6 Tiny Things to Change Your Life

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Hello! I created this eBook for people like me - people who feel truly called to pursue the adventure-inspired life of their dreams, but struggle with feeling "stuck" and not knowing how or where to even start.

I know how you are feeling right now, because I felt that way too. For almost 20 years, I was completely paralyzed by fear - I lived most of my life trapped in, "the how" - I didn't know HOW to consciously design my own life, so I decided that only lucky people got to live that type of a lifestyle. I mentally categorized myself as, "unlucky", and accepted my situation in life. Heck, I even made myself feel guilty for wanting to follow my dreams.

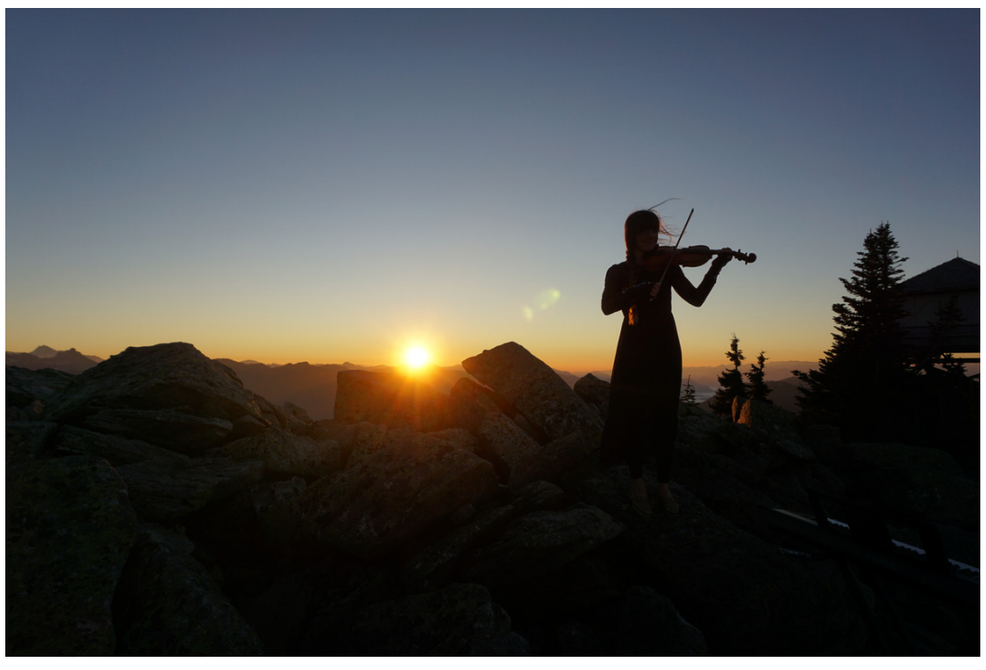
A near-fatal car accident shattered the illusion of stability for me. In those few brief moments, everything in my life changed. I realized that I was playing small and that I was placed on this earth to make a difference in the lives of others. I have had a dream since I was a little girl that I could use my love of adventure and the wilderness to inspire people to find more fulfillment in their lives. The wilderness has been such an incredibly powerful tool in my own life - I knew that I wanted to bring that to others as well.

And so, I did what I do best - I started climbing. I jumped in with both feet and resolved to figure out how to blaze my own trail in life. It hasn't been easy, but it has been the most rewarding, beautiful and fulfilling climb of my life.

When I first started on my journey, I implemented 6 small steps into my daily routine. It's easy to look at the "big plays" in life and think that those are the ones that make the most difference, but I truly believe that it is consistency with positive daily actions that have the greatest ripple effect.

I'm going to share with you the 6 things that I added into my day - and still do every single day! I hope that this is the beginning of a beautiful, adventure-inspired journey.

"A journey of 1,000 miles begins with a single step."
-Lao Tzu



Meditation/Visualization

I always found it interesting that blazing a trail to lead an adventure-inspired life in the outdoors began with taking the time to look inward. For many years, I looked everywhere but within myself for that sense of meaning and purpose - I changed jobs, relationships, and struggled immensely with the feeling that I was not walking on a path of my own design.

