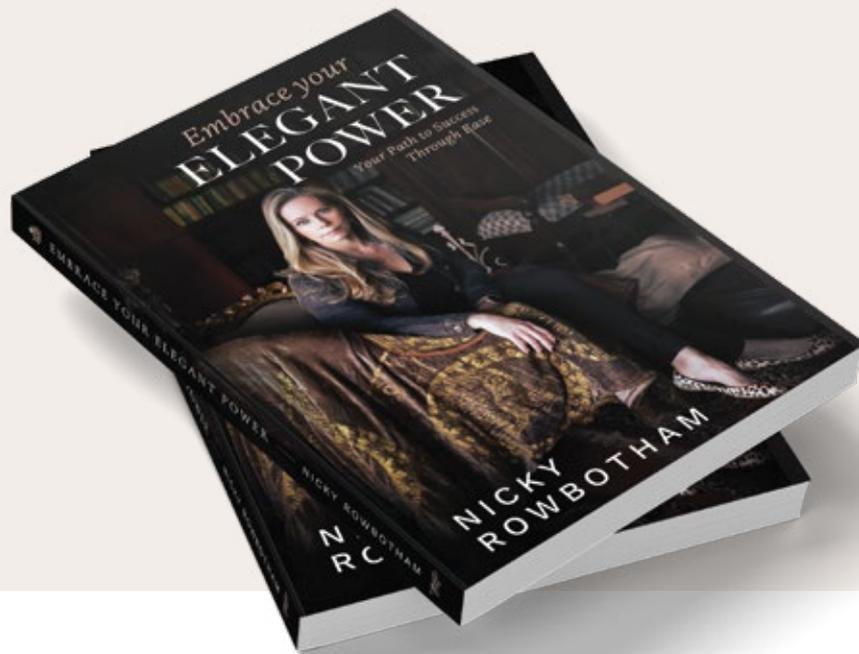


*Embrace your*  
**ELEGANT  
POWER**



*Create Your Plan to Ease  
into Your Elegant Power*





EASEFULNESS ENCAPSULATED

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Whole. Faith. Grace. Soul. Home. **Me.**  
Energy. Love. **Enough.** Golden Glow.  
**Flow.** Divine. **Elegant.** Grounded.  
**Boundaries.** Authentic. **Real.**  
Expansive. Natural. **Light.** Truth.  
Appreciation. Abundance. Harmony.  
**Clarity. Compassion. Kind.**  
Freeing. Liberating. Open. Receptive.  
Honouring. Thoughtful Simplicity.  
Inner Authority. Cracked Open. Present.  
**Spirit.** Empathy. **Anchored.** Lit up.  
Vibrating Higher. Aligned. Self-love.  
Self-worth. Knowing. Gratitude. **Easeful.**

S p a c i o u s n e s s .



# *A path to success through ease*

*Make your life an ongoing process of being who you are, at your deepest, most easeful levels of being. Everything else is secondary – David Deida*

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Success isn't about trying. Success is actually all about ease as we commit to finding flow in our lives by stepping up to being the person that you are meant to be – the person that you already are. When we stop forcing, we find a flow that is natural and intuitive to us. It's the path to a success that resonates fully within us. This is when you don't have to hustle for your worthiness as you are already worthy, just as you are. It becomes easeful to navigate and take action when you feel good, are happy and aligned, when you step into your energetic lane and shift the resistance in your life to live a life with ease and vibrational alignment. Success is an inside job that begins with us, so do the work. Your North Star and guiding light in your life is what feels easeful and authentic for you, and no one else. It's time to honour your inner knowing, whilst being heartfelt, empathetic and human, especially towards yourself. As you become open to receive by creating a spaciousness and stillness in your life, you can authentically connect and align to the life that you want to live. Debunk and reframe your old perspectives to hold easefulness as the energetic frequency within your life. Knowing the unique and special person that you are, embrace self-worth as the most radical act of self-love. Build boundaries that serve you, while understanding that putting yourself first is not selfish as you step into your own natural light and embrace your elegant power. That is the path to success through ease in your life.

