

BE YOUR "FIRST" LOVE



BE THE CHOOSING ONE

AN INTRODUCTION TO
CHOOSING YOU
ALWAYS & FOREVER

02.16.20

BE YOUR "FIRST" LOVE & BE THE CHOOSING ONE

An introduction to choosing you

& all the joy, ease, connection & new adventures that comes from that!

Being Your FIRST Love is for anyone willing to be, or choosing to create, a life that brings them and others joy by also **Being The CHOOSING One**.

Most of the time we are focused on being "**the chosen one**". It happens in relationships, business, friendships, family and more.

- Maybe its when you are dating and you would like for the person you are interested in to choose you. It doesn't stop there... cause once you feel they have chosen you, you find yourself on a quest to remain the chosen one.
- So often in marriage or relationships, we are evaluating the worth of the other person to us, by how they are choosing us or not.
- In business, this shows up all the time too. Going on an interview or a prospect meeting with a new client... Are you wondering from the moment you leave, "Will they choose me?" (forgetting that your intended focus when you went was to attract a job, career opportunity or client that you liked and that you chose?)
- Social Media is another great example. How many post are created with the undercurrent of "Who will like this?" -vs- "I love this whether anyone else does or not."

Isn't it interesting how when we are looking to be the chosen one, it causes us to give up being the choosing one? Why is this important to acknowledge and be aware of?

When we are more concerned about being the chosen one, we are instantly at the effect of others' choices.

If you are waiting for others to choose you, how much power do you have in your own life?

When you are being "the chosen one," you make yourself subordinate and subject to the points of view and choices of others—as if your life depends upon what they will or won't choose in regards to you.

What if you could be the one who chooses everything that shows up in your life?

What if you could actually choose to **be the choosing one** rather than waiting for others to make you the chosen one?

Choosing is our greatest source of creation.

When we are clear about what we desire to choose, and we trust ourselves and our choices, that's when we create a life we love living in! A life that lights us up! If you created everything in your life from the space of being the choosing one, how much easier would that make your life?

When you are willing to be the choosing one you actually have total choice over what your life looks like in every moment.

- You choose what works for you.
- You choose who you would like to play with and work with.
- You choose what gets created as you choose the energy you would like to have and be as yourself and your life, each day.

When you are willing to **be the choosing one** in your life, you become an energy that is unstoppable and irresistible—you **empower yourself** to create everything you desire from the potency of your choice. Your life becomes your creation, rather than you being at the effect of everybody around you.

Are you willing to step onto that playground like never before and see what shows up?

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WHAT'S THE BIG DEAL ABOUT CHOOSING YOU?

Most of us don't even know what choosing for ourselves means. We think we have to judge something in order to change it... like be disgusted enough with our bodies that we finally get off our ass and do something significant about it, or we think we have to escape something like getting out of a job or relationship that isn't showing up for us (not to discount that sometime leaving a toxic situation is the best way to choose for us, but often we over use this tactic as an excuse to not choose for ourselves). We think we have to get mad or angry in order to choose for ourselves, but is that authentically CHOOSING or something else that is disguised as choosing?

Control, manipulation, judgment... these are the "tools" we've been trying to use for too long, that don't really create AL OF US! We make changes with them, but what if there was an easier, free-er, more joyful way to go about it all? Trust me... There is!!

This class is designed to introduce you to a set of pragmatic tools that you can use to create or change whatever you desire. Mostly these tools give you YOU! What if you never required someone else's opinion about what you should do because you already had total confidence and know you could trust your capacity to

- Know that YOU know what is right for you &
- Choose what's right for you without doubting yourself or being afraid of making the wrong choice?

