

# DAY 5- L.I.G.H.T.U.P

In order to **L.I.G.H.T.U.P.** 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.

## LET'S GO WITHIN ONE LAST TIME

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

## ANSWER THESE QUESTIONS IN YOUR JOURNAL:

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

Let's ask the same question but use the word "love" instead of "light." You may find a different answer.

***What brings me the most joy?***

***When am I doing it or being it?***

***Who am I with when I am doing it or being it?***

***What purpose do I serve doing it or being it?***

***On a scale of 1 to 10, how much love do I show myself?***

***Am I willing to commit to bring that to a 10 if it's not already there?***

**Am I willing to commit to igniting my light to manifest my dreams and live the life I have always dreamed of?**

If you answered **Yes** to the last two questions, then you are ready to **L.I.G.H.T.U.P.**

Igniting your light means living in love, not only for yourself but also for the world around you. It means being OK with surrendering all the ego trappings surrounding who we want to be and what we want to do. Let go of expectations. Let go of fear.

It's not easy to do that alone, which is why I created **L.I.G.H.T.U.P.** to be a safe, inclusive space for women to find their light and encourage others to do the same.

# L.I.G.H.T.U.P Self Study

I offer an 8-week self-study program called **L.I.G.H.T.U.P.** where you can go on a deep self-discovery dive. Each week I ask questions like: where do you want to be in your life and what do you desire to do. We work through blocks, and limiting beliefs that could be getting in your way of getting there and offer solutions.

This program is for you if you are wanting to bring your light to the world. And just wait, below you'll know exactly what that is.

I get so much fulfillment and joy out of witnessing women stepping into their uniqueness with confidence.

I greatly appreciate that you took the time to start the journey of self-discovery with me here.

I hope there were some realizations that came out of the work you did. You have started on a special path.

If you would like to continue on the journey with me, dig deeper, work harder and be held accountable to create the transition in business and life, I would love to support you further on your journey to becoming a **light leader** with either my self-study L.I.G.H.T.U.P or working with me personally.

## ANSWER THESE QUESTIONS IN YOUR JOURNAL:

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?**

I would be very honoured if you would be able to post a review on my [Adera Angelucci](#) page or **send a message to [adera@aderaangelucci.com](mailto:adera@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.**

**Love + Light**  
Adera Angelucci