



LIGHTUP



ADERA
ANGELUCCI

Is L.I.G.H.T.U.P. for me?

Who are you?

YOU'RE A WOMAN.

YOU'RE A FAMILY MEMBER.

YOU'RE A HARD WORKER.

YOU'RE A LEADER.

But that's not all you are. There's something else—somebody else—stirring beneath the surfaces of these roles you play. **There's a "you" that hasn't even been born yet.**

If you feel stuck or trapped, it's time to L.I.G.H.T.U.P. If you have a terrible sinking feeling that you're not tapping into the depths of your lifework, it's time to L.I.G.H.T.U.P. If you're lacking something—but can't exactly put your finger on what—that would help you to step into your own greatness, it's time to L.I.G.H.T.U.P.

If you believe that the world needs saving, and you're determined to play your part, then it's definitely time to

L.I.G.H.T.U.P

What will L.I.G.H.T.U.P. teach me?

L.I.G.H.T.U.P. teaches that when you create a more intentional and self-loving lifestyle, you liberate the light within. When that happens, **you feel yourself becoming the person you intuitively know you were born to be.**

By taking the L.I.G.H.T.U.P. journey, you will learn:

- How to make a clean break with your light-limiting past
- How to create space to identify your purpose and desires
- How to engage in activities that sustain your journey
- How to cultivate stronger community connections
- How to put yourself back on track

Who will teach L.I.G.H.T.U.P.?

Adera Angelucci is a motivational speaker with a deep background in storytelling. As the co-founder of SPIRO Creative, an award-winning video production company, and the host of PassionpreneurTV, she has mastered the art of helping people connect with their truth. Using the insights she has gained helping hundreds of leaders and entrepreneurs to tell their stories, she teaches people how to get real and share their light. This is the wisdom she now shares with audiences and groups across the globe.

LET MY EXPERIENCE GUIDE YOU

in finding your true authentic voice, your light that illuminates the world in a uniquely valuable way. I have found mine plus hundreds of others on my 7-year entrepreneurial journey. This is actually this easiest way to live and the most joyous way to be.

As your facilitator, I am here to witness you in all your light, being the best and brightest star you were born to be. I know you have a story that is either propelling you forward or holding you back. Aren't you dying to understand that story a little better? Aren't you so curious to see what it is that makes you want to scream from rooftops or dance on the streets? I am!

And heck, I will be there right with you. I believe in you. I know you have what it takes. You just need to know what it is you truly desire and then I promise you will be unstoppable.

I dare ya to forge ahead...

Adera

How does L.I.G.H.T.U.P. work?

L.I.G.H.T.U.P. is a self-study experience.

The self-study work you will do is contained in this workbook. It is divided into 7 sections; 1 for every week of this program.

The goal of L.I.G.H.T.U.P is to put wind in your sails and a fire under your butt.

STEP ONE: LET GO

What this step involves:

Taking an inventory of whatever suppresses your light

What this step is designed to achieve:

An honest, no-holds-barred sense of what obstacles you need to overcome

Adera here. Are you ready to get started? God, I bet you were born ready.

So...what is holding you back from sharing your light with the world? Maybe you're confused about what your light actually looks like. What is your gift or message? Maybe you're deathly afraid of putting yourself out there and being ridiculed or judged. Maybe you doubt you are "enough" to actually fulfill some of the dreams and desires that race around in your mind.

I get it. Believe me.

Throughout my life, there have been times when I forgot my light. I can hide, stay small, and doubt my message. That's partly because I've always had a lot of people (some of them very important in my life) questioning my passionate, adventurous personality. Sometimes they told me I should make more conventional choices. So that's a message I've needed to actively let go of in the pursuit of my light.

If you don't start naming and tackling the blocks that snuff out your light, you run the risk of leading an unfulfilled life. And by golly, aren't you tired of being unfulfilled?

You know you want to evolve and move past whatever is blocking you. You just need someone to give you a safe but effective push.

Your push is here.