Witness your inner work, your wounds, your shame, your shadow, the ego stories of fear and separation that show up. As you grow, these will show up to try and pull you back into the comfort zone of your past, so continue to bravely take small steps daily to own them and turn them around. This is how you can create quantum energy shifts in your life. When you think differently and you begin to hold boundaries that support you, life expands and all you need will be presented to you with ease and speed. The universe works quickly when you're having fun, so create the space to be truly open to



receive as you embrace joy, playfulness and the power of the beautiful no in your life, to say yes to yourself and everything that you are here for. Where we try to control and force things to happen in our lives, we are often blocked, or feel resistance and push-back. Allow life to happen for you and it often turns out better – beyond our wildest dreams, in fact! When we are happy and aligned, we get what we want because we come from a place of fullness and abundance, rather than scarcity, lack and fear. We have enough force in our lives; it's time for a flow that we allow to happen for us.

As you become committed to your personal growth and work to accept your own personal light and shade, you'll appreciate that the human experience shouldn't be covered up, to live in the shadows, as you continue to evolve; it should be lived out loud, in the light, revelling in all its brilliance. The path to easefulness is one of being absolutely true to yourself with love, kindness and compassion for yourself and everyone we encounter. Stop apologising for who you are. Take full ownership for yourself, your knowing and your gifts as you move to a feeling of wholeness. Tune into what you need and want and have the courage to show up authentically and claim it – this is how you begin to give your inner wisdom and knowing a voice. Love yourself enough to know that you deserve to be heard by those that are open to your wisdom. You can't win over everyone; and you're not meant to. Trust your intuition to help you navigate life discerningly with more ease, flow, soul, grace and, most importantly, confidence. You know you'll make the right decision, without knowing how you'll know; you feel it in your body before you feel it in your mind. Know that you know as you step out with faith and grace.

We don't have to conform to be successful, contorting ourselves into society's expectations, incongruous to our true selves. Owning your natural light and elegant power is the most powerful thing that you can do as you start to take more authentic action in your life. As you unshackle from the societal conditioning that you should conform or expect less from life and yourself, you fully embrace that you are already



enough and uniquely special. It's about being more by doing less and stepping into your natural light, which is glowing without artifice, pretence or filtering. It's about crafting and taking a path to success with ease, where joy shows you the way. Step into your own natural gifts, move out of resistance and into your own sense of flow. You are already whole and you are already enough, so embrace your innate, individual elegant power and navigate life using your intuition and knowing, whilst holding an energetic frequency that is calm, centred and easeful as you move into the slipstream of your life. The universe has your back and life is happening for you. This is the path to success through ease.

Show me what you've got!



## *Ease into Your Elegant Power*

*Create a plan to support you*

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To help support you on your journey to ease into your elegant power, I've created this companion guide to the book *Embrace Your Elegant Power: Your Path To Success Through Ease*. I've provided a balance of space and structure to help guide you to develop a plan of your own. One that works for you. So take this space, bringing through an awareness and a conscious intentionality and make it your own and integrate this work in small steps daily into the fabric of your lifestyle. Small internationalities in our thoughts, feelings, relationships, what we take on, what we say no to all creates a consciousness in our daily lives.

# KNOWING

## Key Questions

- How are you feeling into your knowing, your inner guidance system?
- Where are you ignoring intuition, instinct, gut feelings, emotions, inspiration, nudges, images in your life?
- Where do you need to recognise your inner knowing, lean in and trust yourself more?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through embracing and tuning into my knowing? How can I shift from force to more flow in my life?

## BE OPEN TO RECEIVE

### Key Questions

- Are you open to receive? Do you feel worthy to receive?
- What legacy beliefs are you holding around giving to receive?
- Are you operating from a place of appreciation or expectation?
- Energetically, are you reflecting a sense of abundance or lack, fear and separation?  
If it's the latter, how is this closing you off?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here - just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through being open to receive? How can I shift from force to more flow in my life?

# UNSHACKLING FROM THE SHOULD

## Key Questions

- What legacy stories are you telling yourself in your life? Are these creating limiting beliefs in your life?
- Are those stories causing you joy, fulfilment and happiness? Or creating drama, friction or resistance in your life?
- Are these stories creating an expectation for yourself or shackling into a should in your life?
- Is conforming to these expectations in your life keeping you hidden and tame?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through stepping out of expectations and conditioning? How can I shift from force to more flow in my life?

