

Finding Freedom

SUCCESS WITHOUT STRESS

Congratulations on taking your first step towards freedom—reading this short guide that prepares you to create success without stress with a thriving business, professional fulfillment and a life you love.

Open Your Window to Possibility with a Vision

Change begins by getting clear about what you want. A vision needs to be free to spread its wings and fly. Let yourself dream about how you really want your life to look.

What do you want to be doing? What would make you feel complete?

Imagine the impact you want to make in your business, profession or in the special project you want to focus on. What does success look like for you? How successful do you want to be?

What changes do you need to make to achieve what you most want to accomplish? Does fulfillment mean moving in a different direction? Or, doing what you're doing now in a more effective and rewarding way?

Reflect on how you would like to feel as you go about your work day. Imagine that you're feeling really alive, joyful, with plenty of energy to enjoy the evening after work. Notice what happens in terms of how other people interact with you when you are calm, or inspired with a deep confidence. Notice how much happier you are.

Explore how your behavior is different in your vision for how you want things to be. See yourself easily taking action on something that is often hard for you. Decide that this is the new you, even though you don't know how you're going to get there.

What Gets in the Way of Making Your Vision Your Reality

Now you have opened the window to possibility, notice what thoughts or fears came up as obstacles to you achieving your vision.

Observe your thoughts, such as a string of reasons why it would be hard to feel really alive, deeply confident or joyful given your present circumstances. Reflect on typical stress responses or behaviors that make you feel stressed.

This part of your process may feel uncomfortable. It could be that you are going through an extra stressful situation, or maybe you had an unexpected shock or loss. Be gentle with yourself. Only do these explorations if you feel ready for them.

Some people experience stress as a regular part of their lives, so stress becomes the new normal. You develop coping mechanisms, yet deep down the stress causes anxiety—an almost constant worry or discomfort that you often wake up with in the morning, or in the middle of the night.

The good news is that you know when something is off in your life, even if you might not know how to make the change you want, or even what you want that make you feel better.

When you know something's off, or you've got off track, you're actually in a great place. As long as you're open to doing whatever it will take to steer your life in the direction of your highest vision for what you want to accomplish, it doesn't matter that you don't know how you're going to do it. All that matters is that you're ready!

Your First Step Towards Freedom

What I notice is that there is an incredible knowing, a wisdom deep down inside of each one of us. Everyone has a unique vision in their heart, like a whisper or a fleeting image behind the noise and busyness of life. Your vision is personal to you. Sadly, some visions get squashed and ignored. Maybe you have convinced yourself that your vision isn't possible.

Your vision appears to you for a reason. Every vision wants to be REALized. Your vision wants you to create it so it can LIVE as YOU.

You have what it takes to achieve what you most want to accomplish. You can become the person you only sometimes have glimpses of. You are here to love your life, to be courageous and curious about the challenges and crushing hard knocks.

Each of us is born with a wound and a destiny. The wound is your greatest challenge. Wounds are complex and are part of your conditioning, often beginning in childhood. Wounds are shadows to your light and make life harder. Yet, wounds can be healed. As you heal and grow, more of you shows up, making it easier to live your vision and achieve what you most want to accomplish.

Your destiny is the fullest version of what you can become and achieve once you have healed what slows you down and makes life harder. Fortunately, you can transform wounds and old limiting patterns into beliefs and behaviors that support your success, freedom and happiness.

Reconnect with Your Calm, Wise Self

I invite you to take a moment to connect with the calm, wise part of you right now. When you get centered and calm, you are open to intuitive insights and the strength and energy to follow through with them.

Sit down in your favorite chair, or if the weather is fine, sit outside in the sunshine. Close your eyes, if you wish, and take a few deep breaths.

As you breathe, notice if there is any pressure in your head from all your thinking. Imagine the pressure of thinking turning to liquid light and falling down through the center of your torso, down into your pelvis and down through your legs into your feet. Finally, follow the liquid light out through the soles of your feet into the ground, deep into the earth, sinking down like water into thirsty soil.

Imagine that a breeze is blowing over you, and as it does, it sweeps away all your stress and all the ways in which you limit yourself. What remains is what you most want in your heart.

As you gently breathe, say yes to what you most want in your heart. Accept it as done, even if you don't know how. Ask for help with achieving your vision. Ask to be shown your next step.

If you're a spiritual person, making such a request will seem familiar. If asking for help when you're on your own seems odd to you, think of the vast intelligence that is the basis of all life and everything we experience. There is something larger than ourselves, even if we don't know what to name it. Calling upon this vast wisdom can draw to you what you most need, if you pay attention, stay open and be receptive to whatever shows up next. Be alert to ideas, feelings and desires. Be open to messages in what people say to you and in what you read or see.

What you most want makes you feel excited, alive and, maybe a little fearful, but that's OK. You need to be willing to get out of your old comfort zones to experience a fuller, richer life.

All you need is to decide that this is what you're going to create for yourself.

Sometimes, a decision is all you need to create change.

Then, there are times when support is the best step you could take to create change—lasting change, that's a big leap from where you are now. Lasting change transforms your sense of who you are and what you are really capable of.

When you heal core wounds and limiting patterns, as well as upgrade your thinking—beliefs about yourself, life and what is possible, you CAN create what you are passionate about. You CAN implement new behaviors that free up your time and improve your stress responses. As a result, you feel alive, energized and more joyful, making it much easier to create your vision into reality.

It helps to have a partner to see you through the sticky part to solid ground. If you are ready to explore how you can start living your vision for your life and work now, I offer a free half hour conversation.

Send an email to Nicola@nicolawalkercoaching.com and put free conversation in the subject line. Tell me a little about yourself and give me your cell-phone number, your best email address and your time zone (mine is Pacific Time) so we can schedule an appointment. I look forward to meeting you!

About Nicola



Nicola Walker has been an inner freedom coach and hypnotherapist for nearly 20 years. She is the author of the upcoming book, *Joy in the Middle of the Mess: An Evolutionary Quest From Self Doubt to Success*. She is also the creator of a methodology for both intuitive decision-making and clarity with challenges.

Nicola works with entrepreneurs and leaders who want to deepen their confidence to achieve what they want, while exploring solutions to the pressures and stresses of success. She guides her clients to free themselves of fears and restricting patterns so they can experience more ease and joy in their life and work.

Nicola lives in the San Francisco Bay Area, California and works with clients in the U.S. and globally. Her website is nicolawalkercoaching.com.

What People Are Saying

"Nicola has a gift for listening, to get to the root of what's going on. I instantly saw that she had insights that others did not. She has helped me to take more responsibility in certain aspects of my personal and professional life. This has contributed to me having more confidence and feeling happier in my life."

— Geraldine, Web Development and SEO Expert

"Through her coaching and teaching me how to get in touch with my intuitive wisdom, Nicola has helped me find clarity and purpose in my life and business. When I started with her, I was wrestling with much self-doubt and uncertainty. I had difficulty making the calls I needed to make for my business and standing up for myself in other areas of my life. I have learned through this process how to shift my thinking and enjoy much more peace, contentment and joy. Thank you so much, Nicola!"

— Annabelle Colestock, Skincare Consultant, Livermore, CA

"I now feel joyful every day, no matter what's going on around me. It wasn't that way at all before I started coaching with Nicola. I'm so much more focused. My business has picked up. My relationship with my husband is better than it's been for years. I've found out how to be true to myself, now that I turn to my inner wisdom for help."

— DP, Graphic Designer, Petaluma, CA

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