

Ready

FOR CHANGE

BONUS TRAINING

**ENERGY
&
RESPONSIBILITY**

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**If you want to change your life it's
time to stop playing victim and stop
feeling guilty and frustrated and
stuck.**

How...?



**THERE'S TWO THINGS
YOU NEED TO MASTER**



#1

BEING RESPONSIBLE FOR
EVERYTHING THAT
IS AND IS NOT YOUR LIFE.

#2

YOUR ENERGY.

This Training Covers:

- What it means to be 100% responsible and how to pull yourself out of victim mode.
- Why your energy/vibration is impacting your life in massive ways and how to manage it.



LET'S BE CLEAR...

**When I say 'responsible' I don't mean -
take on more responsibilities!**

It's about recognising that everything you have, or don't have, in your life is your responsibility.

It can be a bitter pill to swallow but it's also KEY for you stepping into your power and recognising yourself as the creator of your life.

I mean - let's look at it logically - through your past choices, you have built your current reality around you.

Every relationship - a choice.

Every item in your home - a choice.

The food in your pantry - a choice.

Your daily habits - a choice.

You are so **powerful!**

You are a **master creator!**

Here's The Thing — **YOU HAVE TO BE FULLY RESPONSIBLE FOR EVERYTHING AWESOME IN YOUR LIFE.**

And everything **NOT** so awesome.

We cannot just be the creators of everything great, we have to see that we've played a part in the not so great....



MY WAKEUP

CALL MOMENT

It was no one else's responsibility to take care of me.

It was no one else's responsibility to slow down.

It was no one else's responsibility to offer me help.

**It was no one else's responsibility to make this situation easier
for me.**

I had responsibility for that.

You do too.

**When you're complaining -
you're not being responsible.**



Here's what taking no responsibility might sound like...

“All these bad things happened to me...”

“I have no choice...”

“It's his/her/its fault...”

“The whole world is against me...”

“It shouldn't happen like this...”

“Why does it work for everyone else...”

“I'm stuck...”



**As soon as we are in that zone,
we are playing the VICTIM.**

**And you are handing over your
power.**

Here's what to replace those statements with:

“I can make a different choice.”

“This is all happening for me.”

“I cannot change what happened, I can choose how I respond.”

“Everything always gets done.”

“I am grateful for these lessons.”

**AND THEN
WHAT HAPPENS?**

If you are being responsible - there can be no blame and it's on you to:

- **Take care of your health.**
- **Make mistakes and learn from them (there is NO failure!)**
- **Do the things that feel right TO YOU not based on anyone else's advice (it's so easy to outsource responsibility and blame when 'it wasn't my decision'.)**
- **Change direction, pivot, strike a better balance, spend time with different people.**

**ONE THING
FOR SURE...**

The people 'making it' in life are not acting like victims.

They've learnt to move forward, they fail fast, they learn on the go.

They take full responsibility for whatever happens.

Because when you are being responsible you can SHIFT anything, you are the OWNER of your life, outside forces CANNOT INTERFERE.

You sit in your power zone and from there - the sky's the limit.

**SO BE
DIFFERENT!**

Be 100% responsible.

**If you are - then nothing outside of you is
ever the answer.**

**When things are off track - it's on you to
correct them.**

**Life is NOT happening to you - you create
it every single day.**

With every single thought you think.



TRY THIS:

Whatever you are complaining about - STOP IT!

Instead find a solution.

No one can do this for you.

It's all on you.

You can totally do it!

HERE'S SOME HOMEWORK QUESTIONS

Where in my life am I playing the victim? (getting into blame etc)

Choose one example and answer the following two questions:

- 1. If I was to be 100% responsible for that situation - what would change?**
- 2. What is the benefit of staying in victimhood?**