Your Let Go Process

Instructions:

Work through the exercises and questions below.

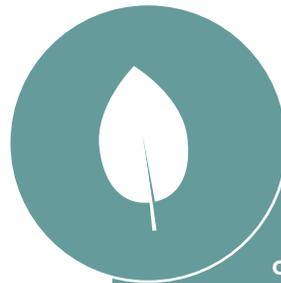
1. What starts coming up for you when you start to think about putting yourself out into the world in a bigger way? Write down 3 emotions you have about it.

- a.
- b.
- c.

2. Write down any memories you have that are linked with these particular emotions.

3. Write down any “lessons” you learned when you had the experiences you are now remembering. How did these “lessons” shape you?

4. Reflecting on them now, do any of these “lessons” strike you as being particularly untrue or unhelpful?



In order to shine our uniquely brilliant light we have to let go of limiting beliefs. The lessons that we learn as a result of painful experiences can become beliefs that limit our sense of self—and ultimately, our possibilities. What limiting beliefs prevent you from showing up as the REAL YOU?

5. Take a deep breath. Ask yourself what limiting beliefs you need to let go of in order to share your light?

List them here:

6. Now that you have a better sense of what your particular blocks are, you can make the choice to push past them.

Fill in these statements:

I choose to **be** more _____ and less _____
and so it is.

I choose to **have** more _____ so I can _____
and so it is.

I choose to **bring** more _____ in order to _____
and so it is.

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7. Now I would like you to take a moment and recall some times when your light was dimmed or even totally extinguished. This is about bringing your pain to the light so you can anchor the changes you want to make.

8. How did you process these painful experiences? What occurred internally for you?



Are you willing to acknowledge these feelings and memories when they come up for you? Do you also have the strength to not let them control you?

STEP TWO: IDENTIFY

What this step involves:

Dreaming big, putting your finger on what thrills you

What this step is designed to achieve:

A vivid, multi-dimensional sense of inspiration to fuel your process

Investigating the past can be difficult, but ultimately it's so freeing. Now that you have a clear sense of what blocks or limiting beliefs are holding your light back, you're free to dream.

That's what this step is about.

I remember when I graduated from high school I told all my friends that I would have my own tv show one day. They laughed. Who was I? I mean, a girl from a little beach town in Canada is going to have her own tv show? Not likely.

Well, long story short: after a crazy, long-ass, 11-year process of stumbling around into different jobs and experiences, I did get my own show. It was the most exhilarating moment of my life up until that point. And when I look at the journey I took to getting there it was the time of my life! Even when it seemed like I was going NOWHERE, I was always on route.

So it's time to imagine. Imagine your life, your message, your gifts, your brilliant and loveable self, all projecting out into the world. Imagine as fearlessly as I did as a teenage girl. Or as you once did as a teenage girl.

What do you see?

Your Identify Process

Instructions:

Work through the questions and exercises below.

1. Close your eyes, take a deep breath, and picture yourself sharing your light. Write down all the things you see. In fact, list as many things as you can possibly imagine. The more, the better!

Are you speaking on stages? Are you writing a book? Are you collaborating with others?

Are you living somewhere in particular? What does your day look like? Who do you hang out with?

What do you eat? How do you feel? Are you being interviewed? Are you traveling the world with other change-makers? Do you contribute to charities?



The clearer your vision, the more Universe is encouraged to perform for you. **Don't be afraid to dream in detail!**

2. Write down the items from the list above that you desire the most.

a.

b.

c.

d.

e.

3. Give yourself an ideal timeframe for receiving these beautiful gifts.

By (pick a date) _____ I will have that which I truly desire.

And so it is.

Why does it matter whether you share your light or not? Well...the world is depending on it. Liberating your light isn't just about improving your life. It inspires the rest of humanity to do the same. **It truly matters.**



STEP THREE: GROUND

What this step involves:

Finding daily activities that connect you with the truths you've uncovered

What this step is designed to achieve:

A daily practice that reinforces your positive momentum

Now that you know what you want, you can actively move towards it and allow it to come to you at the exact same time. Watch and see.

