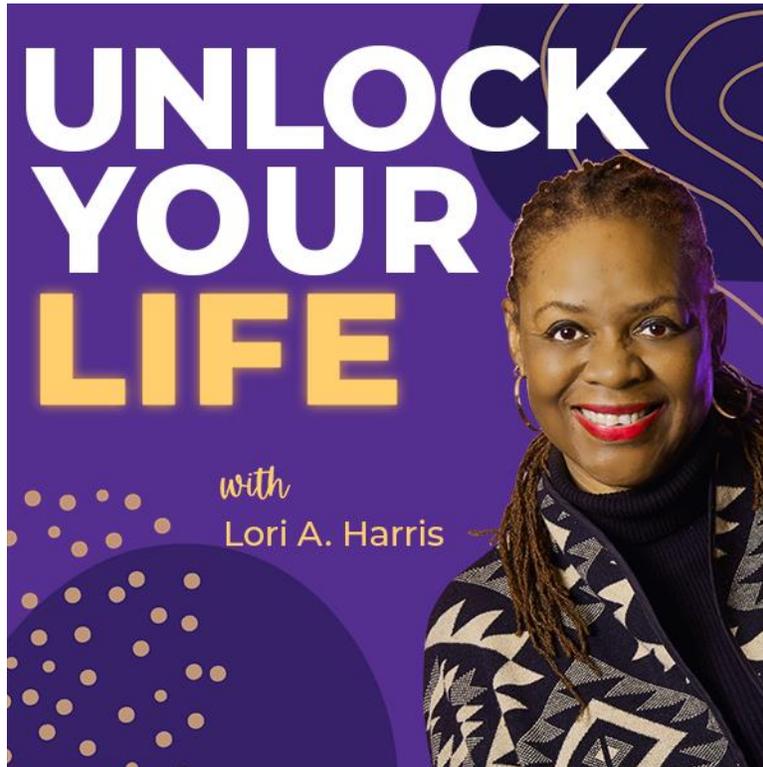


Ep #27: Map Your Miracle



Full Episode Transcript

With Your Host

Lori A. Harris

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Do you ever find yourself saying one day or some day or I would really love to one day? At those times in your life when you hear thoughts or speech coming out of your own mouth where you're indicating something you would love to be, do, or have, and you're putting it off until someday or one day. That is the map to your miracle.

In this season of reflection when we're thinking about what has happened in the last 12 months, this is a great time to look forward and consider what would I love? What would I love to be, do, or have or create? This is the time to map your miracle. Let's get going.

Welcome to the *Unlock Your Life* podcast, a podcast for highly successful visionary women who want more out of life. If you feel that ache of unfulfillment in your soul, you're in the right place sis. Join life mastery consultant Lori A. Harris as she teaches you how to stop living for others and finally put yourself first. Let's dive into today's show.

Welcome, welcome, welcome. It's a brand new baby year. We get a clean slate, a new day, a new opportunity to consider what would I love? I love this time of year because it is a natural time of reflection and celebration. We've come through Thanksgiving and all of the holidays that December bring to us. Then we come upon January, and we get to have a brand new year. It's amazing and it's wonderful.

Most of the clients that I work with are women who absolutely love living a life of service. People who want to contribute to the world and be part of ending suffering wherever we might find it. Oftentimes it is tempting for the same women who love to give, give, give to forget to put themselves on the list of things to care for, people to love on, people to give to. They forget to give to themselves.

When January rolls around, sometimes even these super givers will pause to reflect on hm, what would I love? This is a time for us to consider in all four quadrants what is the map to your miracle? Let's map out your miracle. Why would it be a miracle?

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Well first of all, we must first discover that which we would really love to experience. Sometimes we're a little out of practice. We forget what it is to listen to our own longings and discontent. We sometimes can be tempted to think of our own desires as trouble not worth having. Trouble not worth thinking.

What if I told you that all of the service and all of the giving that you want to do in your life, the things that you want to see improvement in your life. What if I revealed to you that it's not an either or? It's not either you live a life of service or you live a life of responding to your own needs and desires, but in fact it is a both and. If it is a both and then it's important. It's incumbent upon you to discover that which really, really would love.

Now sometimes we hold back. We hold back because we're concerned about breaking the rules or upsetting convention or feeling deserved and worthy. Your desires are the key to achieving all of your goals, personal and vocational. We have to check in and listen in to our inner knower. We've got to know what we want, even if we don't know how we're going to get there.

So the very first step to mapping your own miracle and making your own magic is to check in with your inner knower who knows and ask yourself what would I love in all four quadrants of my life? What do I want for my health? What do I want to achieve in the area of my health? What would I do with really great health, and what would it look like?

Moving on to relationships, do you want to engage in a regular date night with your partner or fun night with your family? Perhaps a regular program of exercise and healthful eating that energizes you and you feel good about the way that you're feeding yourself and your family. What would you absolutely love?

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What would you love in the area of vocation, work? Work that allows you to serve and show up in your community in a way that feels good and is nurturing to your spirit and your heart? That makes you feel good every time that you show up at work. You feel good at the end of the day as you slide into bed thinking about the things that you've done, the things that you've accomplished, and the community that you've helped and you've served. What would you love in the area of vocation?

Thinking about work, are you exchanging your time for money? What are you doing with your time? What are you doing with your money? Are you investing it, expending it in the way that feels good? That makes you light up? That makes you feel proud of yourself? Perhaps you have a fabulous home.