## CREATING SPACE FOR ALIGNMENT

### Key Questions

- Do you have a sense of spaciousness in your life that allows space for joy and goodness to come into your life?
- Where do you need to clear in your life or create space?
- Where do you need to say no more rather than yes in your life? Do you need to embrace the beautiful no?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here - just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through creating a sense of spaciousness and alignment? How can I shift from force to more flow in my life?

## REFRAME FOR NEW PERSPECTIVES

### Key Questions

- Which paradigms listed in the chapter (and on page 16) resonate with you?
- What legacy perspectives have you held in your life that no longer serve you?
- Which perspectives do you need to reframe or drop entirely?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through reframing perspectives that I have held? How can I shift from force to more flow in my life?

# EMBRACE YOUR UNIQUENESS

## Key Questions

- What unique gifts do you have? What lights you up and creates ease in your life? What do others comment on that they see comes easefully to you?
- Where does an energy of comparison and conformity detract from your life?
- How are you hiding these gifts for fear of being noticed, of being seen as your true, authentic and special self?
- How can you start to recognise and celebrate your unique gifts and qualities today?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through embracing my own innate gifts?  
How can I shift from force to more flow in my life?

## EASEFULNESS – BE A FREQUENCY HOLDER

### Key Questions

- What frequency do you currently hold in your life? How does that feel?
- How do you want that to change?
- Where does ease already show up in your life?
- Where are you lit up, abundant and joyful?
- Could these be the signposts for success in your life?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through changing how I manage my energy? How can I shift from force to more flow in my life?

## SELF FIRST IS NOT SELFISH

### Key Questions

- What does self-love and self-care mean to you?
- Do you regard putting yourself first as selfish? Why do you hold this belief? How can you reframe this for yourself?
- How can you show up for yourself more, embracing self-ownership, self-love and self-respect?
- What does easefulness mean for me?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through reframing self-love, self-care and putting myself on my priority list? How can I shift from force to more flow in my life?

# BOUNDARIES ARE BADASS

## Key Questions

- What do your boundaries feel like in your life?
- Where are you not holding a boundary in your life?
- Where do you need to start holding a boundary for yourself in your life?
- Where are you allowing others to cross boundaries in your life?
- Do you put yourself at or near the top of the energy queue in your life?
- In what scenarios are you creating more clarity and energetic alignment in your life?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here - just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through more effective boundary management? How can I shift from force to more flow in my life?

## BE MORE FULL

### Key Questions

- Do you have a sense of abundance, richness, fullness and enoughness in your life? If so, where do you feel this in your life?
- Where do you need to shift fear and scarcity in your life that no longer serves you?
- How can you create more fullness in your life and bring this to other areas of your life?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here - just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through bringing abundance, fullness and enoughness in? How can I shift from force to more flow in my life?

## LEVEL UP – STEP INTO YOUR OWN NATURAL LIGHT

### Key Questions

- Where do you need to level up within your life and take ownership of yourself and how you're showing up?
- Who are you without expectation, comparison and judgement? Who are you when you are truly free?
- How can you embrace all sides of yourself more?
- Who are you when you are joyful and having fun? How can you bring this into your life more?
- How can you align with your true self more?

Where am I on this scale and where do I want to be? *Plot where you are on a scale of 1-10*



Why am I here on the scale? *No judgement here – just love, empathy, kindness and understanding*

How can I feel into more easefulness in my life through stepping into my own natural light? How can I shift from force to more flow in my life?