You have all of the answers to everything that you will ever need to know inside you right now at this very moment. When you realize that you don't have to do or be anything different than exactly who you are right now, it can be a huge relief.

The practice of meditation and visualization is a way that we can tap into the intuitive side of our mind, rather than the "logical/reasoning" side of our mind. It is *not* the process of, "turning off thinking" (the nature of the brain is to think!), but rather, it is the process of quieting the mind so that we can sift through the "interference" that often prevents us from even taking a step toward our goals. It is the way that we can start to craft a vision for our new, consciously designed reality.

This might seem "woo" or weird at first, but trust me. When I first started this process, I looked at my own life and asked, "Is what I'm doing now working for me?" The answer was no. I was willing to try anything.

How do you meditate? It is as simple as sitting in a quiet spot and focusing on your breath. When you notice that your mind is thinking, simply acknowledge that you are thinking, and return your focus to your breath - that's IT! I also love using guided meditation apps - Insight Timer and Headspace and Meditation Studio are all great apps for guided meditations.

Make it special: Prepare some ceremonial drinking kakao, or light a candle, or set aside some time to make this a meaningful experience.

I hope that meditation and visualization become a beautiful part of your daily life - I still incorporate this into every single day, and I can't imagine my life without it.

Gratitude

Gratitude is a feeling, not a list. When you tap into the feeling of gratitude, it connects you to the energy of your own connectedness to everything on this planet. It is in that frame of mind that your own creative energy and ideas can flow freely. It is in gratitude that everything is possible.

Your daily gratitude practice doesn't have to be lengthy - it can be simple. It can be done at any time of the day. What you focus on is what you attract more of in your life.

Have you ever noticed that when you focus on what you don't want, or what *isn't* going well in your life... that you just end up attracting more chaos? *Shift your focus*. You simply must focus on what feels good in this moment. Maybe you aren't exactly where you want to be right now, but if you spend all of your time focusing on what you don't have... if you spend all of your time focusing on the gap between where you are now, and where you want to be... you will never attract good things into your life by focusing on what you don't have and how unhappy you are.

You can tap into gratitude in a way that feels good for you. My favorite affirmation for tapping into the true sense of gratitude is, "This day includes me."

Use the space below to write down the things in your life that you feel immense gratitude for RIGHT now. If you struggle to think of something, remember that your heart is beating itself and your lungs breathe themselves and that this day includes you. When in doubt, always start from that place - and allow the gratitude for your life to grow and blossom.

I am so grateful for...

Affirmations

Affirmations can be a really weird and uncomfortable topic. It's so easy to tell somebody else how great they are - but why is it so difficult to express the same kind words to ourselves?

You can incorporate affirmations into your life in a variety of ways: During meditation, you can repeat a phrase (i.e. "I am" on your inhale, "enough" on your exhale).

Writing is a powerful way to speak affirmations to yourself. Write down false beliefs that you have about who you are, and then re-write them. For example, "I don't deserve this", would be come, "I deserve to live the consciously designed life of my dreams." Or "I'm not worthy", could become, "I am enough and I always have been enough." Write them over and over again until you start to believe them - this is important because we are "retraining" your subconscious mind to shed some old beliefs that don't serve you anymore.

Mirror work - this was the most challenging for me at first, but it is also extremely powerful. Stand in front of a mirror and simply tell yourself, "I love you." It's harder than you think, but it gets easier. Self love is so incredibly important on this journey, because you will encounter situations that are frightening and where your "reasoning" brain will try and convince you that you aren't worth it. You must love and accept yourself in order to ascend these obstacles.

A few of my favorite affirmations are: You are enough. You are creative. You are inspiring. You have everything that you need inside you. You are worthy. You are strong. You are supported.

You might not "believe" your own affirmations at first, but stay consistent. You are worth it! If you don't believe them right at this very moment, I will hold that belief for you until you are ready.

On the next page, write down affirmations that make you feel like the strong, worthy, confident person that you know you are! Feel free to print it and hang it in a place where you will see it - repeat them everyday!

