

GLOW GETTER

*Adore the Journey to a
Fabulous New Life You Love,
Conquer Anything,
and Become the Woman
You Always Dreamed of Being*

SHANI JAY

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Dedication

For all the women wanting to step into their new story, but needing someone to show them the way...

x

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Hey, Glow Getter!

Glow Getter

(noun)

An inspirational woman who strives to achieve all her goals in life, lighting up the world with her inner glow.

Have you ever noticed those women who endlessly glow with love and light, from the inside out? Their passion and energy illuminate the world, and you find yourself wondering, “*What’s her secret?*” You know deep down there’s no reason why you shouldn’t be living a fulfilling, beautiful, kick-ass life of your own—but you have no idea how or where to begin.

While making the decision to change your life is easy, actually following through with it, making those changes, and sticking to them? That’s damn hard work. I should know, I’ve been there. Like all things in this world, it’s so much easier said than done.

You might have no idea where to begin, your friends and family might not be as supportive of your transformation journey as you’d like them to be, you might lose motivation along the way, and the truth is you might even *fail* and fall flat on your face (don’t worry—it happens to the best of us).

Wouldn’t it be much easier if you enlisted some help along the way?

Maybe you want to lose weight, start eating cleaner and living a healthier lifestyle; maybe you want to start your own business and eventually quit your soul-sucking nine-to-five; or maybe you’re finally done with crummy relationships and you want to attract the partner of your dreams? Perhaps even all of the above!

Regardless of why you’re on this journey to transform yourself and your life, you need someone there to guide you along the way and spur you on during the toughest moments when you’re most likely to lose hope and quit. Because I don’t want that for you—I want to give you the best possible chance at flipping your current life around and becoming your best self. Enter, *Glow Getter*.

In this book, I’m going to share the many struggles and obstacles you’ll face along the way to transforming your life and provide strategies and tips on how to overcome these challenges, as well as how to change and realign your daily habits in order to give you the best chance at success. Each chapter will outline a different obstacle, with solutions on how to push your way through, and a fun guided exercise at the end for you to complete to help you on your way.

Glow Getter is for any woman who wants to transform her life or is in the process of already making some big changes, but feels overwhelmed by the gravity of the task

and needs a helping hand to guide and reassure her along the way. If you know you're not living your best life and you don't feel that gorgeous glow, this book was written for you.

What most of you don't know about me is that back in January 2016, I was working my fifth year in the fashion industry (trust me, it sounds *way* more glamorous than it really is), a career path I decided on at the ripe old age of 17. Fast forward through university and my first few jobs, and you will find me slaving away in a nine-to-five which increasingly began to feel incredibly unfulfilling, like I was trapped in an invisible kind of prison of my own making. I was going nowhere fast. One thing was for certain—I could not live out the rest of my life this way. I knew something had to change, and change quick.

During this time, I began to pick writing back up as a hobby. I started by submitting my work to various online platforms (for free at first), waking up between 5 and 6 a.m. before work to write, then getting home to start writing again. This became my life for the best part of 10 months, and I quickly realised that writing was what truly made me happy. Even better, I'd be able to work remotely, set my own schedule, and be my own boss—something which I've always craved.

I made the decision in the spring of 2016 to quit my job by the end of the year and pave my own sparkly pink path. It's now August 2017 as I write this and so far my work has been published on numerous platforms including *The Huffington Post*, *Teen Vogue*, and *Thought Catalog*. I run my own content creation business which allows me to work anywhere in the world AND I became a bestselling author. Oh, and I also managed to *finally* step off the loser train after hanging around for 10 years at A-hole central, meet an awesome guy, and fall in love too!

Not bad for a year's work, right?

But no part of this journey was easy. It was painful, there were many tears along the way, and I'm still figuring things out as I go. Over the past year, I've become the woman I always dreamed of being, so believe me when I tell you it's possible for you too. The only thing that separates us right now is that I decided to be her.

Stick with *Glow Getter* and you'll see the only person truly standing in the way of your dream life is *you*. This book is packed with helpful tips and tricks that have worked for countless successful women already, including me. They will work for you too—all you have to do is pay attention, do the work, and be 100% serious about transforming your life.

I'm going to share with you every part of my journey in going from downright clueless to dialled in. These strategies are an expansion on many of the same ones I

share with all of the wonderful women who have joined the Glow Getter Tribe—a female, self-love, and kindness movement I created in 2016.

I promise if you follow the 11 chapters in this book and put them into practice, you will notice how you begin to blossom into the beautiful flower that has been patiently waiting to bloom all this time. You'll have a totally new outlook and mindset, you'll feel more positive and energised, and you'll possess the tools necessary to make all of the changes you desire in order to become a happy, unstoppable woman who glows from the inside out.

How long are you going to carry on waiting to change your life?

How many more women are you going to witness taking the journey to their higher self while you quietly watch from the sidelines?

Don't waste the rest of your life feeling miserable, unfulfilled, and lost.

Stand up today and wholeheartedly commit to your journey in becoming your best self.

