

# Empowering Lifestyle Made Easy

with Helen Brougham



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## Mums Stepping Through Chaos Podcast #5

**Welcome to *Empowering Lifestyle* podcast** talking about things for mums and what's dear to mum's heart, **how to help mums step into empowering themselves first**, their life, and how they can be with their children that can make a huge difference. And we'll be talking to other experts.

### **And now here is today's episode:**

I thank you all. I'm really looking forward to being here; I've been having a great time with what I've been doing. I can tell you a couple things that I'm doing, where I've been helping mums. A couple of mums are wanting to step forward **and really understand themselves and stop being in chaos**. Really stop being triggered by everybody, start looking at that person that they have at work that's really difficult to get along with.

I've been fighting this a lot lately, so it's very common and very up in the moment. If we can just have a look at that for a couple of minutes – what is it that the person is doing? So think in your mind, what is that person doing that annoys you? Because if you didn't have any attachment to it, then it wouldn't affect you at all. Because you have this somewhere in your life, this is showing you that you can work on this issue so it will not be an issue again.

This is **how we learn to grow**, this is how we learn to grow in ourselves, in our business, wherever we're working or whatever we're doing. This helps us to grow and become, to have the life that we want. In past times, people have just stayed in their stuff for a long period of time and we see that in the older generation. This is where we can break a lot of the old patterns that don't work for you, don't work for your children, and bring those behaviors back into alignment. Generations before did have some good ways of doing things, they just need a little bit of tweaking so that they will work better now. And one in particular area is in manners.

**There was a radio show** on the other day when I was driving over to pick up my grandchildren, my two big grandchildren, and take them off to school on a Wednesday morning. This is my little treat that I always do; I go and get them and take them to school. It asked, "What things would you like to bring back that has gone?" Well, one lady said "pollywaffles" and I said "yes, they are lovely."

The other one was about **bringing back our manners to children**. They're not learning to say "thank you, please" and they're not empowering others to help, they're just always wanting. You may have noticed that or you may not have noticed it, but it's something to have a look at.

**If it doesn't fit for you then just let it go.** So this is where we go to work on helping you, helping your environment to be the most empowering environment, so that you can get on and do what you would want to really do.

This is where we're going, over the radio show and to be able to help our mums and women throughout every area of their life. But also because we have very individual lives, very individual career paths, what that looks like, and there are new ones opening up all the time. It's for you to have a look at what I'm saying, none of you need to take on what I'm saying, but you'll find pieces throughout what I'm showing you, the tips, and what other mums have found.

What I've found in myself was the other day I had been putting off really going for the sales type of things. I was really setting my computer up and setting my website up and setting everything around all of that. I like everything finished before I actually step into something new, because if that came in I wouldn't be organized and set up, so that would have me feeling uncomfortable. When I got that I wasn't focusing on **where I was creating my income**, this made it really hard for me to pay for those things that I needed set up in the background. I found that I could do both, and work on both and it's really flowing along again.

Whereas I was quite stuck inside that, and I'd love to hear your comments, so leave them below. There is a **new Facebook page for our group** of Like Minding Mums and Women so that we can start to talk about those things that feel a little uncomfortable or we think that somebody might know too much. All this negative stuff that now turn it around.

**Let's all start to go forward** in the same direction and really want to help each other get there. If we can do that, then everything we do around us – you may have noticed this in your family already – as soon as you start moving and putting things into place and it's going the right direction, you notice your family becomes calmer. The more calm, the more excited, the more passionate and more direction you're flowing in, your whole family will move the same and that's because it's just what happens.

So this is very empowering, cause then we can really shift forward really quickly. There is also our coaching program, an online coaching program that you can take. And start to get started on how we see things and how we do things. If you can just go through them then you'll start to feel what isn't working for me, what do I keep doing all the time that leaves me in this awful place that I don't want to be in?

**You may get some insights to step into going all in the same direction**, so I look forward to talking to you on Facebook. Please do that because that's really important. You can stay quiet in the background if you want; I've done that myself in the past. But nobody gets to know you and how you step forward, because we're not about tall poppy here, we're all becoming "tall poppies" and we're all going to go along, and our heads are all going to come up at the same time and we can really help each other get there. If you don't feel that you want to be in that kind of group I totally understand.

But if you are waiting for one or the other and you're here, I know you're supposed to be here and I know you're really maybe scared, but this is about getting out of that mode and really shifting forward, so I look forward to hearing from you and I'll see you in the next episode. **Join the new Facebook private group** for Mums and women

Thank you!