AFFIRMATIONS

Intention Setting

Setting an intention is sort of like, "planting a seed" in your own mind about something that you want to accomplish or how you want to feel during the day. This can be done in a variety of ways (listing a few as suggestions, but find what works for you!):

During your morning meditation
While you are drinking your coffee or favorite hot beverage in the morning
You can write it down in a journal when you wake up
You can think about your intention before you go to sleep (I love Jennifer Piercy's "Yoga Nidra" sleep meditations on the Insight App - she includes intention setting as part of this practice)

However intention setting looks for you, try to connect with the feeling of why this is important. Thoughts (i.e. like a "to-do" list) are important, but when you connect thoughts with feelings, they become powerful tools that can really set the tone for the course of our day and our life in general.

A few examples of intentions that I have used:
"Today I am going to be creative and inspire others."
"Today I am going to be focused and I won't mindlessly scroll Facebook."
"Today I am going to meditate and tap into my creative energy."
"Today I want to make progress on _____ because _____ (why is it important to me?)"

Be kind to yourself. We are all human and sometimes we set intentions and our day turns upside down and we find ourselves as far as possible away from what we intended. That's OK! Keep setting your intentions and living with purpose - it will make a difference.

Write down your intention for the practice of these 6 tiny steps:

Forgiveness

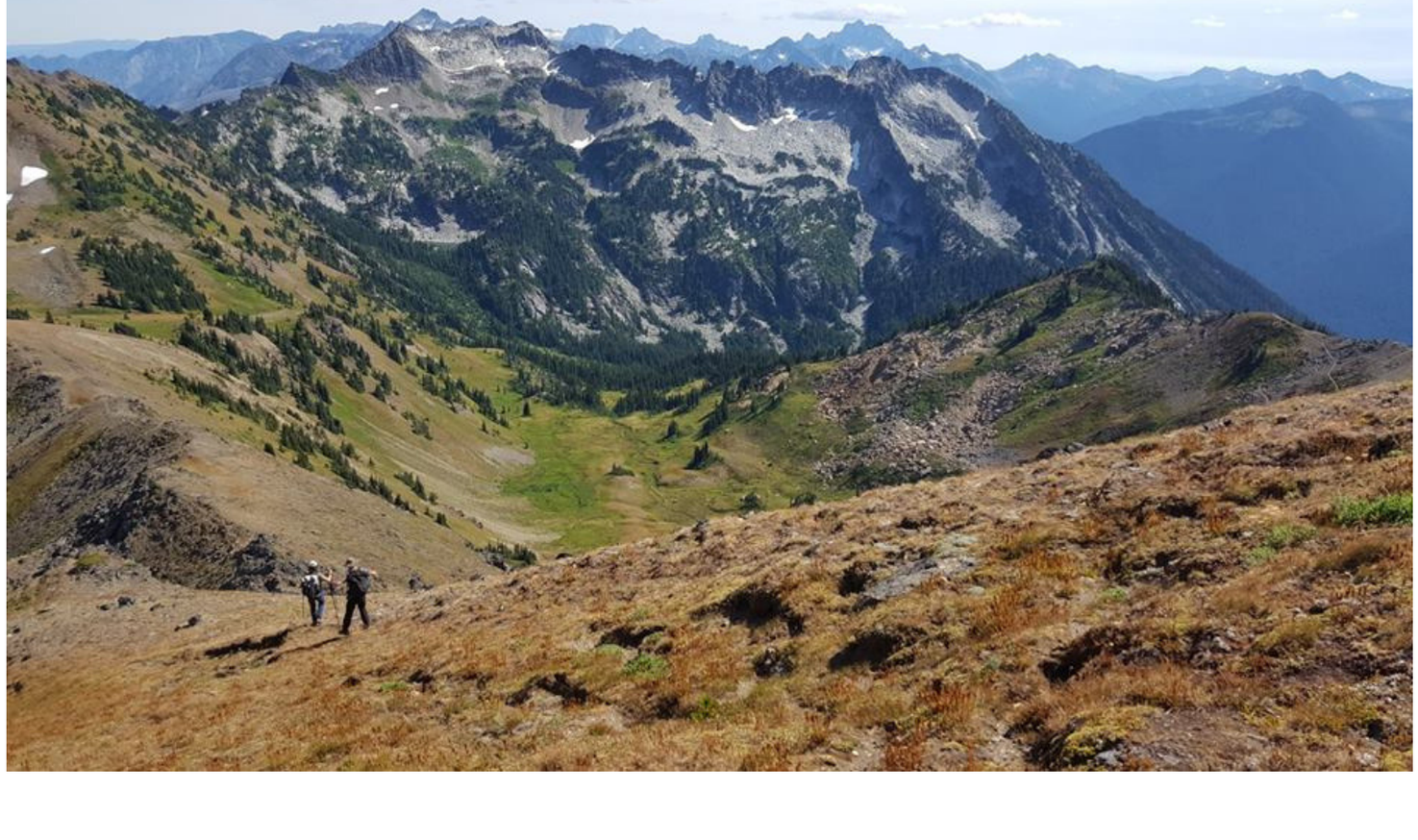
Forgiveness can be a difficult and delicate topic. When I say “forgiveness” I am referring to both the act of actively forgiving others and also forgiving yourself. At one of the lowest points in my life, you would have found me googling the phrase, “How can I forgive myself?” I was filled with guilt and shame and I felt like a complete failure in life. I didn’t know how to start the process of learning to forgive and love myself again.

