



# Release, Rediscover and Renew

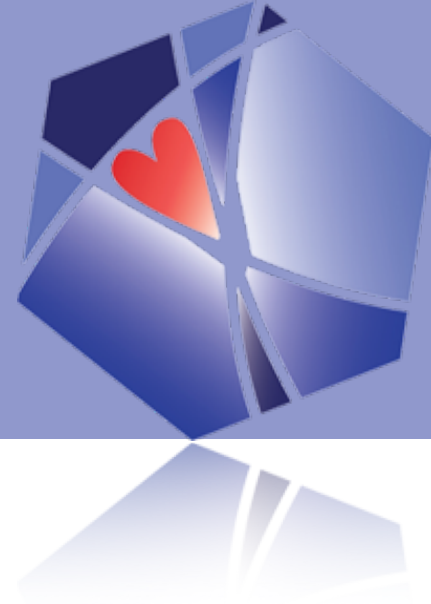
It is Never Too Late to Start Again



**Victoria Hargis**

[www.victoriahargis.com](http://www.victoriahargis.com)

# Introduction



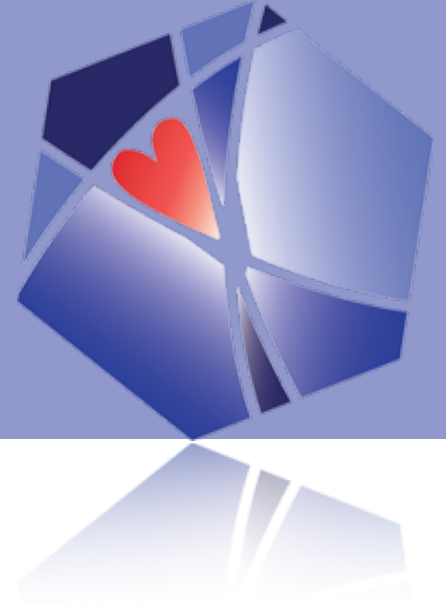
Vision is the ability to think about or plan the future with imagination or wisdom. In order to participate at the highest level it is important to prepare yourself to release old non-empowering beliefs and create a new vision of where you are going in alignment with your soul's purpose.

This packet will help you identify and release what isn't serving you and to get yourself ready to receive all that life has to offer.

Once we rediscover who we are at the essential level we can release old fears and restart our lives in the pattern we want. We can set the intention to create a life that will allow you to generate the emotions and affirmations that allow you to bring that life to you.

***Making time to get in touch with where you are now will be the greatest gift you can give yourself this year.***

# About the logo

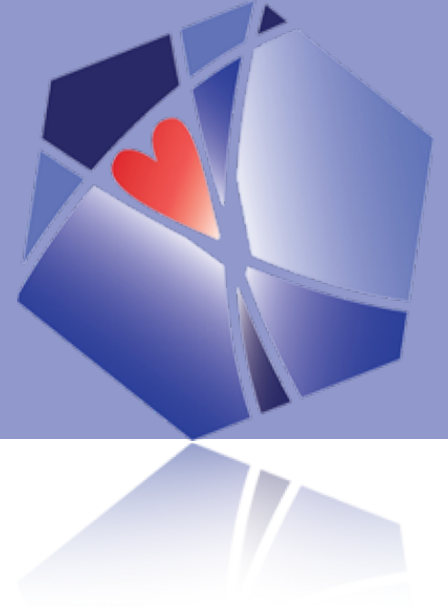


Imagine dropping a Christmas ornament, as it shatters on the floor, we can sweep it up and throw it away or we can reuse the pieces and create a mosaic of the some pieces coloured from the outside, and some the shiny inside.

As women, our lives are often a mosaic of the places where we felt the most pain. Shattered we were yet many of us learn how to reach deep within discover how to become the leader in our lives and design a life to be lived spectacularly.

Life starts when you decide to start your journey with awareness. Use the pieces of your past and create a beautiful mosaic.

