EPISODE FOUR OF “SHIFTING MINDSETS”

*HELLO, SELF… PODCAST*

**Focused On**

‘THE NEXT CHAPTER’

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You are doing great. Give yourself a pat on the back or an Oscar for the draft of your self-discovery screenplay in the three episodes we just completed for your upcoming 2024 production focused on: ‘YOUR NEXT CHAPTER”!

After all you have now spent some time on the previous three webinar podcasts becoming awakened to the knowing of who you are at this point in your life… the masks you wear, the mindsets that limit you and the ‘what’ and ‘why’ commitments made for your next chapter.

These podcasts have surely awakened you, with significant evidence, that the world and society is in a transition requiring transformative life and mindset shifts. Now “HELLO, SELF…” asked each of you to assess whether or not your present thinking, beliefs and perceptions will support a productive and successful journey into YOUR NEXT CHAPTER.

The work has been about awakening to the knowing of who you are;

As a way to ignite your flame of desire…for living the NEXT CHAPTER,

honoring your authenticity.

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**Let’s briefly review each of the episodes as a reminder …**

**EPISODE ONE** – getting to know yourself by removing the masks that each of you accepted and/or society has labeled you with.

**EPISODE TWO** - identifying your mindsets developed and accepted over time… that may have limited the dreams, passions, and truths you hold in your heart… not head responses!

In this episode we uncovered truths through a shoe assessment utilizing WHAT & WHY questions.

**Those outcomes or awarenesses were intended to cause you to remember some of the wishes you may have had and tossed upon that someday shelf in life**. Then, discover if now is the time to commit to manifesting those wishes and dreams.so

**EPISODE THREE – This was the episode focused on identifying a…**

1. **Specific commitment and strategy forward,**
2. (write a book, start a business, take a songwriting workshop, get a coach, etc.)

**(2) a timeframe**

**(3) identifying first steps required to engage the forward movement!**

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**EPISODE FOUR –**

**It’s time to move from talking your talk to walking your talk!**

**What, have you decided to take action on?**

**Writing a book, getting a coach, creating a comedy act, learning to write song lyrics, writing a poem, painting a piece of art or starting art classes…and on, and on.**

**And, I will offer some suggestions…**

* **Commit to perform in one of my HIGH HEELS CABARET productions.**
* **Commit to something locally and share on social media with tag –**

#highheelscabaret

* **Contact me and let’s produce a HIGH HEELS CABARET show in your area as a fund raiser for some local cause.** *(Church/school fund raiser, community event, entertainment fort a senior age campus, corporate retreat, etc.)*
* **Reach out to me as a resource if you want help.**
* **Organize a ZOOM meeting inviting me to lead a local group coaching session.**

**I’d love to hear from you!**

**Email me at patricia@patricialeonard.net**