Forgiveness is magic. When you begin this journey and when you start to tap into the energy of the world around you, you will realize that we are all connected - which means that when we harbor anger towards another human being, situation, or anything for that matter, it ultimately hurts us just as much. Remember - what you focus on, is what you attract back to you. So, if you are focusing on negativity and anger, you will attract more of the same. I’m not suggesting that you should never be angry or upset - I’m only suggesting that actively engaging in conscious forgiveness is going to be massively beneficial for not only your health, but for your own progress towards your personal goals.

Forgiving others: I found it helpful to do this during meditation, but it might look different for you. I liked to visualize somebody that I had a difficult relationship with in front of me, and I imagined them apologizing to me (with me accepting the apology), and then I imagined myself apologizing to them.

Forgiving yourself: This can be done through mirror work, writing, visualization. Anything that feels good to you.

It might take time. It is challenging to forgive people when wounds are still raw an open. Take your time with it, and be open to the possibility that releasing your resentment toward yourself or somebody else will allow you to open up to the beautiful possibilities that life has to offer you.



Giving

Who doesn't love to give? Maybe it's just me, but I've always found that my favorite part of the holidays is giving gifts to others - there is something exciting about planning something special for somebody that you love - truly there is a feeling of giving.

When I started my own journey, I decided to give something every single day. It doesn't have to have any monetary value - it could be a compliment, a helping hand, or a hug. Some days, I went to a coffee stand and bought a coffee for somebody that I didn't know. It doesn't matter what this looks like - just do something that feels good and right to you.

When you give, it is done in true service to others. You aren't expecting anything in return - it is simply an act of kindness and an act of love. Remember the law of attraction: the energy and actions that you are putting into the world are the ones that return to you. When you give to others, magic happens. The best friends that I have in my life, the greatest memories, the most beautiful coincidences have all been a result of giving, in some way shape or form.

A few ideas: Keep a journal of your "giving" items for each day, and jot down any "coincidences" that happen as a result. How do you feel when you give? What does it do for your day?

One more note: giving does not mean that we are "closed" to receiving. When gifts, money, or overall abundance flows into your life, receive it with open arms. The universe is in continuous flow, and receivers are just as important as givers!