# Getting Started



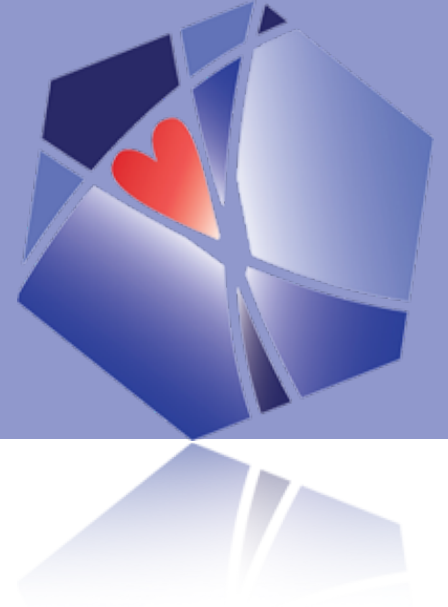
There are areas in our lives that can bring power to us or suck the power away from us. Learning what areas or fields are responsible for the draining affect we feel allows us to make small changes that reap big rewards.

Each of the fields can add to your energy or take away from it. Think of the feelings you get when your office or home is clean and neat as you walk into it. Then imagine a horders abode and feel the feelings you get when walking into their home. Chaos takes from our energy field; calmness adds to it.

Cleaning out a field of power allows you to access the power contained within it to propel you forward into your ideal life.

A brief explanation will follow with more in-depth information and an exercise provided to help your assess where you are on the individual tracks.

# Getting Started



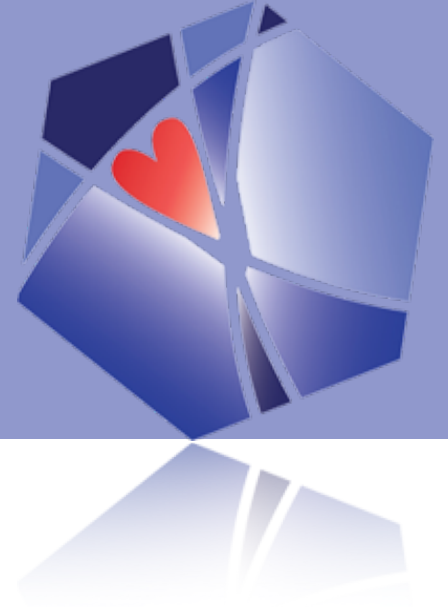
## The Memetic Field

The memetic field includes ideas, values, thoughts, beliefs, paradigms, styles and habits that are passed down from generation to generation. The memetic field also includes information and knowledge (books, websites, magazines, television, and radio).

## The Body Field

The body field includes the body, hair, skin, nails, health and energy. This field touches the network field, as it includes physicians, skin care consultants, massage therapists, hair dressers, physical therapists, dieticians, personal trainers and other professionals who support your physical body and well being.

# Getting Started



## The Spiritual Field

The spiritual field includes our connections to a higher power, to God or Spirit, the invisible connection we feel to others and the universe. It includes methods of connecting to spiritual aspects of life (such as meditation, prayer, and places of worship).

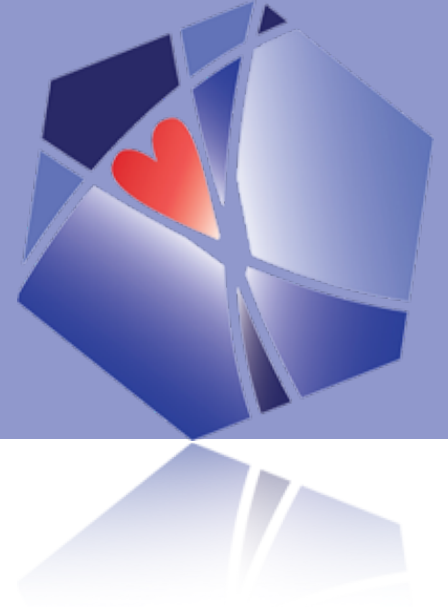
## The Self Field

The self field includes our strengths, talents, personalities, feelings, emotions, values, passions and skills. The self field includes the intangible aspects of our beings.

## The Nature Field

The nature field includes nature, parks, bodies of water, the seasons of the year, pets, plants, the seasons of life, and the outdoors. As humans, we are a part of nature, so access to this field is crucial for our survival and ultimate well-being.

