



ZEST

Your Life

A Taste of Inner Wisdom

Linda Babulic

WELCOME

Congratulations on taking action to re-claim and re-ZEST your life. Now is the time to take your life up a notch or two, from what it is to what it could be—*which is so much more*. Discover more about yourself and how to explore and expand your joy, passion, and enthusiasm. That process of discovery involves creating freedom, inner power, and self-responsibility.

Thank you for joining me on this journey.

SuccZESTfully yours,

Linda

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Awaken the Woman Within

The quality of your life is held in your dreams—the ones you have attained and the ones you have yet to actualize. To get the most out of your life, you must have a dream in your heart—a hope, an ambition that you want to realize, something that you want to attain, achieve, or complete. To accomplish this dream, you need to access the power, your power, that is held in your thoughts and beliefs about yourself. You need your dreams so that you can fulfill your promise...

You are a powerful woman, but before you use your power, you must rediscover and awaken your power. Get to know your power intimately—how it feels, what makes it big, and what makes it small—because the size matters.

When I commuted to work, I did an experiment. I wanted to see the measure of my power and if I could have a positive impact. One morning, when I was on the bus, I sat next to the window. During the forty minute ride, several people sat next to me. To each new person, I said, “Good morning,” with a big smile. Every one of them sat a little straighter and they gave me a smile and a friendly “good morning.”

The person I remember most vividly was a woman who was probably in her seventies. She sat next to me. I smiled and said: “Good morning.” She nodded and smiled, but said nothing. She put her head down, seeming a bit shy. But when she was ready to exit the bus, she looked at me, and with tremendous effort and a thick accent, she stuttered: “Gud mornink.”

In that moment, it was obvious that she had been rehearsing and getting the courage to respond to me. We shared a heart-to-heart connection; there was an exchange of energy and there was positive impact. I was encouraged that I could do something so simple, and yet have such a big impact and influence. That was a pretty good result for a smile and a “good morning.”

Doing one little thing can make a big difference in someone’s life. You have a greater influence than you might think. As you walk around a shopping mall, watch how people behave and the impact they have on you and others. Some are obviously distressed and disturbed—we walk around them. A baby crying or child having a meltdown turns heads. People who are laughing have an impact too.

Try this: walk through a shopping mall with your powerful heart fully open, a smile on your face, and your body standing tall. Watch the responses from the people around you.

Now try this, if you can. Walk through the shopping mall again, and make yourself energetically small and closed. Shake your head, mumble, and watch the responses you get.

Your power is contagious. How you put your power out into the world matters. It may be invisible, but its impact is not. Can you be more authentic and show more of the real you in the world? Can you be more loving, compassionate, and caring for yourself and others? Write down any thoughts and feelings as you go through this process to discover more about yourself. Take your time.

AWAKEN YOUR POWER

Think about how you feel in your power right now at this moment, and complete the following sentence:

My power feels _____.

Then ask yourself:

What makes my power big?

What makes my power small?

Have you become aware of the size, impact, and influence that your powerful energy can have on those around you?

If you are not paying full attention to your life and consciously deciding where and how you want it to go, you'll soon be blown around like a leaf in the wind. Everyone else will be in control of your life and you will be feeling listless and remorseful for the life you could be having.

Now is the time to Awaken your ZEST!

<p>Affirmation: My power is contagious. How I put my power into the world matters.</p>
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