You've let go of limiting beliefs and clarified your dreams. All of this has laid the groundwork for a way of life that unleashes your light. But now it's time to build on that solid foundation. It's time to ground.

For change to take root it has to sink into the soil of daily practice. What you do on a daily basis to ground yourself in the truth will make or break this process.

Personally, grounding has got to be my favourite part of the journey. (Besides the actual "getting what I desire" part!) That's because I tend to get lost in the ether, chasing ideas, getting distracted, and not feeling all that solid in my choices. I need to regularly reflect on WHY I am doing something. So it's super important for me to ground.

The way I like to find my feet is through **Kundalini yoga, dance, meditation, nature, and writing**. When I do these activities I am able to calm my mind and sink into my true desires easily.

Let's discover what works for you.

Your Ground Process

Instructions:

Work through the questions and exercises below.

1. What is your grounding practice? What's the one thing you can do to connect yourself with the truth about yourself? What shines a spotlight on your limiting beliefs or true desires?

If you don't have one, here are some things you could try:

Yoga, Swimming, Reading, Dancing, Movement of Any Kind, Journaling, Walking, Skipping, Laughing, Playing, Creating, Meditating, Painting, Art of Any Kind, Doodling

Give at least 3 of these activities a try (for at least 10 minutes) and then write down a few notes about what it felt like. Did you feel more centered, calm, and sure of yourself? Did your monkey mind quiet down? Did you reconnect with a sense of truth?

Activity #1:

Results:

Activity #2:

Results:

Activity #3:

Results:

2. Pick 3 activities you can incorporate into your daily (or almost-daily) life to help you ground into your new way of being:

a.

b.

c.

Now that you have identified 3 grounding practices that work for you, make a commitment to do at least one of these every day.
Start right now.



3. Grounding Poster

If you are visual like me, then it really helps to put your thoughts, ideas, and dreams where you can see them.

Get some poster paper, colouring pens, and any other creative materials that will help you make a striking, inspiring, and very you poster. Write, doodle, and design whatever you need to remember in order to stay on track. If it's helpful for you to depict your limiting beliefs, do it. If you'd rather just bring your dreams to life on this poster, go for it.



Go back to the beginning of this process and take a look at how far you've come and where we're going next. Connect with a sense of progress as well as anticipation for what's to come.

STEP FOUR: HELPERS

What this step involves:

Finding the community and the guides that will help you develop your light.

What this step is designed to achieve:

Support to keep progressing.

You're letting go. You're identifying dreams. You're grounding on a daily basis. The light is starting to burn brightly from your core now.

It's time to throw some awe-inspiringly powerful fuel on that flame. And there's no fuel like the fuel of community.

In order to progress, you must surround yourself with people who are on your side, believing in what you believe in, helping you to evolve. They can be people in your day-to-day life, people you have long-distance relationships with, and even people you have never met. Your Helpers can be friends, family, colleagues, mentors, guides, and inspirational figures. All of these people have a place in your network of Light Supporters.

When I observe others either doing what I love to do, or believing in what I believe, it AFFIRMS that my work is important and that I MUST carry on. So I do.

Find the people who convince you to carry on.

1. Guide Seeking

Following your inner wisdom is a must. But guides and teachers can always cultivate your inner wisdom, making it stronger and more available. And I'd like you to invest some time and energy into finding a few guides for the Light Seeking journey you're on.

In your day-to-day life, I'm sure there are teachers and guides you could draw huge stores of wisdom, encouragement, and inspiration from.

For example, do you know of any:

Pastors/Rabbis/Priests/Wise Women, etc.

Teachers

Yoga Instructors

Counselors

There are also many people in the public sphere—especially women—who are currently leading great spiritual and personal growth. Some of my favourites are:

Danielle Laporte, Gabrielle Bernstein, Rebecca Campbell, Maryanne Williamson, Brené Brown, Elizabeth Gilbert, Collette Baron Reid, Doreen Virtue

For this exercise, I'd like you to identify and connect with at least one guide in your day-to-day life and one from the public sphere. To be clear, "connecting" simply means engaging with the lessons they have to share, not necessarily reaching out and making personal contact. Although it could include that!