# Getting Started



## The Relationship Field

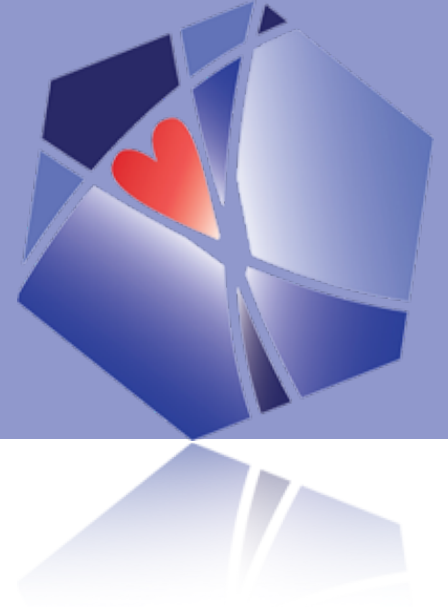
The relationship field includes those people in our lives who are closest to us and with whom we have an intimate connection. This includes family, close friends, close colleagues, co-workers, mentors and neighbours who are in our lives on a daily basis.

## The Financial Field

The financial field includes bills, credit cards, money, investments, insurance, stocks and bonds and the people who support your financial well-being (accountants, financial planners, stock brokers). This field also includes any tools or support services you use to achieve your financial goals files, computer programs, budgets, banks. When exploring the financial field, it is also important to look closely at the relationship a person has with money and their beliefs around money and prosperity/abundance.



# Getting Started



## The Physical Field

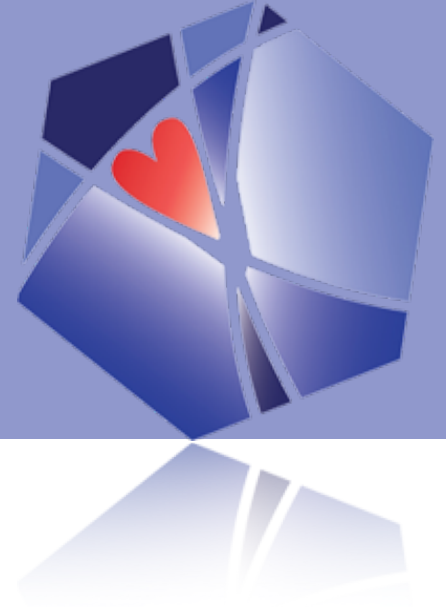
The physical field includes the very tangible aspects of our lives...our home, office, car, furnishings, artwork, toys, boats, and accessories. The physical field provides visual clues to what is going on in our lives. Clutter, noise, broken equipment can be visual clues to looking deeper to discover our thoughts, energy and behaviours.

## The Network Field

The network field is an extension of the relationship field. It includes people with whom you are on a first name basis, yet you may not have a deep and intimate connection. The network field includes business associates, community organisations, support groups you belong to. The goal of the network field is usually to provide an exchange of information and to build bridges to people who can support you in enhancing both your business and personal life.



# How are your fields?



Be aware that it is in our nature to think and say “I’m fine” when we first start to look at the fields. I’m challenging you to dig deep because if your life is not exactly the way you want it then you have cloudy fields. To determine the fields that need attention in your life, please complete the following assessment.

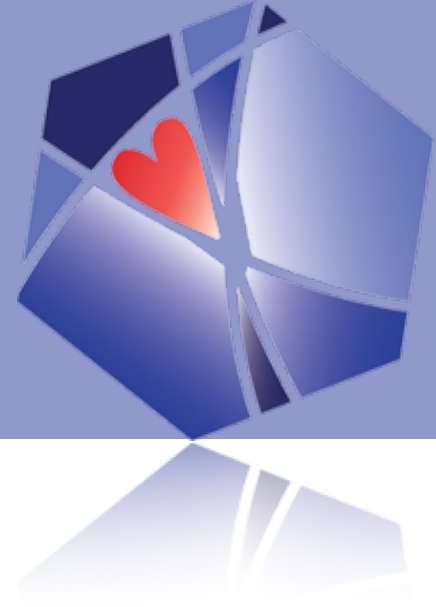
Circle the number that represents your current state of the fields in your life. Refer to the information on the previous page if you need refreshment on what is contained in each field. Jot down notes if you would like for each of the fields of how you could improve the state of it.

## Questions to ask for each of the fields:

What do I see now that is serving me?

What is it I don’t see yet that might be holding me back?

