



Episode 52 : Am I Being The Up-To-Date Version Of Me?



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 chats with Donna Tashijan, a life mastery coach who helps people to rise above painful pasts to live the life of their dreams. Together, they share useful insights that can help us rise above the painfulness of our shyness.

Key messages:

- Learning to re-write our own stories can change our behaviour
- Sometimes self-development paths can be simpler than we're making them
- Most of the time when we are feeling really shy, really stuck, we're looking in a rearview mirror, we need to look out the windshield
- Whatever has occurred in our pasts, does not determine our futures
- We can let go of our judgements about our choices and enjoy every part of the journey of life
- Just being us makes a difference in the world

Tools and Questions

Am I being the up-to-date version of me? Have I forgotten that I've actually changed this script, this story?

If I could have the life I wanted, what would it look like? What do I want to be doing? What do I want to be being?

My past does not have to define me unless I let it. The past does not determine my life without my permission.

Resources:

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > Donna Tashjian's Website & [Free EBook](#)

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