Why people don't choose:

- Afraid of missing out on something (future with job or relationship, opportunity with friends/social, etc)
- Afraid of looking bad (what others will think)
- Afraid of being selfish or controlling
- Afraid of being wrong/making the wrong choice
- Afraid of disappointing someone
- Afraid of losing someone or something
- To maintain a righteous stance based on a judgment that they "stood by" for so long... that doesn't match what they desire now (if they really chose for them it would look as though they were liars based on what they had been choosing in the past or "preaching")
- Keep the scale balanced with control, control others by not giving others the right to choose or because they're afraid of what others may choose, rather control people with expectations than to choose for themselves. Example: I chose to sacrifice choosing for myself, therefore you should too
- Rather be right than free
- They don't know what they would like to choose or even how to choose what they desire
- Don't have support
- Monkey mind and old patterns of thinking
- Afraid of rejection and being vulnerable or being exposed
- Judgments about themselves or their bodies
- Feels irresponsible or selfish
- They've been living everyone else's wants and desires for so long that they don't even know what they would want or desire or how to find this out
- Embarrassed to choose something greater because it would make you stand out and people would notice the change or simply notice you (wearing a dress to work and what clients might say about that, cutting my hair short after having long hair and dealing with everyone saying wow or adding their judgments about it)

Choosing you is not about choosing out of things. It's about choosing you in everything.

What if there was nothing to escape in order for you to choose you (to have you, to be you, and to receive you)?

Anytime you are attached to the outcome, you are controlling the magic and limiting what is possible.

If you stop trying to be what other people need, want, require and desire you to be, you get to be everything you are!

There is only one person in the world who can acknowledge your value, and that's you! -Gary

Douglas

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"CHOOSING YOU"... What does that mean to you?

Is it empowering? Is it a contribution? Is it easy? Is it fun? Does it light you up?
Is it selfish? Is it controlling? Is it difficult? Is it irresponsible? Is it scary? Does it make things confusing?

If you haven't been practicing choosing for you, how do you know who you are, what you desire, or what works for you?

If you aren't willing to choose for you, are you living your authentic life?

How do you know who you are, if you never choose for you & can you choose for you, if you don't know who you are?

Think about it... how often are your choices based on other people's projections, expectations, and judgments?

The greatest gift you can give yourself and others is to always choose you. Once you do that, you can see the value of choosing you. Once you experience freely choosing for you, you will create a new and profound level of allowance for others to choose for them... because you value it!

When we choose to be the space for others to truly choose them, **WE ARE FREE & THEY ARE FREE!!!**
They are free around us, because we aren't projecting onto them what they should choose. Does that sound selfish, controlling, irresponsible, or any of the other things that seem to be convincing about why it's so wrong to **choose you**? Of course it doesn't!

**Choosing you is actually a kindness to others, cause when you choose you fully,
you don't need anyone else to be anything for you in order for you to be happy!**

Choosing you is not about being selfish ~ it's about being fully present in your life & being fully alive.
Choosing you is not about disregarding your commitments ~ its about honoring you inside your commitments.
Choosing you does not mean you are choosing against anyone else!

Choosing is our greatest source of creation. This empowerment series is about recognizing that only by our choice do we create anything, and that **every choice we make creates our reality.** So, the question becomes:

"What do you wish to create?"

Your life doesn't have to be about limitation or settling. It doesn't have to be about re-creating the same old thing. You can have the awareness of what you would actually like your life to be like, and create it choice by choice... moment by moment. In this empowerment series, you will receive incredible and pragmatic tools that will empower you to choose and create it. You will begin to see what is actually possible for you. Your choice is all it takes to create it and your choice can be anything.

Are you ready to begin the journey of choosing and being the joy and adventure of life? Are you ready to live and be the question of **"What else is possible?"**

**Choice is your birthright and your greatest asset as a human being!
Your potency and contribution is based on your capacity to choose!**

Choosing you is about knowing yourself and loving yourself in a whole new way that creates magical possibilities beyond anything you could imagined!

