

5 Tenets of *The Disruptive Changemaker In Action*

- ✚ Your human experience is about being in action, around what you care about, *without* effort.
- ✚ Your beliefs create your reality. (Believe it's hard and it will be; believe there is unlimited abundance and there will be).
- ✚ You are always in relationship with everything. Where you put your attention will grow and attract like to you.
- ✚ Separation is an illusion – a good one – but still an illusion.
- ✚ Your beliefs are embedded in your cells/muscles/movements/shape. Change your shape/move if you are stuck.

How would your future be different if you embraced this?

How would you be 10x bolder if you embodied this?