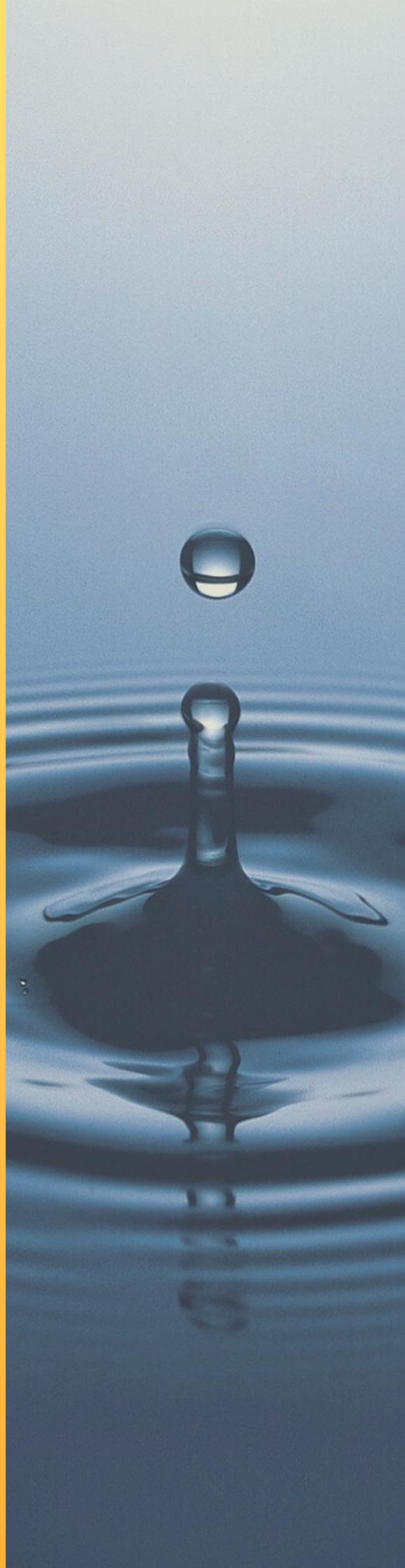




ELC

# Holistic Review





## Get started..

1. Are there things you wished would happen and they never seem to?
2. Do you start things with good intentions and never finish?
3. When you're making decisions, would you say it takes longer than you want?
4. Is your mind busy and over thinking, or do you get time to quieten it down?
5. Do you notice how your body responds to your thoughts and actions?

Hello I'm Emma,

Welcome to my insights for your holistic review.

Taking a holistic approach is something I trained to do being a strategic marketer. We were taught to work through a process to review a whole business to drive growth through results.

While my development into coaching and energy work in 2009 wasn't pre planned, looking back it makes sense. We take this same holistic approach to our lives, for personal and soul development for growth and results.

This guide is more of an introduction to welcome you to new insights for your mindset. I even take you through a whistle stop tour of energy and how both your mindset and energy influence your life and business.

There really is no separation. So sit back with a cuppa and read on.

See you at the end!

Emma x



*P.S At the end there are some checklist questions to review where you are now and where you want to be.*



## You've come this far.

It's not easy when things are not working out as you wanted or hoped in your life or business.

Something within you is trying to share new thoughts and feelings. But somehow you don't recognise them as being yours and quickly push them away.

They come back.

You feel caught in a procrastinating cycle of "what if's" and "it's not for me" and before you know it, you feel exhausted and overwhelmed and just want a way through the maze to move forward with your journey, in a way with more freedom, ease and flow.

There is a way through this maze.

I know because I am here. I travelled through to a new path in my life. In 2007, I wanted so much to be living a different life to what I was. I couldn't seem to get it right. So I started a new journey to find happiness for a lifetime.

## "to be life happy"

[Emma Lannigan, *belifehappy: give, play, love, learn*]

And I did choose to live. I made new choices, started new daily actions. I worked out on my mental and emotional health day in, day out. I fell in love with myself and the world began to love me back. A new life opened up for me. I started my own business, wrote a book, followed, breathed and lived my passions for supporting people thrive in life and business. And didn't stop when new obstacles attempted to divert me.