THE VALUE OF CHOOSING YOU

Choosing you is not about choosing out of things. It's about choosing you in everything. Empowerment coaching is designed to give you access to YOU and to empower you with the willingness and confidence to choose you at all times. The questions & tools I share with you will begin to give you access to YOU, no matter what is going on that you would normally resist or defend against. Just the willingness to choose you, where you previously haven't, begins to create awareness of what else is possible! What if there was nothing to escape in order for you to choose you?

No one but you can give you, YOU!

1. What's been "dying to change" in your life?
2. What would you choose if you were empowered to know that you could trust every choice you made?
3. What would be different, if you had access to **all of you, all the time, with ease?**
4. What area of your life would benefit from a paradigm shift?
(If you could **totally turn it around... instantaneously?**)

•Work	•Anxiety	•Freedom	•Health
•Career	•Apathy	to Choose	•Parenting
•Business	•Enough	•Contribution	•Kids
•Prospecting	Time	•Receiving	•Teenagers
•Networking	•Time	•Sex	•Family
•Marketing	for You	•Intimacy	Dynamics
•Employees	•Sense	•Vulnerability	•Family
•Bosses	of Joy	•Trust	Disfunction
•Money	•Feeling	•Gratitude	•Mother
•Finances	Alive	•Enjoyment	•Father
•Debts	•Happiness	•Fun	•Brother
•Taxes	•Relationship	•Play	•Sister
•Friendships	•Partnership	•Holidays	•In-laws
•Social	•Marriage	•Vacation	•Ex-es
Life	•Creativity	•Your	•Toxic/Controlling
•Social	•Self-Expression	Body	Relationships
Media	•Choosing	•Rejuvenation	

Choosing You is about Choosing Life & BEING FREE TO BE FULLY ALIVE

We are born to be fully alive!

FOUR GIFTS YOU HAVE FOR BEING FULLY ALIVE & CHOOSING YOU

- 1) YOUR AWARENESS
- 2) YOUR BODY
- 3) CHOICE
- 4) THE MOMENT

AWARENESS: This is You, the Spirit/Soul The Infinite Being. Intuition. Inner Guidance

BODY: Our bodies are far more than we have ever acknowledged or given them credit for being! Your body has the ability to facilitate you to an awareness of greater embodiment. Instead, in this reality, we most often use our bodies as a source of judgment, and create separation from our bodies instead inclusion with our bodies.

CHOICE: You have free will. You ALWAYS have choice! Not choosing is a choice. Your potency is your capacity to choose.

THE MOMENT: Life is happening RIGHT NOW, in this moment. Life is created moment by moment (choice by choice), and each moment (each choice) creates your reality. **MOMENTS create MOMENTum!**

"Yesterday is history, tomorrow is a mystery, today is a gift, that's why it's called the present."

We create problems by not trusting ourselves (**awareness**), by not honoring this life (**body**), by not being true to ourselves (**choice**), and by not being present (**moment**).

You can connect every problem you have to how you have either cut off your awareness (didn't trust yourself), cut off your body (didn't include your body or didn't honor your body), didn't choose what would actually work for you (you let someone else make the choice for you or you chose against yourself), or you weren't being present (distracted by living in the past or worried about the future).

When you are not functioning from your past and your past no longer projects into your future, distracting you from being present... then you will be here, where your life is. That's what living is.

If you focus on the problems (or the past), you will only see the problems (and the past).

Instead of focusing on the problems, let's explore the possibilities.

Possibilities are available by Living As The Question.

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LIVING AS THE QUESTION

Most of us spend our entire lives looking for the answer. To get it right. To not be wrong.
What if something else is possible? What if being the question is the answer you've been seeking?

A question always empowers, an answer always disempowers.

Every time you ask a question or you create a choice, multiple possibilities show up in your life. Living in and as the question is a fundamental tool for creating possibilities. It's about exploring all possibilities. When you are open to the adventure of curiosity, everything becomes possible and anything you desire to create or change can occur with total ease.

