

**TOP SEVEN THINGS YOU SHOULD KNOW
ABOUT DISCOVERING YOUR PASSION:**

1. Do something that absolutely makes your heart sing. Something you would do for free, then the money will come.
2. Do something that makes you feel grounded and centered and at peace with yourself.
3. Spend as much time with yourself and being close to Mother Nature and the answers will come. Listen to the whispers...we always get the pebble before we get the stone.
4. Have a clear vision. What does your life look like 1 year from now, five years from now and 10 years from now? Your mind relates to pictures. Write it all out in details so that your mind is clear and can see where you want to go. Your mind will create the path from point A and figure out how to get to point B.
5. Change can be scary and DON'T let that stop you. Change is inevitable you are either living or dying and wouldn't you rather be living your dreams.
6. FEAR is nothing more than false evidence appearing real. Take the leap of faith; what do you have to lose.
7. Take care of you during this new adventure exercise, eat healthy, meditate, being in nature, and remove yourself from electronics (i.e. T.V, cell phone, computer...etc) and be grateful for what you have!

If you are interested in discovering your passion contact me. The horses and I would love to help you reinvent your life again.

Let me know if I can support you with one on one coaching or one of our individual or group classes. I look forward to keeping you in the "Lope" with all our classes and retreats in the coming months ahead.

REMEMBER LISTEN TO THE WHISPER!



Visit us at WithersWhisper.com | Call 970.682.4405 to schedule a FREE exploratory session.