# How are your fields?



**Scale:**

1 - Needs help  
5 - Everything is Perfect

**Memetic**

1	2	3	4	5
---	---	---	---	---

**Body**

1	2	3	4	5
---	---	---	---	---

**Spiritual**

1	2	3	4	5
---	---	---	---	---

**Self**

1	2	3	4	5
---	---	---	---	---

**Relationships**

1	2	3	4	5
---	---	---	---	---

**Nature**

1	2	3	4	5
---	---	---	---	---

**Physical**

1	2	3	4	5
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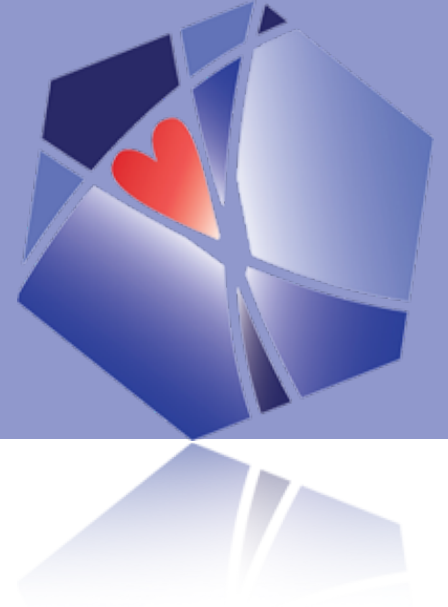
**Financial**

1	2	3	4	5
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**Network**

1	2	3	4	5
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# How are your fields?



## What to do with the assessment when you are done?

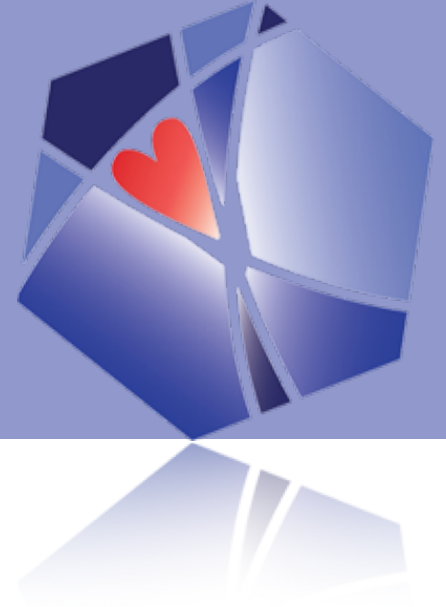
In order to be prepared to create the life you want you need to be willing to let go of the things you are holding on to in your current life.

The fields that we live in—all nine of them—either inspire us or expire us that is they either help us grow or they are killing us. They facilitate our success or they detract from our success. They energise us or they drain us. They relax us or they stress us. The good news is that we have a lot of control of the fields that affect us.

## We Can

- e-clutter our office
- create better filing systems
- paint a wall
- redecorate a room
- clean out the garage
- join a health club
- hire a personal trainer
- buy a treadmill or some free weights

# How are your fields?

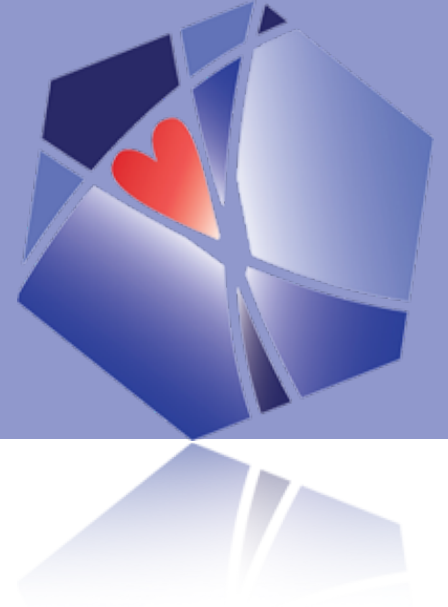


## We Can

- join a yoga class
- join a mastermind group
- move to a new area
- take walks in the park
- schedule more time with friends
- stop hanging out with negative people
- hire a coach
- hire a financial planner
- join an investment club
- feng shui your home or apartment, or
- subscribe to a positive magazine.

While it is true that our fields exert a lot of control over our feelings and behaviour, we have the power to create fields that positively impact us.

# How are your fields?

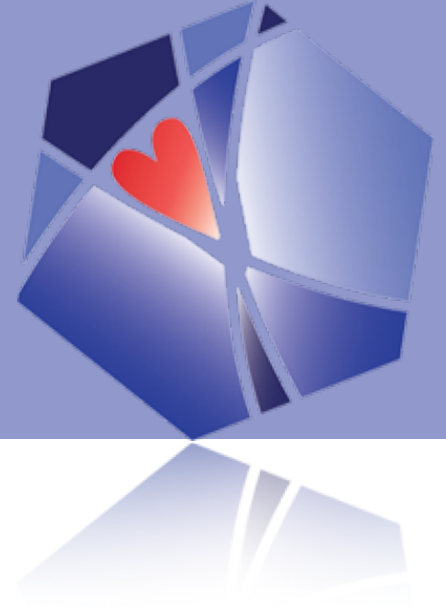


## **There are only 3 things you can do to transform a field, you can:**

1. Add something (a new person, a new piece of equipment, a new belief),
2. Delete something (a negative person, the TV from your bedroom, a self-limiting belief, clutter), or
3. Modify something (paint a room, set a boundary with a family member, change where you eat dinner).