Trust me when I say I *know* what it's like to feel like you're living a half-life. I know what it's like to know deep down that you're meant for something more than *this*. And I know what it takes to get yourself from where you are right now to the woman you want to be because I've lived it.

Glow Getter is arranged into easy-to-manage chapters, each one outlining challenges and offering valuable insight into solutions, along with Glow Guides for you to implement right away. All you have to do is keep showing up and reading.

So you've decided you want to transform your life and become the woman you've always dreamed of being?

Well, what are you waiting for?

Becoming the woman you want to be is as simple as deciding right now that you're going to *be* her.

Pour yourself a delicious drink in the prettiest glass you can find, get comfy, and let's do this, glow getter!

Your best self awaits you inside.

All my love,
Shani

**“The woman you’re becoming will
cost you people, relationships,
spaces, and material things along
the way.**

Choose her over everything.”

— Anon.

1. Find Your Why and Never Let It Go

*“Where you find purpose
Is where you find happiness
And where you find happiness
Is where you find Truth
And when you find Truth
Truth will set you free.”
– Suzy Kassem*

It's time to step into the beautiful new life you dream of creating—no more excuses, no more waiting until tomorrow. All we have is today, right now, in this moment. Any kind of change can seem overwhelming from the get-go, so we're going to break it down and begin from day one. The hardest part can be getting started, but only if you're not clear on why you really want to turn your life around. So it's time we unlocked your *why*.

Why do you want to transform your life?

Every *what* needs a *why*.

Before we dive into making changes, it's vital you get clear on your **why**. Why do you really want to change? Maybe you want to lose weight so you can start living a healthier, more active lifestyle. Maybe you want to switch careers so you can finally wake up on Monday mornings and look forward to the day ahead. Or maybe you want to focus solely on transforming your inner mindset and attitude so that you can be a better partner or parent to your kids. It might even be a combination of a few different things that all intertwine.

What all of these why's have in common is they centre on you having reached your absolute limits with what your life looks like today. You've finally had enough of living a half, mediocre life. You know this is far from the best you can be. You want more and expect better from yourself because you're aware of the true power you possess within your soul.

Look around you, and you can't help but notice other women living happier, richer, and more vibrant lives than the one you're living. They're out there whipping their dreams up into reality and you wonder, what's their *secret*? How do they do it? Why can't I live the life of my dreams too?

The truth is you absolutely **can**. It is possible for us all.

Deep down I *know* you deserve a beautiful life you're crazy in love with. You deserve to have rainbow confetti piñatas exploding in your skies. You deserve to be the unstoppable woman you know you can be. And deep down, you know it too.

So first things first, get clear on your **why**. It doesn't matter what it is as long as it holds enough weight within your heart. Does it motivate you enough? Does it light your soul on fire with pure passion and determination? Is it going to be enough to get you out of bed at 5 a.m. every morning to work on your side hustle or stop you binge-watching your favourite box sets on Netflix? Is your why going to be enough to keep you moving forward when nothing seems to be going your way and all you can think about is giving up?

Find your why, place it in your heart, and never let it go. You're going to need to call upon it throughout your transformation journey.

Why now? What has changed?

Why is *today* different from all your other yesterdays?

Why have you decided to pick up this book *today* of all days and change your life? What was wrong with last week? What about last month? What about last year or the year before that one?

Why does your transformation feel so much more urgent to you now than ever before?

Perhaps you feel that ever so slowly you're running out of time. You keep putting things off—*I'll start tomorrow*, or *I'll start next week*—and before you know it, next week becomes never. Maybe you woke up this morning and something ignited within you. You're not quite sure what it was, but something told you it's now or never. Something called you to open this book and this time you felt compelled to listen. Maybe you feel like your life is quickly passing you by, the weeks and months stripped bare of joy, fulfillment, and passion—emotions you vaguely remember from long ago, but somehow, without you noticing, they gradually faded away until all you were left with was a dull, shell-like existence.

The truth is it's incredibly hard to transform your life on your own, without any kind of outside help or road map to take you to where you want to go. That's why the number of life coaches, personal trainers, and self-help books have skyrocketed in the past decade. More and more people are wanting to reach their higher selves and are enlisting the help of experts to get there as quickly as possible.

You might've already tried to turn over a new leaf in the past but fell short. A New Year's resolution that you lost willpower for by the time March came around. A total revamp of your life that was simply too overwhelming to stick with. Or something unexpected happened along the way, totally threw you off course, and you never managed to navigate your way back.

But what will be different about **today**?

All that truly needs to be different is *you*.

You have to want it this time, and I mean you have to want it desperately. You have to want to transform your life as much as you want to *breathe*. You have to get into the headspace where you are committing wholly to this journey and at no point will you be getting off until you reach your destination. Don't be involved, be *committed*. There will be bumps, U-turns, and potentially some crashes along the way, but you can't let any of those blips stop you from continuing to pave your way forward against the current.

If you want to become the best woman you know you can be, you're going to have to tap into a place deep down within and promise to give it your all. Not 75%, not when you find the time for it, but **everything you've got**.