The one key difference is that when you ask, it needs to be from the space of a true question. Not an answer with a question mark attached. An open ended question opens the door to a different set of possibilities, and infinite set of possibilities.

- Instead of asking: "What's wrong with me?"
Ask: "What's right about me that I'm not getting?"
- Instead of asking: "Could it get any worse?"
Ask: "How does it get any better than this?"
- Instead of deciding: "Nothing is going to change here." Or "This is pointless."
Ask: "What else is possible that I've never considered?"

Asking a question gives you an awareness of what could be possible, of the choices you could make. Seeking a solution makes you look for the right answer. There is almost never a right answer and so you tie yourself up in thinking about what you wish could be possible, rather than asking the questions which would show you an array of possibilities that are far beyond your wildest dreams.

Living as the question is more than just putting a question mark at the end of your sentence. When we live as the question, rather than trying to figure the answer out, we allow the universe to give us an answer that is greater than we can figure out. Could you imagine if your life & living were about the adventure of "UNIVERSE, SHOW ME WHAT ELSE IS POSSIBLE"?

-Gary Douglas, Access Consciousness

- What else is possible?
- How does it get better than this/that?
- What's right about this that I'm not seeing? or What's right about me that I'm not getting?
- What are the infinite ways the Universe can gift to me?
- What would it take for _____ to show up?
- What can I choose that would generate a greater possibility?
- How can this turn out better than anything I could have ever imagined or planned?
- How can I be the energy that would allow the Universe to gift to me beyond my wildest dreams?
- If I were truly creating my living today, what would I choose right away?
- What would it take to create a future beyond what I ever imagined possible and for that to show up with total ease?
- What is the value in creating this? (When you seem to be creating something that you don't desire.)
- What do I know that I am pretending not to know or denying that I know?
- Who am I, and what grand and glorious adventures am I going to have today?
- How does it get easier?
- What contribution am I that I am refusing to acknowledge?
- How can I receive more of me?
- What else can I receive?
- If I was choosing for me, what would I choose?
- If I were being all of me, what would I choose?
- What else can I create?

4 Questions to see if change is possible (with someone or something), and to receive that change:

(You are not looking for the ANSWER. You are just asking the question to invite awareness to show up.

1. What is this?
2. What do I do with it?
3. Can I change it?
4. If so, how do I change it?

Empowering you to know that you know.

LIGHT & HEAVY A KEY TO YOUR KNOWING

What if you are way more aware than you have ever acknowledged? As you explore this tool, if something feels heavy in your world it might not apply or be true for YOU.

What if what is true for you brings lightness and a sense of possibilities?
This tool is about empowering you to know that you know?

Have you noticed that what is true for you, is not always true for the other person?

So ask: "Is this light? / Is this heavy?"

If it is true for you the energy will feel light, nurturing, spacious, expansive, stimulating.
(You may laugh or smile.)

If it is not true for you, the energy will feel twisted, heavy, dense, depleting, anxious, depressed, struggle.
(You will likely not be laughing or smiling.)

Polarity is the way this reality is created by most people. They decide what is right and try to head for that. Then they decide what is wrong and try to eliminate that. What if you could embrace it all?

This tool 'Light and Heavy' is a super-powerful tool!

**Light = True for you
Heavy = Not true for you**

If something makes you feel lighter, it is true for you (however strange the words may sound).
Again, it may not be true for anyone else, and it is still true for you.

One place where we should really use this tool is when it comes to OURSELVES. If we did, we would know what is true for us.

Would you be willing to choose more of what is true for you?

What if you started to hang out with people that feel nurturing to you? What if you eat food that feels light and nurturing for your body? What if you make the choices that feel light and nurturing for your body?
What if you make the choices that feel light for you? What if heavy or light could be your barometer, instead of always judging everything as right or wrong? Would that create just a little more ease for you?

What lies have you bought about you that are not true?
If you let go of those lies, how light would you be?

