

MasterClass with Donna Hartley

Insight 10: What is Your Story

Continuing to Develop:

- Meditation: classes, groups, solo, retreats
- Self-Care
- Balance wheel: 2-4 times a year, found on the website
- Be aware of what you eat and be healthy
- Protect your energy and heighten your intuition
- Talk to your guides and angels
- Live in the present, but have deliberate intent towards the future

White Light:

- You are a light worker: you get rid of fear, bring hope, and carry positive energy at all times
- Happiness is a choice, choose happiness

Checklist:

- Meditate three times this week to Healing Meditations “A Wise Man, a Mentor and an Angel”
- Write in journal three times (the “ah-ha!” moments)
- Keep discovering what your life theme is
- Clean out two areas each week- Clutter Be Gone
- Keep reading your Intuition book
- Talk to angels
- Keep counting your sugars and eat healthy
- Don’t let anybody steal your energy- be grateful “stopwatch, reset, start again”
- Protect the environment by doing three positive things to reduce your carbon footprint

Insight of the week:

You are an ordinary person with an extraordinary heart to transform the world. – *Donna Hartley*