As you review the nine fields (listed above) that constantly surround you in your life, ask yourself "what could I add, delete or modify in each of these fields that would contribute to my success or enhance the quality of my life?" Usually we are unconscious about the effects that our fields are having on us. Now you can be aware of each of these fields and choose to consciously design them to support you in creating and maintaining the life you wish to experience.

# Why is this?



It is essential to realise that your field design is the key to sustainable success in life! Your field must be re-designed for the life you are playing now. For most of us the field is a reflection of the games we used to play.

We have a two-way relationship with the world around us: they are adapting to what is there while at the same time the world around us is becoming a reflection of who we are.

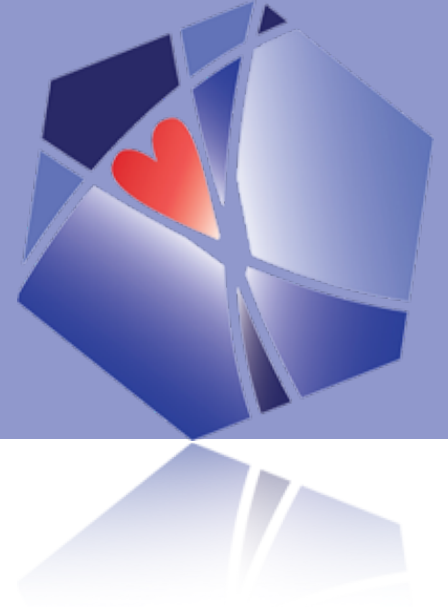
## **BIG INSIGHT**

The adaptive process is fast and somewhat transient while the reflective process is slow but more substantive.

In other words, over time, the world around you becomes an accurate reflection of who you WERE are on the inside; this may or may not be good news! While in a new field, quick change may occur, typically people return to the way they were before when they leave that new field.

So in order to create sustainable change, you must use your creativity, design sense and your awareness to help make immediate changes to the outside world that reflect the changes you are making on the inside.

# Why is this?



Then the adaptive process works FOR positive change rather than against it! You become more aware of the world around them and more connected to it. This leads to sustainable results.

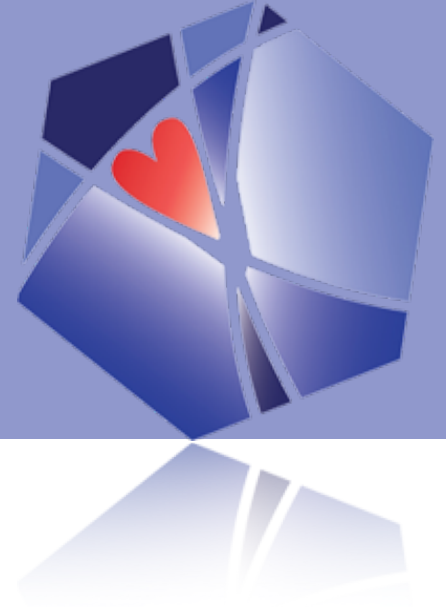
I hope you enjoyed this inventory into your current life and where there are areas you can make changes to get what you want in your life. You can look at what you are attracting into your life as an indication of what areas you need to look at.