What is true about you that you have not yet acknowledged?
If you would acknowledge that, what could you create?

**When you follow what is light, it is easy to know what is true for you, and what is not.
You'll start knowing instantly when something will work for you and can make your life greater.**

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CHOOSING YOU

The Empowerment Series

Do you realize that every choice you make determines what shows up in your life?

Oftentimes, we judge ourselves out of choice because we have been taught that every choice has a "consequence".

Let's explore some synonyms for consequence: result, upshot, conclusion, effect, reaction, repercussion, ramification, end, termination, finality, aftermath, importance, significance, weight, concern, seriousness.

Where's the choice in that?

Where's the wonder in that?

Where's the possibility in that?

What if choosing wasn't about consequences and was more about awareness?

What if the initial consequence that occurs (right, wrong, good, bad, pretty or ugly) actually leads you to a greater possibility that can create the change you've been asking for? What if you were willing to give this 'so-called consequence' an opportunity to transform into something greater?

This is what is possible when you trust yourself, trust your awareness, and trust your choices.

Choice creates freedom not risk, yet so many people are afraid to choose what they want, for fear of losing something. What they haven't been willing to see is that their choice to not choose what they want, is also a choice. Let's talk about how to choose what works for you and how to acknowledge what you have chosen, without judgment, so you can **expand your capacity for choice and actualize the future you truly desire.**

This **empowerment series** is about recognizing that only by our choice do we create anything, and that every choice we make creates our reality. So, the question becomes: **"What do you wish to create?"**

Your life doesn't have to be about limitation. It doesn't have to be about re-creating the same old thing. You can have the awareness of what you would actually like your life to be like, and in this empowerment series you will receive the tools that empower you to choose and create it.

You will begin to see what is actually possible for you. Your choice is all it takes to create it! Your choice can be anything. Are ready to begin the journey of **Choosing & Being the Joy & Adventure of Life ?**

Are you ready to live and be the question of **"What else is possible?"**

Below is a sense of what you will come away from the series with and can create in your life:

POSSIBILITIES & BENEFITS OF CHOOSING YOU

- You are willing to give up functioning from judgment & live freely from the judgments of others or yourself.
- You operate beyond expectations.
- You stop being what everyone else wants you to be, and you discover what lights you up!
- You acknowledge, and either leave or change, toxic situations that are sucking the life out of you!
- You honor your choices and have ease honoring the choices of others.
- You choose what you desire without being attached to the outcome and choosing no longer seems "risky".
- You stop cutting off your awareness and are willing to be aware of everything including how you/others are functioning) which creates more clarity for what you would like to choose.
- You are empowered to "know that you know" and you trust yourself and your choices.
- You know that you are the creator & source of your reality, your relationships, & your experiences.
- You live in wonder & enjoy adventure.
- You experience being present and connected with others in your life.
- You feel a connection to the planet & experience deep gratitude for the gift of life that Earth is & how nature gives so abundantly.
- You know how to receive.
- You experience the gift & joy that receiving is for everyone.
- You know you can use anything to your advantage, and you see possibilities instead of problems.
- You admire vulnerability and see vulnerability as one of your greatest assets k You are willing to see & know that everything which has been considered a wrongness of you is actually what's right about you.
- You are comfortable in your own skin & express yourself freely.
- You choose to love yourself and adore yourself exactly as you are!
- You stop judging your body and using that as an excuse to not enjoy your body, vacations, friends, intimacy, or any other part of life!
- You are truly grateful for your body and allow it to create with you by including it!
- You trust yourself to start a new relationship or friendship... for the joy of it!
- You are confident and know that including you in everything you do creates the greatest contribution and outcome: business, relationships, creations, experiences.
- You know you always have choice.
- You are willing to change & have an awareness of what can change.
- You appreciate, honor, savor, & delight in pleasure.
- You choose YOU so fully, that you don't need anyone else to BE anything for you, in order for you to be happy!
- You aren't afraid to be fully alive.

