason, justification, positive action to change/avoid

“Wisdom is avoiding all thoughts that weaken you.”

- **Formulate a plan to an empowered “you”**

Tools:

- **Simplify**- come up with a simple plan, follow it

- **Do it now** – there has never been a better time to start than right now
- **Keep at it** – create a routine, nothing happens immediately
- **Believe in yourself**, you have formulated a good plan
- **The four agreements, by Don Miguel Ruiz: Be impeccable with your word - Do your best – Take nothing personally – Don't make assumptions**
- **Strive to consider all life/act beyond self**

Who am I?

Answer all questions with these perspectives in mind.

- Likes/dislikes
- Joys/sorrows
- Struggles/mistakes/triumphs/success
- Past/present/future

1. General:

Name:

Age:

Contact information:

Brief description of self and what you hope to achieve through this program:

2. Date/time/place of birth

Journal:

Parents – general description of them and your relationship

Siblings – same as above

General overview of your childhood, likes, dislikes, in agreement basic principles/viewpoints or not

Current relationship to family

“take the lessons, leave the baggage

behind “

Conclusions- strengths/weaknesses

3. Occupation – What is your work? Does it speak to you, or just pay the bills?

Journal:

History of work, labels/categories - future aspirations

4. Life Purpose –

Journal:

Do you have one? What is this? Finding one: likes/skills/gifts

5. Describe Yourself.

Journal:

- Type of person
- Joys/gifts/skills/likes
- Aspirations/goals/strategies
- Dreams
- Faith/belief system
- Views of death
- Health
- Relationship/ status/ skills (what you see as a foundation for any relationship, ie love, respect, etc.)
- Life position /status/responsibilities
- Fears
- Dislikes/concerns/triggers/stresses
- Perceived failures/lessons/ most importantly, growth and success

6. Summary/overview to create and achieve the desired “new you.”

Prioritize- what do you need and want, focus on these things, use self-control and will power to stay on track

Write your story, live your story. The world needs you and your tale. Shine brightly as the star you are meant to be...

**“Treat yourself as if you
already are what you would like to become”**