

Dear One,

Congratulations on starting your journey!

Before you begin an Amita Coaching DIY course, we need to create the space for your successful growth & transformation. I am a big believer in 'creating spaces' for self, romance, creativity, or business. Being an intentional creator of your life requires you to become an expert at creating 'the space' and holding 'the space'.

On this journey, you are going to need a physical space where you feel safe, dedicated time for the lessons and for personal reflection, several supplies, and a few understandings about interacting with the coursework.

Physical Space:

While you can choose to complete your coursework in various locations throughout the duration of this course, please make sure that the areas you choose are safe, private, and comforting. This will support you in your exploration.

Time:

In addition to the coursework, developing and honoring your authentic self requires you to spend time alone. Cultivating time by yourself for personal reflection and listening to your inner wisdom is a key component to authentic living. Personally, I suggest alone time in nature if you can get it. Walking meditations and/or reflections are really powerful.

Rest:

Personal growth requires rest. A busy mind and/or a hectic lifestyle does not allow the unpacking of oneself, the capacity to learn new things about yourself, or the bandwidth to change outdated habits. Please give yourself permission to rest while taking course.

Supplies:

Journal & Pen

Timer (the one on your cell phone works great)

Audio player (phone or computer work great) and headphones or speakers

Understandings:

First, I need us to have an understanding that (like every single thing in your life) you will get out of this course exactly what you put into it. If you skip over assignments, skim the reading, or pass over sections – then that is exactly what you'll get out of it, a partial transformation. If you put in 10%, you'll get out 10%. However, if you put in 100% - you are guaranteed to get out 100%. And that, my dear friend, is going to change your life. Take a moment right now to ask yourself what percentage you are willing to put into this course. Write this number on the first page of your journal.

Second, I am going to ask you to bring your complete honesty to this course. I'll be checking in with you during assignments, asking you to rate your honesty on a scale of 1-10. Many of us fail to be truly honest with ourselves because we fear that honesty will bring about change in our lives that we can't control, or impact areas of our lives that we're not yet ready to change. Take a deep breath, and know that living an authentic life requires you to be completely honest with yourself. Rest assured that although you don't know how it is going to change your life, but you can trust formula: More self-honestly = more authentic living = more joy and purpose.

We also have a tendency to be dishonest with ourselves because we don't think it matters. Nothing could be further from the truth. Think about trust as a bank account, where you are always making deposits and withdrawals. Every time you do what you tell yourself you're going to do – that's a deposit. Every time you don't do what you tell yourself you're going to do – that's a withdrawal. For example, if you tell yourself that you're going to exercise for an hour a day 3 times a week and you don't do that – you've just made a withdrawal from your inner trust bank account. Many of us do this so often that we are in negative balances with ourselves, and when we go to achieve something, we can't find the self-trust we need in order to accomplish our goals.

It is always better to be honest with yourself. Read that again. *It is always better to be honest with yourself.* Make commitments that you know you can accomplish and take your commitments to yourself seriously. Now, I want you to take a moment and reflect on your commitment to this course. Be honest with yourself. Given everything going on in your life right now, if you are going to only be able to put 10% into this course, that's perfectly okay, but let's start there. Let's practice accurate self-assessment right from the beginning. You can always do more than you commit to – but to preserve the capital in your 'trust bank account' you must learn to be honest with yourself, and to honor your commitments that you make to yourself. This is how you build self-trust. Take a moment, and if needed, adjust the number that you wrote on the first page of our journal. Congratulations! You've just intentionally practiced accurate self-assessment, self-honestly, and commitment. These are tools that will serve you well.

Finally, stay curious and stay awkward! Growing as a human requires getting out of your comfort zone, and getting out of your comfort zone can feel awkward. Doing things you've never done before in ways you've never done them is going to feel weird. That's okay, lean into it. It's okay to be awkward – we're humans, not robots, and humans are awkward. Allow yourself to be weird, awkward and uncomfortable. Those are all good things (I promise!). Most importantly, stay curious! Every single thing that you tell yourself, every 'story' that you have about yourself, others, and the way the world works, - is completely made up by you. Loosen your hold on "the truth" just a bit during this course and get really, really curious. You'll be glad you did.

Welcome to your incredible journey of self!