

Unsubscribe to Thrive – Introduction and Prewrite

Why unsubscribe? To thrive! It's so we can reclaim our time, attention and purpose. So we can reclaim our lives. So we can find space both inner and outer to reflect and really understand who we are and what we want.

When we do this, we can better connect to ourselves, Spirit, others and our environment/nature.

Often, it's believed that we can create happiness by adding something to our lives, but in subtracting we can more clearly see what is there, an innate happiness and satisfaction.

For those of you who don't know me, I'm Joanne Young Elliot and I'm a spiritual life coach. I help people bridge the gap between their inner and outer worlds and reach meaningful goals so they can create a life that fits them.

I believe it's best to start with subtracting, unsubscribing to all that no longer serves or doesn't feel like it fits you anymore.

I'm a licensed Science of Mind and Spirit Practitioner, Priestess in the Fellowship of Isis and in life coach training at the Transformation Academy.

Beyond all that, I did a version of this unsubscribing a few years ago and had great results.

The real work is after the unsubscribing, in the quiet.

I spent about a month in deep contemplation and reflection once I cleared the ground. I spent time with the question, "What do I want to do?"

What came to me is that I wanted to spend most of my time doing what I wanted to do not what I thought I should do or working on someone else's agenda.

In time, it became clearer what it is I wanted to do. I want to create spiritual systems and methods and tools to help others. I come from a long line of builders. I had already been doing this, but I wanted more.

I also wanted to work with people one on one to help them and learn more about what would help. I knew starting a business doing this would take time, but I needed money sooner than later, so I decided to add more administrative work. I already had one client; it would be easier to replicate this kind of work than something new.

Being in a space of clarity from spending time in the quiet allowed me to make a clear decision about what I wanted. I wanted another client just like the one I had.

Within less than two weeks, I had a call from someone doing similar work as my current client. They soon signed on.

I needed one more client, so I kept open to opportunities and soon had an intuitive hit to ask someone I knew if they needed help with their business. They did and I had client #3.

Having connected more deeply to myself and Spirit allowed me to know what I wanted and co-create that with Spirit. My connection to others became stronger and led to opportunities.

The real power is in becoming fully present to yourself and your life and connecting to Spirit, others and the environment. But to get there, we often have to unsubscribe from all that is in the way. And this is what this group is for, to help you quiet the noise so you can experience the magic that already lives within you, so you can get to a place of co-creating what it is you want and to do it with greater ease because you're clear on what that is.

Just a few words on how this is going to work. I'm going to do two to three videos per week sharing an aspect of the unsubscribe work. I'll say a few words and walk you through the process and then you can use the workbook and do the work as time permits over the week. We'll do a check-in every Friday to see how it went. The workbook is in the files section of the group.

For those of you watching the videos off the Facebook group, I'll provide my email so you can use that to check in or ask questions. But the Facebook group may be more helpful to you, so if you decide to join us in the group, I'll leave the link on the webpage where the links to the videos are.

Today's work is to explore what you would like to get out of this process. That's the first question in the workbook. The other questions are about how you feel now about your life and how you would like to feel. Doing this allows you to see if there is a gap. Unsubscribing and getting quiet will allow you to see how you can close that gap, and simply by letting go of the noise can potentially make that gap smaller.

So, take a few moments today and think about this. It's important to do this before you engage in the unsubscribing process.

And tomorrow, we'll explore unsubscribing from email lists, phone apps and social media.

See you tomorrow at 11 am PT.

Remember, you don't have to fit in, you just have to create a life that fits you.