NOW. LETS TALK

**ENERGY/
VIBRATION**

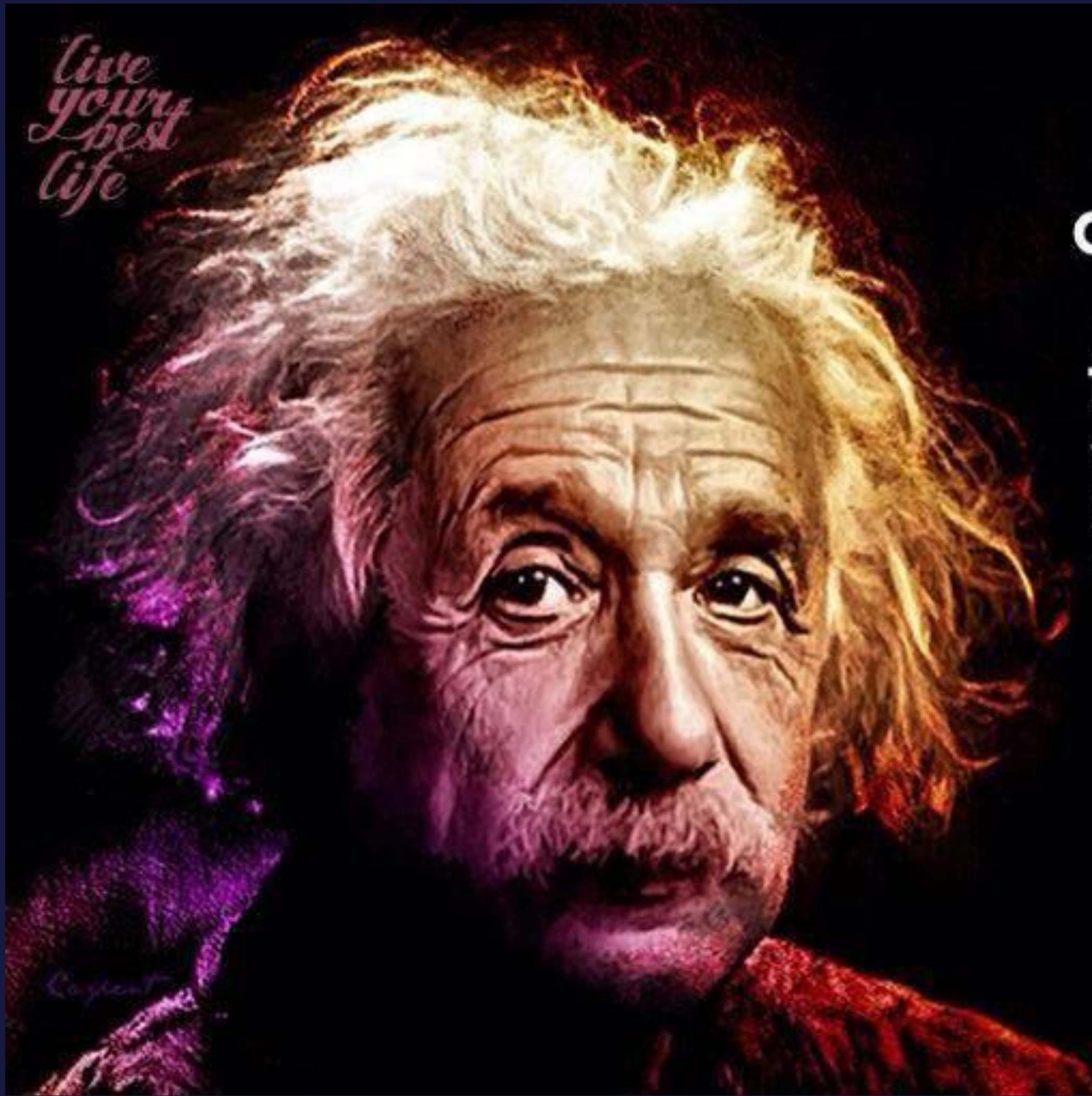
Everything is energy.

Everything has a vibration.

Even you!



*Live
your
best
life*



"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is **not** philosophy. This is **physics**"

- Albert Einstein

Ever noticed we say:

“Down in the dumps”

“High as a kite”

“Sadness pressed down on her”

“She’s glowing with happiness”

**That’s because our different emotions change our
frequency/vibration**

Emotion:	Frequency:
Enlightenment ●	700+
Peace ●	600
Joy ●	540
Love ●	500
Reason ●	400
Acceptance ●	350
Willingness ●	310
Neutrality ●	250
Courage ●	200
Pride ●	175
Anger ●	150
Desire ●	125
Fear ●	100
Grief ●	75
Apathy ●	50
Guilt ●	30
Shame ●	20



Vibrational Scale of Consciousness

(E)motions = Energy in Motion. Energy Vibrates at a certain Frequency. The Law of Vibration activates the Law of Attraction & through The Law Of Deservedness you attract what you send out by the Emotions you hold in your body.

If you wake you sluggish, in a bad mood, easily triggered - your vibration is low.

And if you **choose** to stay in those emotions then your energy is contracting - not expanding.

PLUS...

You will be attracting things to you at the same frequency.

**And because we are all vibrating in waves
- they extend beyond our physical body
and connect with other people's energy.**

Your energy changes your environment.

PLUS...

Other people's energy impacts you.

You are not just a human being - you
are an **magnetic energetic being**
and the rate in which you vibrate
impacts **EVERYTHING!**

**If you want to change
your life, you need to
learn how to master your
energy.**



It's never about...

Ignoring your emotions or shoving them down.

But it is about recognising when you are working from emotion purely. When you are stuck at a certain frequency.

And then it becomes a question of how to move out of it...

**My learnings being with a partner
suffering with mental health issues...**

Where you place your attention has a big role to play in your vibration.

It's why I suggest choosing to 'be happy or 'be peaceful'.

If that's where your attention lay - then how might your vibration change?

Not only that...

You need to get conscious of energy leaks. Of the things that drain your energy.

It's not just enough to raise your frequency - you also need to plug the leaks. We all know what this feels like - a person, a job, a commitment, clutter.

Be UNAPOLOGETIC about your energy. It's one of the only things you CAN control.

Now you can see how these two topics are related.

When you start to be responsible for **everything**,
this includes your vibration and energy.

You can't play victim to being constantly drained or
choosing guilt, shame etc.

You **MUST** find ways to raise your vibration and
protect your energy.

It is your **CURRENCY**.

Because whatever you vibrate you attract.

HERE'S WHERE
TO START:

Get conscious of where your energy is at
- without judgement.

Find ways to raise your vibration:
Gratitude, intimacy and connection,
helping, nature, laughter, decluttering,
exercise, eating a 'high vibe' meal.

Experiment, be curious, start CHOOSING
peace or happiness. Be a joy seeker.

When you learn to shift
your frequency you are
learning about personal
power.

It's a process.
Get started!