Spend some time researching public figures who teach lessons you need to learn. Listen to a few talks, order a few books. Call up a guide from your community and request a 10-minute phone call. Then list at least 5 actions you took to connect with the wisdom of guides who can support you in your journey.

1.

2.

3.

4.

5.



Loving these questions so far? If so, Excellent! Did you get a copy of Free Spirit? It has even more self-discovery journaling. You can get that at www.aderaangelucci.com

1. Comparison Shut Down

In order to progress in finding and sharing your light, you are going to draw inspiration and ideas from others. In fact, you are definitely going to compare your experiences and creations to theirs. That's just how it works! And while this should be a healthy process, it can arouse some truly toxic shit. Judgment, crippling insecurity, negative competition.

So how can you draw inspiration and lessons from others without activating this bad, bad stuff? It just takes mindful practice.

For one full day, I'd like you to become more aware of when your natural tendency to compare gets you into toxic territory. For one day, you're going to SHUT DOWN negative comparisons as soon as you notice them.

Whenever you're on your phone, reading a book, scrolling through your Instagram feed, or whatever, and you feel that bad shit welling up, you have to SHUT DOWN the source. That means: put down your phone, close the book, turn off Instagram, etc.

This will be hard to do. By shutting down toxic comparison at the source, you might feel disconnected from people and sources of information. But this will ultimately make you more sensitive to your negative tendencies. By becoming more likely to notice your toxic habits, you can start to steer your mind back onto the right track.

When you have completed this day of Comparison Shut Down, use the space below to journal about the experience. Was it hard? Was it rewarding? Describe the emotions and thoughts that this exercise stirred up in you.

Before you did the Shut Down, what comparisons were driving you crazy? (Psst...and it's ok if they're still driving you crazy after the Shut Down!)

Now, list at least 3 strategies for navigating your negative comparison tendencies in the future. How can you connect with and learn from others without falling into old, toxic traps?

- a.
- b.
- c.

In order to rise, you must work to lift up everybody else. WE MUST ALL RISE. Never hold someone down. Never try to gain an advantage at someone else's expense. Never nitpick someone else's methods when you know in your heart that they're coming from the right place.



3. Your Light Helper

Which trusted person in your life could you ask to be your Light Helper when you're struggling with blocks or limiting beliefs? Reach out to them and say:

Dear Friend _____ (Name),

Can you support me in letting my light shine? I have some limiting beliefs and self-sabotaging behaviours, like _____ and _____, that I really want to crack. If I feel like I am falling back into old patterns, am I able to reach out to you for support? Can you assure me that what I have to share matters and I'm the one to share it?

STEP FIVE: THANK

What this step involves:

Cultivating a sense of gratitude

What this step is designed to achieve:

Training you to perceive the fulfillment of your desires

I love what Melody Beattie said about gratitude: “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

If you let go of limiting beliefs, clarify your dreams, ground yourself in the truth, and hone in on the people who can lift you higher, nothing can stop you. Your light will come flooding out of you.

But gratitude is the skill that will allow you to actually perceive the good things happening in your life. Without it, you might not experience all of this light-liberating goodness in its fullness. And that would be tragic!

There are many things in your life that are already working out beautifully.

It's important to build the skill of gratitude, or you won't connect with the truly incredible changes coming down the pipeline.

Your Thank Process

Instructions:

Work through the questions and exercises below.

1. What can you express thanks for right now? Maybe it's your home, your partner, your hair, your gym, your friends, your creativity, your parents, your car, the food you get to feed yourself...there's got to be something!

List 5 things you're grateful for right now:

- a.
- b.
- c.
- d.
- e.



