

IGNITE YOUR LIGHT

This **5 Step Program** - includes this workbook with journal prompts, **3 videos** and **2 meditations** - designed to start you on a path to clarity and understanding of your unique light (**PURPOSE + MESSAGE**). It will show you how to infuse your light into your business and life to illuminate others and yourself.

My intention at the end of our time together, is that you'll know exactly what your light is and what you can do to share it boldly with the world.

Love + Light
Adera Angelucci

LET'S BEGIN

The material requirements are simple, because what is truly required takes place in your inner world, **so all you need is:**

- A designated journal to write the answers to the questions I will be asking you.
- A quiet comfortable place to do some self-reflection and study for up to 20 minutes at a time.

STEP 1 - GET INTO THE BODY

Grab a cup of tea and watch my **Getting Into Your Body** meditation then **turn my playlist on** and spend the next 15-20 minutes journaling these questions. **Write down the date** so we can remember when you started.

GRAB A PEN + JOURNAL

What were your aspirations as a child?

What things made you feel lit up when you were doing them?

Was your light accepted as a kid?

Who got to see your light the most?

What would you do when you were fully in your light?

How does it feel remembering these moments?

My "Light" to me means:

What are some characteristics you hold when you are in your light?

Well Done! This is the start of a vital practice: Taking time for self reflection.

Close up your journal, and give it some gratitude for being your travel buddy.

We're onto the next step which is finding your **SPARK!**

STEP 2 - YOUR SPARK

This step requires movement, along with a journal exercise, so have your journal close by.

You will be going through a great deal of change. While it is great to think about all of the things that are coming up for you, they need to also be integrated fully into your being, and that means your body must know as much as your mind. **This requires movement.**

I found my love in Kundalini Yoga 10 years ago and it's helped me bring my light back again and again when it's felt dimmed. I am grateful every day for it's techniques and choose to practice it's teachings just as regularly.

PLAY THIS VIDEO

NEXT Answer these questions in your journal:

What came up for me while I was dancing?

How did the breathing and movement feel?

If it felt silly or weird, ask yourself **why am I judging?**

Can I allow it to be what it is without labeling it good or bad?

Can I allow myself to be free? Free to move, free to dance?
Or was it scripted in some way as if it was a performance?

Play this song now and let it rip. Feel your body and your movement.

Could you let your spirit be free? Did you Smile? You were wacky I hope ;)

STEP 3 - INHALE NATURE

This step and meditation is all about getting in touch with nature.

It's from the space of slow and steady that you can make some big moves in your business, but you have to be open and willing to embrace your light.

It is **when you shift from doing to being** that you allow your light to be truly known to you.

Find a peaceful spot out in nature, whether you choose to sit or walk.

Listen to this and look around you. Study the colours, the movements, the life. **Clear your mind.**

Go within and see how you can be a reflection of what you see on the outside: The stillness, the calmness, and the life energy.

Take several slow, deep breaths.

JOURNAL TIME

What does it feel like to be one with nature?

What insights about your light and your business came to you?

Did you get to feel the peace?

How did it feel to slow down and just be?

How can you embody that in your being so you are in the flow with your surroundings?

STEP 4 - BUSINESS TRIP

This step is all about your imagination.

Close your eyes and imagine you are in your dream business. Take a trip into the world of you doing the things you most desire. Include where you want to be, who you're helping and where you're going.

You are headed there in your mind's eye. Play this if it helps get you into the mood.

WRITE IN YOUR JOURNAL

What will I bring with me (Not material possessions but attitude and mindset such as gratefulness, openness, calm etc.)?

What do I want to leave behind (Fear, anxiety, stress etc.)?

What would it take for me to hold this vision of my life and business?

Every day is a new opportunity and with that comes a new choice.

What new choices am I willing to make now for my dream business?

You can choose what to take with you, and what to leave behind.

Your day, your week, your month, year and life will be a reflection of who you choose to be.

Choose wisely.

STEP 5 - LIGHT IT UP

In order to **Light Up** from the inside out, you must delve into old patterns or beliefs you hold, break the patterns that are interfering in you bringing out your light and create new healthy patterns that are built to support, nurture and breathe life into your light.

If you change your beliefs, you change your life.

Grab your journal, get comfortable and follow [The Light Within Meditation](#).

JOURNAL TIME:

In what ways do I bring my light to the table?

What brings me the most joy in my business?

Who am I with when I am in my light?

What purpose do I serve in my light?

On a scale of 1 to 10, how much confidence do I have to share my light in my business?

Am I willing to commit to being a 10 in my business if I am not already there?

Am I willing to commit to igniting my light to manifest my dreams and live the life I've always wanted?

If you answered **Yes** to the last two questions, then you are ready to **LIGHT UP!!! HURRAY :)**

Igniting your light means surrendering all the ego trappings surrounding who you think you need to be to create the business you truly desire.

Let go of expectations. Let go of fear.

It's not easy to do that alone, which is why I created **my coaching practice**. I've created an inclusive and inspiring space for women to find their light and share it with confidence and clarity!

SPIRITUAL BUSINESS COACHING

I offer a private or group coaching program, Day Retreats and one off clarity calls for women ready to dive deeper into their soul call and share it without shame with the world. If you're interested to learn more, I would love to offer a **free 30 minute call** to see if we're a match.

I get so much fulfillment and joy out of witnessing the progress and change of the participants. They're lives have transformed significantly - **see what women have said here.**

I greatly appreciate that you took the time out to start the journey of self-discovery with me. I hope their were realizations that came out of the work you did. **You have started on a very illuminating path, well done!**

NOW READY FOR YOUR RESULTS?

Let's get to that **LIGHT STATEMENT SHALL WE?? YOU DESERVE IT.**

Write this down and sit with your answer. Acknowledge it. And choose whether you are ready to make it your reality every day for the rest of your life:

I am living in my light when I am

with _____ being _____.

How can I use this to serve?

There you have it.

Your light has been ignited.

Now, what will you do with it?

Book a free call with me to see if my **Spiritual Business Coaching is your next right action!**

You can also join our **Light Finders community** to connect with other women on the search to owning, trusting and sharing their light within.

I would be very honoured if you would be able to post a review on my **Adera Angelucci** page or **send a message to info@aderaangelucci.com** on how this experience was for you.

I would love to hear your light igniting statement above!

All my love.

The world needs you now more than ever to show up and shine your unique light within.

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