## Here are some examples of action you can take:

- Hire a coach to assist you with mindset shifts and with supporting you to make it happen. Book in a complimentary call and find out more [www.victoriahargis.com](http://www.victoriahargis.com) discoverycall
- Tell someone your goals to make them real and to hold you accountable
- Get a mastermind accountability partner
- Increase your wealth consciousness Read more books like:
  - The Soul of Money
  - Think and grow rich
  - The Big Leap
  - Leveraging the Universe



# Listen to Audio



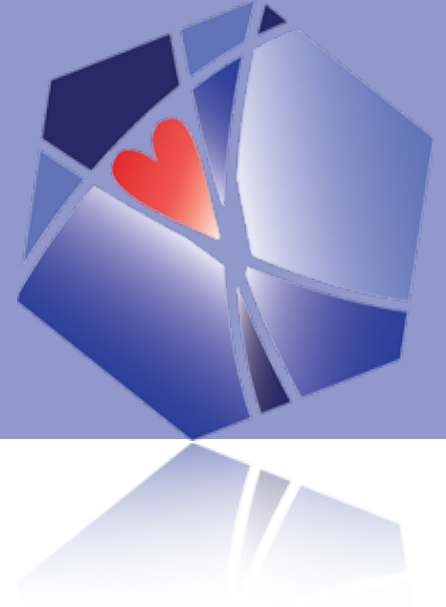
**Listen to audio Available on CD Baby**

<http://www.cdbaby.com/cd/victoriahargis2/>

We all have an internal map of reality and each of our maps is unique.

We each started assembling our map at birth and, over the years, we have added to them. Everything that has ever happened to us, everything we've ever decided to be true, and every belief we've ever formed is somewhere on our internal map of reality. Our maps contain our beliefs about ourselves—about our capabilities, our deservingness, and how we fit in the world. They contain our attitudes, perspectives, expectations, and general orientation toward life. And, like the highways and byways of a road map, everything that is on our map is somehow connected to everything else.

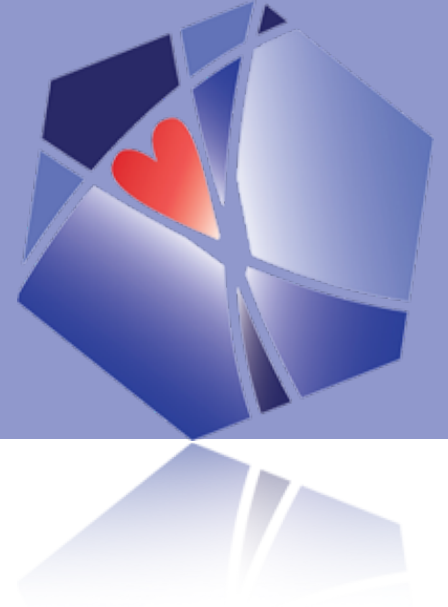
# Listen to Audio



Our map determines the meaning we make out of life. In fact, they determine our experience of life. Each new experience and new meaning made then gets added to the map; reinforcing, modifying, and adding to what was already there and making the whole thing ever more complex. Unfortunately, our maps contain mistakes and they don't always get appropriately updated. And that's where problems can come in.

It's here where the journey begins. Follow along as the artist shares the path to true freedom, the ability to control your mind and create success in all aspects of your life.

# Ask the Universe



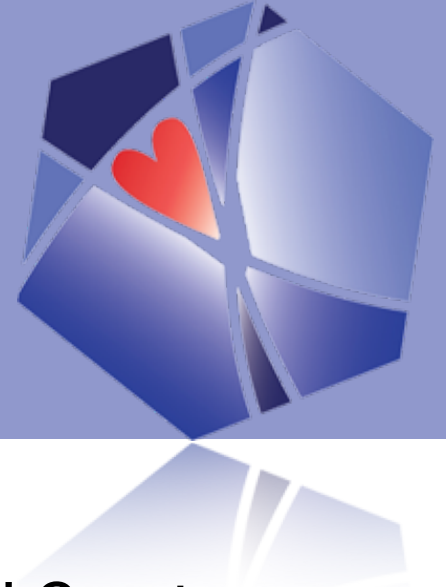
## Here are some examples of what you can ask the Universe to do for you:

*Dear Universe, where would you have me go today/ this week/ this month? What would you have me do? What would you have me say and to whom that would assist me in achieving my goals and heart's desired?*

*Dear Universe, you know my heart's desires, goals and intentions, and I trust with all my heart that you will deliver them to me in the most efficient manner and at the best possible time for me, that only you know how.*

*Dear Universe, please bring to me the opportunities, people and resources that will best assist me in reaching my heart's desires, goals and intentions.*

# Thank You!



What a glorious future you have ahead of you! Create a new chapter, make a fresh start and allow yourself to be open to the endless possibilities ahead of you. It's an exciting time, a time to stay focused, conscious, mindful and a time to claim what is yours.

Keep the end in mind of what you want to achieve. Clear old fears and resentments. And move forward with an “, I Am, I Choose, I Create” attitude! Tap into your inner strength and power, keep your desires close to you and continue to make the decisions that will support your growth and development.

