

EP7 Tips for Now



EMPOWERED FOR PURPOSE IN 7 STEPS

Handy tips to keep you empowered for purpose while you are on the go.

WHAT IS EP7?



EP7 is **Empowered for Purpose in 7 Steps**,
where every step you take counts!

*Ready to increase your confidence, clarity,
resilience and to be more in your flow?*

*Ready to have much more meaning and
passion in your life in everything you do?*

Please step this way
and enjoy the tips for now...

EP7

Tips for Now



Here's a quick insight into each step
and a tip that you can use to
change your life now.



STEP 1

Empowered Identity

The real you is very powerful. Losing the tolerance to doubt yourself and becoming clear about how to handle all the stress, fears and obstacles is how you will reclaim your empowered identity.



Tips for Now

Look at where you haven't doubted your capability and succeeded with less effort. List 3 of your empowering behaviours. Now test how helpful they would be in changing your approach where you are struggling.



STEP 2

Personal Assessment

By assessing how you approach and deal with challenging circumstances, you can expose the assumptions that keep you from thriving.



Tips for Now

Think of someone you admire who handles failure in an empowering way. Now ask yourself, "What would they be thinking and doing differently in your situation?"



STEP 3

Imagination

When you feel stuck, your perception has been narrowed by the assumptions of what must be at the expense of what can be. What can be is always vastly greater than what has been and it is your responsibility to imagine a life that can bring out the best in you.



Tips for Now

List all the assumptions you believe make it hard to solve your problem. Now share them with a creative friend who has a track record with creative problem solving.



STEP 4

Intuition

To connect and fully sense your environment is to be highly informed and able to make the best decisions to achieve your purpose. This is what it means to be in flow or the zone where the right ideas and ways to be, come to you in the timeliest ways.



Tips for Now

Once you have a specific concern in mind, tune into and allow yourself to feel your gut sensations. Patiently hold that feeling without trying to think and allow yourself to be guided by whatever insights come to you that seem to relate to that issue.



STEP 5

Purpose

To feel connected and to create a strong sense of belonging through a balanced giving and receiving will ensure our heart and passion is in everything we do. Beginning with laying the foundation through our purpose to our physical and emotional well-being so we can be extraordinary in our roles, relationships and goals.



Tips for Now

Think of someone you deeply care about, but you feel disconnected from. Send them a message of the reasons your heart wants to reconnect with theirs.



STEP 6

Make it Happen

When you are in action for your purpose, there are ways to achieve a lot with less resources and time via multi-purpose tasking. The richness of experience will also show what works and what doesn't, while revealing great opportunities because you were in action.



Tips for Now

List 5 reasons why you should act on a specific goal you have been avoiding, accept failure as an acceptable outcome to teach you, then begin acting on your goal.



STEP 7

Environmental Alignment

When you have changed your life in some rewarding way, your environment can still trigger you into your bad habits before they are dissolved and you have established your new and empowering habits.



Tips for Now

With an important goal in mind, think of those who will support your efforts and those who will focus on the fear of failing. Over the next 6 weeks, spend most of your time with those that support you while avoiding the doubters.

Are you ready to get your heart back
into everything you do and to get much
more out of life?

A free EP7 life coaching session online or in
person can provide you with the clarity and
motivation to begin that journey.

Book a FREE EP7 Coaching Session

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