Here are my insights to help you work through where you are now, where you'd like to be, and help you live from within you, going deeper to living the energy you are.



*"In a room filled with death, I chose to live,"*

[Emma Lannigan, beliefhappy]

## Mindset

Mindset is a word that states the attitudes, beliefs and thoughts you have about your world.

Mental health denotes a struggle or weakness in life (which it's not); that you've got or had 'mental health.'

We all have mental health. We all have a mindset too.

Bringing together the awareness you do have beliefs, values, attitudes and these create thoughts and influence your behaviour and reactions, you can learn more about your mindset.

You can take control of your state of mind.

The power you have in your mind denotes the quality of clarity, focus, intention and action you will share.

This quality only comes from the choices you make daily.

Developing a mindset for your life comes from being committed to making daily life choices to support healthy holistic living.



*"The energy of the mind is the essence of life."*

[Aristotle, The Philosophy of Aristotle]

## Your Mindset Influences

Your mindset influences all key areas of your life:

- Health & fitness
- Wellbeing
- Finances & Money
- Home & Relationships
- Social connections
- Work/ Career/ Business

Seeing your mindset as dials that you can turn up or down will give you an idea of what level of experience you are getting right now.

And then thinking what would the experiences in your life and business be like when they were turned up!

Your Mindset influences your:

- Communication (with yourself (self talk) and with others)
- Motivation to be well and live well
- Confidence and the level of self belief
- Personal growth



*"Everything in Life is Vibration"*

[Albert Einstein]

## Energy

It's not the easiest of concepts to understand that 'energy is everything' and everywhere.

Consider instead energy vibrates at different levels. The lower the vibration the more solid the item, like a table or chair. They are still energy, however because of the lower vibrational energy they are solid. The principle is the higher the vibration of energy the lighter and less we see and feel.

We don't see the energy that comes through our electrical cables. And think about wind energy; we don't see the wind, we feel it.

Human energy exists within us and around us. The human body has an energy frequency around 62-72 MHz when it is healthy. When a cell has been effected by a disease or injury the vibration lowers.

Surrounding your physical body is a human energy field (HEF) or Auric field. You might recall a feeling at an event when you felt someone was 'in your space' or you didn't like the 'feel' of someone, but didn't know why.

You can also experience energy similar to the push and pull of magnetic energy. Think about how we are attracted to other people and things?



*"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."*  
[Nikola Tesla]

## Mindset, Energy & Life

Everything you are, and do in this life is a vibration of energy.

Think of it similar to throwing a pebble into the water and watching as the ripples grow surrounding each other.

You are the stone. (Your mindset and your energy.)

So in life for every thought have and every action you take you are creating energetic vibrations into your life. (And yes that means your business too.)

You can only create your own vibrations.

You do not have the ability to shift and change the energy in anyone else or anything. However as your energy shifts to focus on what you want, the energy around you will shift too.

The key is to align your energy to what you believe in and value. To align your purpose and your passion. This is what makes you truly unique. Then your thoughts, how you communicate and your motivation will also be aligned.

Greater connections and experiences will then flow into your life and business.



## HOLISTIC REVIEW

*"It takes as much energy to wish as it does to plan."*

[Eleanor Roosevelt]

# Checklist

1. Be honest about what you actually want to experience. Include all areas of your life and write it out?
2. Is it for you or are you doing it for someone else?
3. How will you know when you have what you want?
4. Have you ever had what you wanted now, before?
5. Do you know anyone who has, is or does what you want?
6. Do you have all the knowledge and resources to be or do what you want?
7. Is there anything you need to learn/ study?
8. Do you believe you can be and do what you want?
9. Can you remember a time when you did achieve a goal?
10. How did it make you feel when you have been successful?
11. If you were to know what is stopping you?
12. Have you tried doing this before, what happened?
13. What would happen if you did achieve this?
14. Can you think, feel, hear and see this as being real to you?
15. Are you ready to take steps to make it real?



EMMA LANNIGAN

Stay in touch



@emmalannigan

[www.emmalannigan.com](http://www.emmalannigan.com)

see you soon x