WHAT PREVIOUS PARTICIPANTS SAY ABOUT THE EMPOWERMENT SERIES

When I started this journey, I was coming out of a 20+ year toxic relationship. A friend showed me a description of the empowerment series she was participating in, facilitated by Donna, and I immediately knew that was exactly what I needed in my life. I was beaten down with no confidence and even though I knew I wanted nothing more than to have a better life and to be a better version of me I didn't know exactly how to get there. The empowerment series taught me I always have a choice. I learned how to listen to my body and mind. Since the series and the coaching, I have learned to be open to everything the universe is offering to me. I have learned how to choose and trust in my choices. I am more confident than I have been in years, and the universe is bringing me everything I could possibly ask for! I am so very thankful for everything I have learned, and I still practice everything I've been taught every day. I can honestly say I'm living my best life, and it shows for so many that have seen me through all my ups and downs in life!

I'm so happy when I look at my face... I never thought I'd see my glow again.



Chrystal Runge



Mindy Muzzarelli

Donna's energy is amazing, and her perspective changed so much for me. After my divorce, I was so focused on being the wronged party and resentful, that I was stuck in that judgement. I didn't even consider choosing a different possibility until I met Donna and she shared her perspective on her own divorce. It was eye opening, & I really wanted to explore more, so I was excited to participate in the empowerment series. The empowerment series was a transformational experience. Donna's wealth of knowledge is impressive, and her energy is a force to be reckoned with! All aspects of my life have changed to being more present, aware, and mindful. I am the happiest I've ever been, with myself and my body, thanks to the tools used in her coaching. I have no thoughts to judge my body anymore & have gotten completely away from judging my body! I look in the mirror and am no longer drawn to the flaws.... I love what I see. I can embrace the imperfections, and I love those too. Donna has been an amazing inspiration in my life... I truly am grateful from the bottom of my heart, because I see the light!

I am happy to just be me!

DI have been through every kind of coaching imaginable from business, to running a household and everything in between. I was always left dissatisfied with the progress, and I'd always go back to my old ways afterwards. Every time I would talk with Donna before stepping into the empowerment series, I could tell it was going to be something different. Through Donna's coaching, I have gained a trust in myself I didn't know was possible. Instead of always looking outward to others, I now know I have the answers I need to be successful; I can ask others for input, but it ultimately comes back to me, and I'm confident in my choices. My relationships have become easy, with new respect and allowance with my family members, spouse, once estranged siblings, children and coworkers.. I no longer fear the choices of my teenage children but step into a space of conversation and respect that allows them to feel the freedom of spreading their wings while having the support of their mother. My financial life has completely turned around from complete chaos and fear to trusting and flowing and creating daily success. I can not recommend Donna and the empowerment series enough. She cuts through the BS and sees things for what they are and helps you to see it for yourself. I always felt empowered by the end of our conversations. Don't expect mediocre results from this series.

I stepped into it fully and watched the magic happen... MY magic!



Sarah Contreras

Is it time to choose you, create a life that lights you up, and be fully alive?



CHOOSING YOU

The Empowerment Series

You can choose to register for the series or be a guest on Day 1 of the series!

Go To: www.soulfulawakeningsERA.com

Dates & Times for the Series:

SAT 2/29 4p-9p

THUR 3/5 6p-9p

THUR 3/19 6p-9p

SAT 3/28 4p-9p

THUR 4/9 6p-9p

SAT 4/25 4p-9p

THUR 5/7 6p-9p

SAT 5/16 4p-9p

SAT 5/30: CELEBRATION NIGHT

The first Saturday class of the series is mandatory.

If there are other dates that don't work, please let Donna know before the series begins.

All classes are in person.

Investment in you for the series: \$750

Register and Pay by 2/25 for 1/2 off. \$375

Introduce a friend who registers anytime before the series begins, and receive another \$50 off.

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