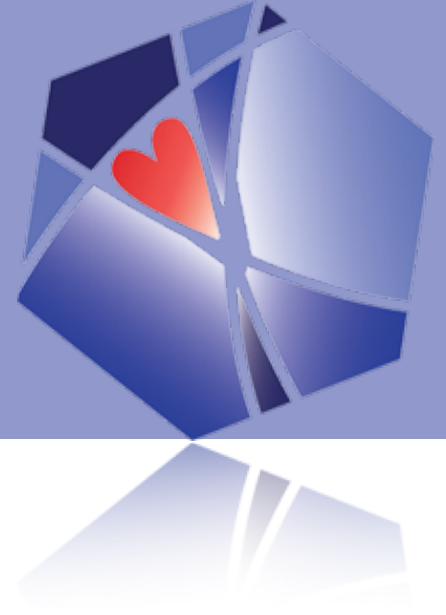
If you would like to receive personal coaching on how to take your year to the next level, book a complimentary discovery call with me to explore the options

<http://victoriahargis.com/discoverycall/>

If you would like to receive more ideas and distinctions to assist you in your life and business, subscribe to receive all future newsletters, resources and eBooks [http://](http://victoriahargis.com/signup/)

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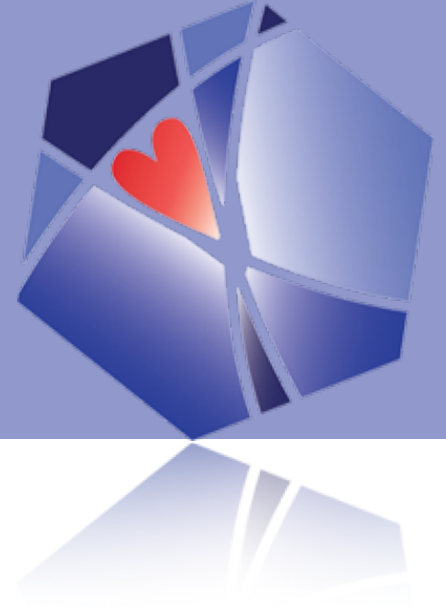
**Thank  
You!**



**Rediscover your essential self,  
release old fears and restart  
to create the life you want. It  
is never too late.**

# Bio

## About Victoria



An expert at turning challenges into accomplishments, my life exemplifies transition and what it takes to let go of what was in order to grasp the next level of what awaits us all.

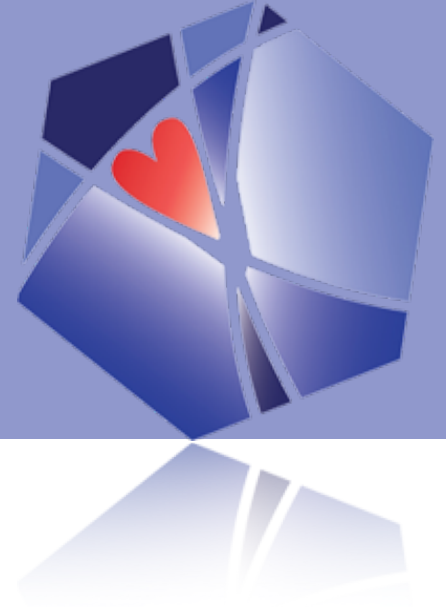
I work with women who are ready to make changes and discover their purpose, learn how to access their inner leader and claim their place in the world. I do this by helping them let go of their fear, let go of past resentments and step into their future as impassioned leaders. I am a Licensed Practitioner of NLP, a Certified Hypnotherapist and a Certified Transition coach.

My recently released book, **Raw Leadership: Awaken Your Power Within** walks readers through the steps to experience their own awakening. In addition, I have an audio recording, Fire Up Your Leadership, available on my website, <http://victoriahargis.com/> to assist women wishing to further their ability to make changes.



# Bio

## About Victoria



Once women are connected to their purpose nothing will stand in their way to accomplish their goals. They move from living small lives to being able to gain clarity, make better decisions and truly have a life by design rather than default.

Women are the missing component in a world gone crazy. Women have the capacity to change the world. However not until each woman hits the turning point where they decide no more, do they begin their journey to discover their purpose on this earth.

Once we awaken, we are like the mommabear, ferocious and unwilling to accept anything less than what is right in any given situation.