If you want to share your light, I can't emphasize the importance of gratitude enough. In fact, the researcher Robert Emmons has discovered that feeling and expressing gratitude reduces light-blocking emotions like envy, resentment, and regret.

2. A Day of Thanks

Have I got a challenge for you! I want you to spend ONE DAY expressing gratitude as often as you possibly can. Express it to other people, express it to yourself, express it to thin air, express it silently in your head. But every single time you have something to feel thankful for, recognize it and express it. Keep a notebook or your phone on hand and try to make notes. Then use the space below to list some of the expressions of gratitude you made and how this day of giving thanks was for you.



When we express thanks, we notice how many things in our world are actually really wonderful. And when we hang out in that space of wonderful, more wonderful is on its way. **Energy attracts energy.**

STEP SIX: UNIFY

What this step involves:

Developing course-correcting awareness

What this step is designed to achieve:

The ability to get back on track when you stray from your own light

How do you become who you want to be? Well, you simply unite who you want to be with who you are being. That's it.

Sounds simple. It's not.

For example, I want to have a good relationship with my body. And if I don't put my time and energy into "being" the person who relates in a healthy way to her own body, my desire goes unfulfilled. For me, this means staying committed to my yoga and meditation practices, and practicing good self-care through nutrition and massage therapy. For me, not doing these activities equals going off-course. I have developed this awareness and it helps me to remain unified with my light.

Observe what it looks like when you stray off-course, and you'll discover what you can do to reunite with the light.

Your Unify Process

Instructions:

Work through the questions and exercises below

1. What does going off-course look like for you? Does it show up as behaviours that you do—or neglect to do? Does it show up as emotions or thoughts? Is it a little of Column A and a little of Column B?
2. When you stray from your own light, how do you make yourself feel about it? Do you have shame, regret, or guilt about it? Or can you just be cool with sucking?
3. How long does it usually take you to get out of your funks? What does it take for you to turn your situation around?
4. List the things you do, feel, or think that are unhelpful when you realize you need to reunite with your light?

5. List the things you do, feel, or think that are helpful when you realize you need to reunite with your light.



Face it, you are totally going to suck some days. We are human after all, and the human experience is meant to be just that: AN EXPERIENCE. We really can't rock it 24 hours a day, 7 days a week. There are times when we need to just suck hard and be OK with it.

6. A Unifying Awareness

Find a time when you can spend fifteen minutes just practicing awareness of your current state of being. Pretend you are a third-party observer, looking at yourself from the outside, totally devoid of judgment or criticism. Just notice.

After you've practiced this awareness, do the following:

Stand up, plant your feet into the ground, take a huge deep breath, and say in your heart (or out loud): "I AM CLIMBING THE MOUNTAIN OF MYSELF AND I WILL PUSH BEYOND MY SUMMIT."

STEP SEVEN: PARTY

What this step involves:

Celebrating the journey you are taking

What this step is designed to achieve:

Deeper connection with the joy that your light is always seeking

I know I said grounding was my favourite part...but I also looove a good party.

It is so important to celebrate life. It is so important to celebrate the progress you are making. It is so important to party, people!

At this stage, at the end of your L.I.G.H.T.U.P. journey (or the beginning?), you're going to put some thought into how you can intentionally celebrate your life and progress. You're going to develop a way to party that honours and

nurtures your light.

1. Light-Loving Celebrations

I love to celebrate every occasion, like Wednesdays, rain days, just because days. Really, any chance I get to open a bottle of wine, I will. And this is something I am working on, as drinking is not actually always the best way to honour my light. I need to celebrate by doing other awesome activities that fill my cup:

Going on a hike with my dog and husband
Participating in a women's circle where I share ideas, thoughts, and feelings
Having tea with a girlfriend
Doing a Kundi Dance Class
Speaking on Stage
Having a healthy dinner with friends
Traveling to awesome destinations with friends
Getting a massage
Writing my book
MCing or hosting a party

So how can you celebrate the life you're building and the light that's burning? Name 3 ways you will PARTY:

a.

b.

c.