What would you love in these four areas of your life? Just write down a few short areas. Reduce it down to a paragraph and get it into a travel sized version that reveals a life that you absolutely love living. So let yourself live. Let yourself experience a really vibrant exciting life, a life that frees you from the limitations of red lines or credit ratings or limited networks, limited contacts, glass ceilings real or perceived, reasonable or impossible goals. What if you let yourself just imagine for a brief period of time, enough to get it written down on a piece of paper, a life you absolutely would love to be, do, have, and experience.

Let yourself sore on paper. It's basically your personal answer to the question if I wasn't confined by perfectionism, if I wasn't afraid to fail, what would I do? What would light me up? What look and feels exciting to me? What would it be? You let yourself find out and discover it. You write it down.

The map to your miracle is a miracle because up until now, you've denied yourself the opportunity to experience it. The only thing truly holding you

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back is your willingness to take a step. You do have the power to take a step.

So the first step is to simply write it down. Write it down and cover all four areas of life that cover a complete life where it's health, relationships, work, vocation, creativity, and time and money freedom. What are you doing with your time? What are you doing with your money? What are you doing to build a life that you absolutely love living?

So now that you have it written, I invite you to get it crunched down into a travel size version. You can get a three by five card. Keep one in your purse, keep one in your car. Perhaps tape one to the bathroom mirror. For extra credit rather than taping a card to the mirror, you can use a dry erase pen to write directly on the mirror so that you know in your own handwriting as it greets you each day when you go to the restroom. An affirmation of a life that you absolutely love. Sign it and give it to yourself. Allow yourself to happen. Allow yourself to have it. Map your own miracle.

Now that you know what you would love and who you would love to be, the next step is to identify just one small inch worm step that you can take that moves you in the direction of this life that you absolutely would love to live. With some fun creative thing that you would be willing to take a step toward to reveal this new life, this new version of you to yourself.

So the first step is to listen to the whispers, the nudges, the conversations that you're having within yourself and with others. If you find yourself saying one day or some day or it would really be cool if or if could then I would, then that's your miracle waiting for you to take a step in the direction of your miracle life. Your miracle dream.

First step to mapping your miracle is allowing it to bubble forward and reduce it to writing. Write it down. The next step is to consider what's one

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small fun creative step I could take in this direction of this dream, this miracle, this thing that I would love to have.

Now the reason why it's going to be a miracle is you're going to allow yourself to ponder and consider creative solutions. There'll be things that seem like the conventional way to do the goal, to meet the goal, to experience the goal. I encourage you to take that step, take the step that you can see to take. The next right step will be revealed to you. When you start taking steps, then the miracle can be revealed to you as well.

There's a part of us that considers the only way to do anything is the standard conventional way. I want to remind you that miracles exist. They exist for you and in your life. So if you're willing to take the step to the conventional, the miraculous can come forward and reveal itself to you.

So whether you think you're limited because you don't have the right contacts or you don't look the way you think someone who's living that kind of life should look or you don't have the perfect credit rating or weigh the perfect thing on the scale or have the perfect, perfect, perfect. It will be perfect for you when you take the step. I invite you to do that.

So ask for creative solutions. Be open to your miracle, and do the next right thing. Stay in tune with your desire. Ask yourself why do I want this? Who within me will be revealed to me when I become the person that's living this life? Map your miracle. Get still. Writing this note to your future self of a life that you absolutely love living.

Who would you be if you allowed yourself to live a life that was in alignment with your values and your dreams. That was a both and, and it was happening right now. Do this fun exercise, and clarify your own desires, your own inner knower knows. Get still and ask what would I love? Get it written down on paper. Make a travel size version for your purse, your car, your mirror.

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Then ask yourself what's one micro move, one inch worm move that I could take today that will move this vision forward. As you continue to take steps, the next step will be revealed to you. Before you know it, you will be being the person that's living the life that lights you up.

This has been the *Unlock Your Life* podcast. I'm your host Lori Harris. You've been listening to a mechanism, a way to get in touch with your personal miracle. Map your miracle by asking your inner knower what would I love? Who would I love to be? What would I love to do? What would I love to have? Ask yourself, reduce it to paper, and then take one inch worm move towards that goal, that beautiful, beautiful miracle.

Become your life, your life is a miracle, and you will experience it each day when you step into being the person of your own dreams. Stop saying one day/someday but allow the one days/somedays to fuel this day. Allow yourself to live inside your miracle.

If you've enjoyed this episode and want to know more about mapping your own miracle, I have a workshop coming up at the end of January and I'd love for you to join me. There'll be in-person opportunities to work with me in 2022, but there will also be opportunities to work with me online. There's no limitation to what we can do at this time in the world.

I have clients all over the United States from Oregon to DC all the way down to Georgia and everything in between. I would love for you to become one of the special people that blesses my life by allowing me to help you get in touch with your miracle.

If you've enjoyed listening to the podcast, please subscribe, follow, rate, and review the show. The way to do that is find me on Apple Podcast. This is *Unlock Your Life* with Lori Harris. There at Apple Podcast you can follow, rate, and review the show. I would love a five star review from you, but any rating that helps me to make this a valuable experience for every listener is

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my goal. I'd love to hear from you. Thank you for listening. Remember. It's your life, make it a great one.

Thanks for listening to this episode of the *Unlock Your Life* podcast. If you want more information on how you can transform your life and do it quickly, visit loriaharris.com. See it on the next episode of the *Unlock Your Life* podcast.