



RECAPPED PODCAST – EPISODE 2

Unwavering Confidence with Carolyn Farrow, Diamond Leader

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Please find below my favourite morning prayer that I say aloud every single morning – whether in bed, in the shower, in the car or out walking:

Divine Spirit within me,

Move me in the direction of my highest good this day.

Move my thoughts, move my words, move my body, move my emotions

So that I may be my best, do my best, serve my best and experience the best.

Some of the prompts I ask myself regularly (these help me find out who I REALLY am, and how I can live more aligned with my soul):

- *What brings me pleasure?*
 - *Where do I find joy?*
 - *What lights me up?*
- *What do I profoundly care about?*
- *What am I prepared to stand up for?*
- *What is no longer acceptable to me?*
- *What am I ready to let go of?*
 - *What triggers me?*
- *How can I serve my body and desires even more?*