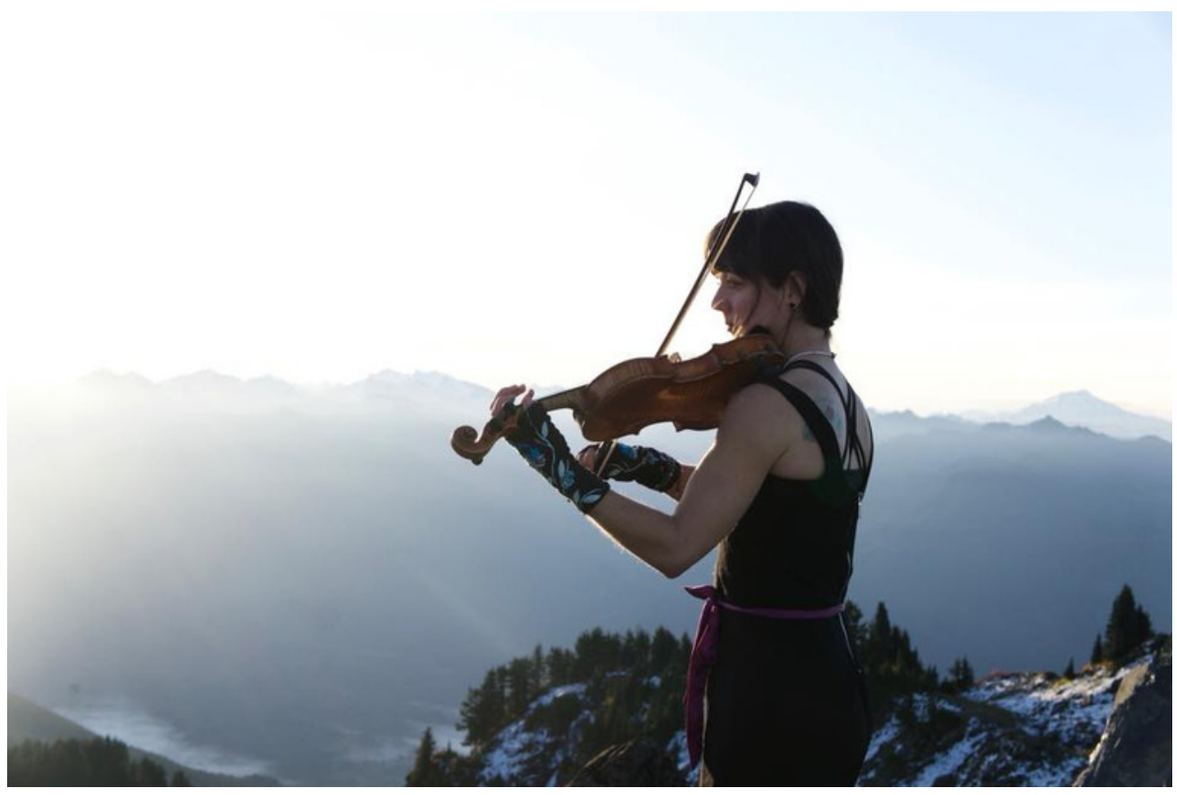
What is one small thing you can give today? How did it feel to give?

Thank you so much for reading this eBook and for taking these 6 tiny steps to change your life! I am truly honored and humbled that you chose to take the time to incorporate these powerful habits into your daily life, and I am beyond excited to see where your journey will take you.

Wherever you are in life right now, I believe that is exactly where you are supposed to be. It's easy to look back at our own life and wish that we had made different choices along the way, but the truth is that every single moment in your life is important. Every single moment has been leading you to this exact place in life. When you start the journey of consciously designing your own adventure-inspired life, you will see that all of your experiences served a purpose - without them, you would not be who you are... and in order to boldly blaze your own trail, you need to be exactly who you are at this very moment.

I'm going to share with you something that I wrote to myself just moments before I sent the e-mail that gave my 2 weeks notice at my job as a police officer. Remember, I had been paralyzed by fear for nearly 20 years:

What are you waiting for?
Walk toward the fear.
It is guiding you.
It has always been guiding you.
Comfort is keeping you out of the flow.
Out of your best self.
Things are terrifying from a distance,
But in every moment.
You are OK.
You are where you are supposed to be.
TRUST.
Take a deep breath.
Go for it.
Everything you've ever wanted
Is waiting for you.



This day, this moment includes you for a reason. I know, without a shadow of a doubt, that you were placed on this earth with special gifts and talents that were meant to be shared with the world. You deserve to live the adventure-inspired life of your dreams. Your trail is out there - go find it!

If you need to reach me, you can always find me at my website:
www.anastasiaallison.com
I look forward to hearing about your adventures!

Anastasia Allison