



Episode 45 : enJOYment

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode Fiona talks with us about how she transitioned from living a life below the radar to stepping into more fun and acknowledging she could dance and sing and loved it! She shares with us the tools that showed her very quickly to be present with the “not fun” areas of her life and choose what she actually desired in her life. What do you actually desire in your life? Does it feel true for you that the purpose of life is to have fun?

### **Key messages:**

- Shy people learn to live below the radar around other people even though we may create enjoyable things away from others just for ourselves
- Doing things in our lives we truly enjoy brings that energy into the rest of our lives

## Tools and Questions

*Are you prioritising enjoyment? Are you prioritising fun in your life? What would it take for me to enjoy more?*

*Hey, Universe, show me what's enjoyable for me. Show me the energy of my life. And be willing to follow that.*

*What enjoyment are you refusing that you could truly be choosing ,that if you would choose it would change everything in your life?*

*Everything that doesn't allow that, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

## Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Right Voice for You](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.