## A NEW PERSPECTIVE ON PARADIGMS

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**EQUAL** rather than *'Runging'*

**EMPATHY** rather than *Judgement*

**INNER AUTHORITY** rather than *External Authority*

**COLLABORATION** rather than *Competition*

**PARTNER** rather than *Power Dynamics*

**CLARITY** rather than *Ambiguity*

**BOUNDARIES** rather than *Barriers*

**SPIRIT** rather than *Strategy*

**ENERGY** rather than *Empty*

**ABUNDANCE** rather than *Scarcity*

**APPRECIATION** rather than *Expectation*

**THOUGHTFUL SIMPLICITY** rather than *Over Complicated*

**OPEN** rather than *Armoured Up*

**FLOW** rather than *Force*

**AUTHENTICALLY** rather than *Automatically*

**STILLNESS** rather than *Scattered*

**JOY** rather than *Obligation*

**CARING** rather than *Demanding*

**FORGIVE** rather than *Fighting*

**LOVE** rather than *Ego*



# *Embrace Your Elegant Power Playlist*

*My Suggestions + Add Your Own*

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Think of this as your soundtrack to support your journey. Music has an incredible ability to change our state and support our energy, so I'd encourage you to create your own playlist. A collection of songs that lifts you up and reminds you of who you are and what you are here for. I always use music to shift my mood and help move any emotions through me. I often end up dancing around the kitchen and end off feeling excited, energised and alive. Some songs will be encouraging or comforting, whereas others will be your rallying cry. Everyone's taste in music is different, so this is just a suggestion. A starting point, if you will. And I'd love to know which songs you add to your playlist.

- I Am Here - P!NK
- Brave - Sara Bareilles
- The Rising - Bruce Springsteen
- A Good Job - Alicia Keys
- Broken & Beautiful - Kelly Clarkson
- Deeper Love - Aretha Franklin
- This is Me - Keala Settle
- Unbreakable - Janelle Monáe
- Higher Love - Ndlovu Youth Choir version
- All I Know So Far - P!NK
- This Could Change Everything - Francesca Battistelli
- Better when I'm Dancin' - Meghan Trainor
- Beauty in the World - Macy Gray
- It's OK - Nightbirde
- Hold On - Wilson Phillips
- Easy on Me - Adele
- Roar - Katy Perry
- Diamonds - Rihanna
- On Top of the World - Imagine Dragons
- Never Give Up - Matthew West

