

MasterClass with Donna Hartley

Insight 6: Don't Let Anybody Steal Your Energy

Control your state:

When somebody says or does something that upsets you, you go into drama. You either mentally or physically get upset. By doing this, you're giving your energy away, you waste time and aren't on your souls journey! Instead of letting them steal your energy, claim your energy with this formula.

Action:

Imagine a stopwatch.

- Stopwatch
- Mental reset
- Start again

Checklist:

- Meditate three times this week to Healing Meditations "Cloud Healing"
- Write in journal three times (the "ah-ha!" moments)
- Keep working on creating balance in your life
- Be positive with self-talk and visualization
- Keep discovering what your life theme is
- Buy *Fire Up Your Intuition* and begin reading
- Clean out two areas each week
- Count your sugars
- Manage your state- be grateful

Insight of the week:

You are powerful and you are in charge! Stopwatch, reset, start again.

– *Donna Hartley*