

IGNITE YOUR LIGHT

This 5-day **Self-discovery course** - including this workbook with journal prompts, **3 videos** and **2 meditations** - is designed to start you on *a path to clarity and understanding of your unique light* (PURPOSE + PASSION) and how to infuse it into your business and life to illuminate others and yourself. I hope at the end of our 5 days together you will share with me what you discovered.

I am so happy to help you begin, and I hope to continue to be a teacher as you venture into confidently shining your light onto the rest of 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.

DAY 1- STORY FIRST

Since we're going to unravel your story and begin a new, bright one it only seems fair I should share my story with you. By showing how I found my light, I can guide the way for you.

I was always a curious and playful human. When I was little, I would dance, dress-up and lip-sync to my favourite tunes at the time. I loved to perform for whoever would be interested in watching. I was part of many plays and loved to act in school.

I guess you could say that my first dream was to be an actor in Hollywood, playing characters.

Once I reached my late teens, however, I realized that I didn't want to stand out by pretending to be someone else. I wanted to stand out being myself. The way to do that, I thought, was to be a journalist or interviewer and have my own TV show.

GRAB A PEN + JOURNAL

What were your aspirations as a child?

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

Write them down in your journal.

When I was in my 20's, I joined an Improv troop, learned Stand Up, went to Clowning School and got an agent to help get me in commercials or anything I could potentially do to perform so I wouldn't have to have a 9-to-5, because my passion and purpose was squashed in that box, so I was restless. I had 65 jobs before turning 30, everything from waitress, to bindery, to deli counter, retail, door-to-door, preschool or after-school care, summer camp guide, stilt walker, emcee, hostess, travel agent, promotions coordinator and marketing and sales.

You can't say I didn't try!

It was a long road, but I finally worked as on-air talent, producer and director, which led to me landing my dream job - my very own TV Show. Now, it may seem like a crazy amount of things to do to get to my goal. I mean I could have just gone to school or took a straight and narrow path, but that would've dimmed my light because I needed to take the unconventional, wild and winding path.

I know no matter what, I will find my way because I follow my light.

Life trains us to take the straight and narrow path. My job is to un-train you so that you can follow your light down your own path and carve out your own career doing what it is you are most passionate about.

Curiosity fuels my passion. I spent my life learning how and why people did what they did. The paramount piece of knowledge I earned was that there is *no one way* to do something and there is *no wrong way*, as long as you **follow your light**.

Think about your journey to this point and look at it with loving, non-judgmental eyes.

Can you point out some adventures you went on and some things that you did that really made your heart sing?

WRITE THEM IN YOUR JOURNAL

So, here's where I am now. I have been my own boss for 7 years, and have built a beautiful life with my husband and our dog. Through my video storytelling company, I have told over a thousand stories of good people doing good work in the world.

Now, I am looking for more. I am on another journey, not out of restlessness or avarice, but out of gratitude. I am grateful to be in a place where I can explore what else is possible and how I can best serve in this new phase of my life.

After much soul-searching and trusting in my light, I have found the answer:

I am meant to serve women leaders, to help them ignite their light so that they can share it with the world and inspire other women to do the same.

There is a shift happening right now. You and I are a part of it. Our light as women is being called to serve, to create change and to lead. The world needs our voices, our power and our light.

There is a rise in women leaders standing up and making themselves heard.

This shift has a lot to do with women being fed up with having their light dimmed and finding the courage to say, *"Enough is enough and it is time for a change."*

External and internal barriers are falling, because strong women like you and I are breaking them down. Our job is to show others what is possible. **Our light will shine the way for others to follow.**

This shift is happening in a micro-level as well. It is happening inside of you. I'm sure you've already begun to ask yourself the hard questions, and the answers will transform you.

Why is my life like this? Am I really happy? Is there something I am avoiding or not dealing with that is causing me pain? Why am I afraid to say what I feel? How can I let go and let love move me even more? Where am I forgetting about my self-love?

JOURNALING TIME:

Where did I lose myself? When did I forget about the true me?

The answers to those questions above for myself on my new journey have led me to move away from being consumed with the **self** (what people in my life playfully call "**The Adera Show**") and focus on helping others find their light. As a result, my heart has grown by letting myself love in much more expansive ways.

But first, it is about you. You must understand, love and serve yourself before you can do that for others. You must find and stoke your inner light first.

Without the discovery of self, you will start to ignore your body and it will wonder if you truly care about it, and this is where disuse and disease come from.



Without the discovery of self, your mind will be a jungle of thoughts, ideas and to-do's and instead of having a clear path; you will be distracted by chaos and doubt.

Without the discovery of self, you will lose your passion and purpose your light is trying to show you by living for other things and other people. Are you living for your children, partner, parents or friends?

In order to fully serve in meaningful and healthy ways, you must learn how to *live for you* first.

Without the discovery of self, you will never truly know your own light - the things that really make your heart dance and create an intimate and unshakeable knowing of who you are, what you are worth and what you can give.

You wouldn't have picked up this workbook if you weren't curious to know, explore and ignite your light.

It's time.

Now you know who is guiding you on this journey, and thank you for allowing me to be a part of your courageous process.

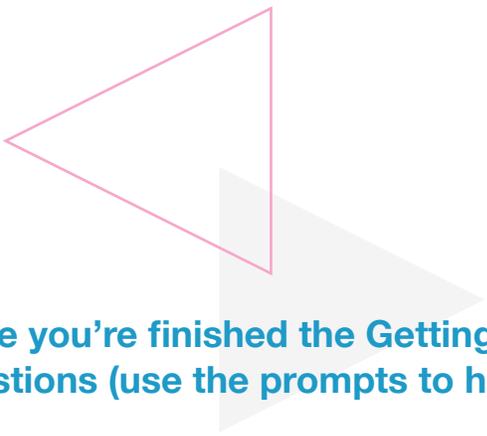
It's a journey you won't forget and you most certainly will be a changed woman.

GETTING INTO THE BODY

Grab a cup of tea and **turn my playlist on** but first watch my **Getting Into Your Body** meditation and then spend the next 20 minutes or so journaling this for yourself. **Write down the date** so we can remember when you started.

Dedicate a journal to this journey. The answers to these questions are invaluable and you will want to revisit them and add to them. Remember, there are no right or wrong answers, just the answers that come up for you in this moment. **Trust.**

IGNITE YOUR LIGHT



Once you're finished the Getting Into Your Body Meditation answer these questions (use the prompts to help guide you):

Where do you think your light went?

Did you give it away to someone?

Did you forget about it?

When was the last time you remember having it?

What do you remember about your light last time you had it?

What do you think of when I say the word light?

"Light" to me is:

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

How hard or how easy is it for you to be in your light?

Was your light accepted as a kid?

Who got to see your light the most?

What would you do in your light?

How does it feel to remember these moments?

Great job! This is the start of a vital practice: **Taking time for self-reflection.**

Now close your journal, give it some gratitude for being your travel buddy. I look forward to diving in again with you tomorrow to **find that SPARK!**