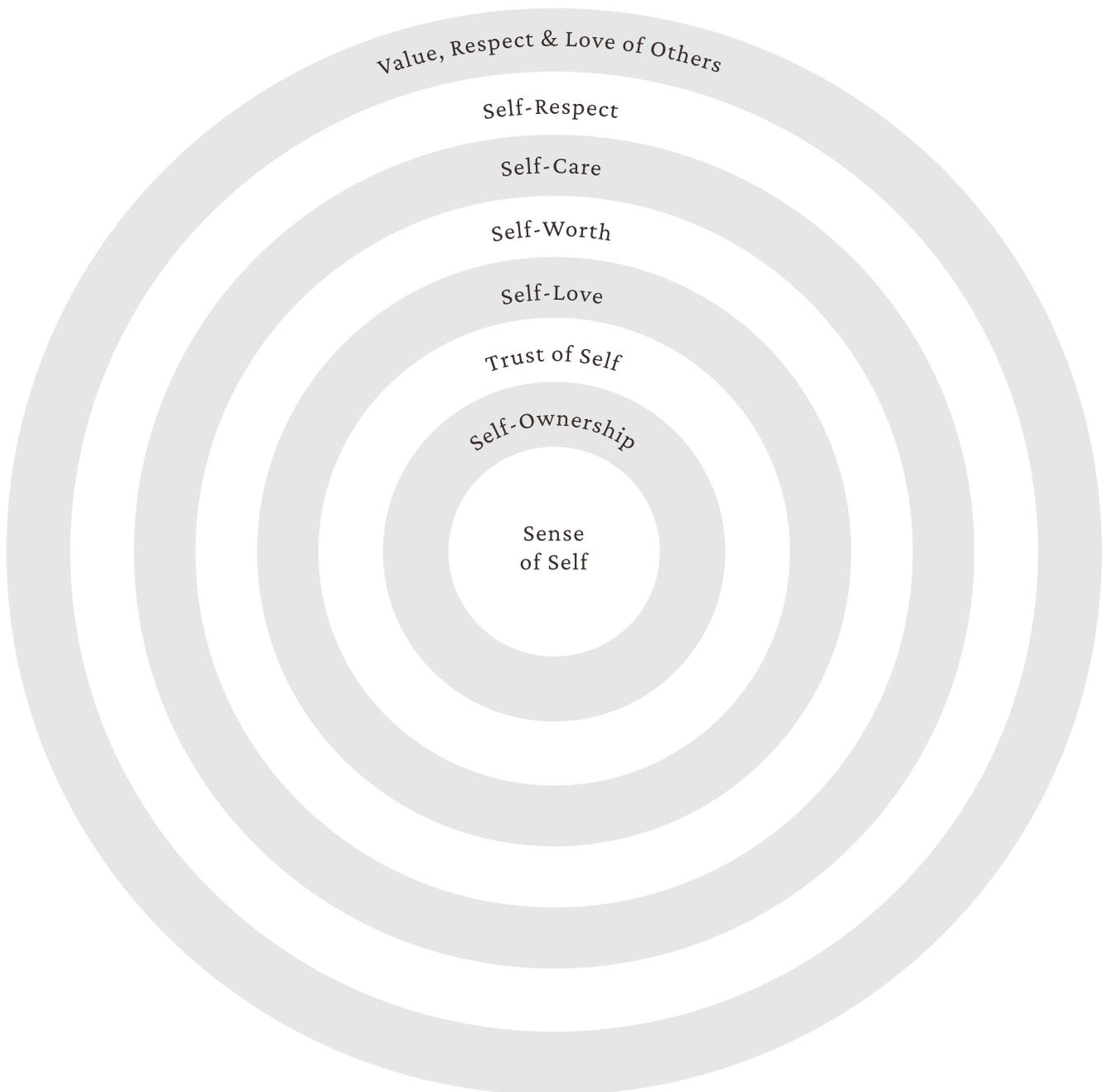




## RADIATING SELF FLOW

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Like gravity, we need to hold our centre for our sense of self to flow. To emanate outwards, radiating through us and our lives. Like rings of a tree, we accumulate and layer gradually as we build our sense of self and strengthen our self flow.



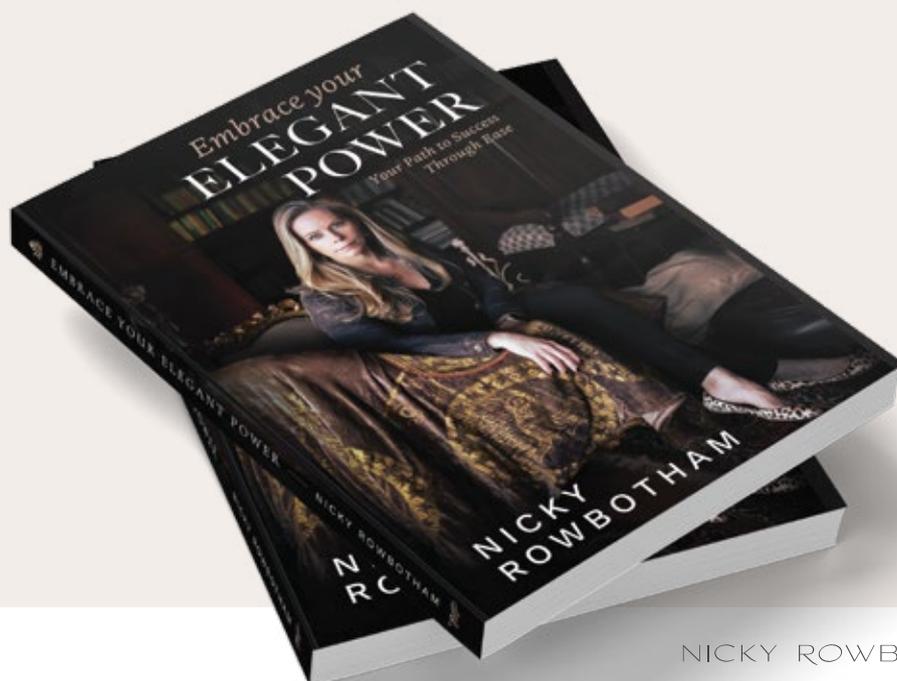


FOR MORE INFORMATION AND SUPPORT - IT'S ALL IN

# *Embrace Your Elegant Power*

*by Nicky Rowbotham*

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