A true commitment to personal change requires three vital elements:

1. **Vision** - Being able to clearly visualise what you want and where you hope to go. You don't have to know *exactly* where you'll be or what you'll be doing in 10 years' time, but it's important to gain clarity on a couple of key areas where you know you'd like to make big changes.
2. **Promise** - You have to promise to show up for yourself every single day, no matter what's happening or how exhausted you might be. You must promise yourself that you'll give it your all and won't stop until you reach your goal.
3. **Energy** - Most importantly, you have to be prepared to put it in the work. Will it be easy? *Hell* no! But will it be worth it? Abso-frickin-lutely. Remember, nothing will change unless *you* do.

Right now, make a promise to yourself of commitment to your new journey.

Absolutely nothing can stop me from realising my dreams.

I am 100% willing to show up and do my absolute best at all times.

I dare to put my mind, emotions, and actions to work for what I want most in my life.

Write your own promise below:

Dream BIG

So many of us are terrified to dream big—I used to be too. We worry what other people might say, we fear failure, and we get too comfortable with our current lives even if it's making us miserable. We convince ourselves that we're not worthy of success, abundance, or true happiness—that's reserved only for the celebs and the royalty of this world. And we allow ourselves to become so worked up inside with all these negative thoughts coursing through our minds that we decide it's better to not even *try*—how heartbreaking is that?

The sooner you acknowledge what it is that you desire and realise you don't need to feel guilty, embarrassed, or ashamed for wanting it—and that the fear of failure and the unknown are mostly irrational fears we create in our own minds—the sooner you can embark on this incredible journey of transformation and move closer to your deepest dreams and desires.

Being a writer, I read a *lot*, and my all-time favourite book is *The Alchemist* by Paulo Coelho. The book centres around this beautifully poetic idea that once your heart decides that it wants something, all of the universe will conspire to help you achieve it. Of course, you have to show up and put in the work, but as soon as you do, the universe will start moving to meet you halfway. The truth is the universe *wants* you to live your biggest and boldest life, but you've gotta want it too!

So today, I invite you to think BIGGER than you ever have done.

What is it that you desire most in your life right now? Maybe you want to be a more confident and strong-minded woman who is head over heels in love with her life and doesn't base her worth on opinions of others. Maybe you want to find your way to a career that's both exciting and fulfilling and offers you freedom. Perhaps you're a little lost and not quite sure what you truly want—all you know is life right now is making you far from happy.

Ask yourself, what is it that your heart is set on? What does your mind, body, and soul crave the most in this moment? If you were living your dream life today, what would it look like?

Like I said, don't worry about having all the finer details mapped out, like the street you'll be living on, how many dogs you'll have, or the name of your husband! The truth is it's incredibly hard for any of us to imagine where we'll be in *one* year, let alone the next five or ten. We can push our lives in a certain direction as much as we want, but we can't predict the many surprises life will gift us along the way.

So take a few minutes right now to close your eyes and ponder what a day in your dream life looks like. And remember, nothing is too big or too crazy. The only thing that sets you apart from those women you aspire to be like is your *mind*. Everything is possible, as long as you can visualise it.

When I think about my perfect day, it involves me waking up in a beautiful cocoon-like bed that simulates the feeling of sleeping on clouds. I'll get up, make myself a steaming cup of refreshing green tea, and head to my writing space. My gorgeous white desk is a fountain of inspiration and looks out onto a beautiful garden of pink peonies that I've planted and nurtured myself. I'll spend these early hours journaling and working on my latest book, creating something from nothing, and feeling incredibly grateful that I've created a life where I'm able to do meaningful work that touches other people's hearts. After a couple hours, I'll begin cooking myself a sumptuous breakfast from scratch. In between writing and working on my business the rest of the day, I'll head out for a swim to relax my whole body and mind, melting away any tension or stress lurking. I'm able to book a flight and jet off to an exotic location at short notice and take my writing with me. I have the luxury of working from home and spending precious time with my loved ones. My life is fulfilling, abundant, and inspiring all at once.

I've already managed to turn many of these dreams into a reality, simply by visualising what I want most and believing that it's within my reach—and you can do it too! *Anything* is possible as long as you believe it to be. Believing is half the battle. I believe in you, glow getter; it's about time you did too! You are so incredibly special if only you could see it. Quit thinking you're not worthy of the good life—you're just as worthy as anybody else.

That being said, you might've read similar books to this or stumbled on articles or quotes that speak along the same lines. You might've been sold the idea that if you visualise what you want enough, it will magically appear in your life. And hey, I like to cover things in pink glitter and sparkles as much as the next girl, but this is far from the reality and I'm not gonna lie to you because you deserve the truth.

Visualisation and dreaming are fab, but they mean nothing if you're not prepared to work hard and make some dramatic, often painful, changes. Everything is yours for the taking, if you're prepared to do what it takes. Wishing and hoping can only take you so far—*doing* will take you the rest of the way on your journey.

You're going to have to make sacrifices you don't want to make, you're going to have to put your long-term happiness ahead of short-term pleasure, and you're going to have moments when you feel like giving up and going back to your old ways. This journey will be uncomfortable and possibly the hardest thing you've ever done in your life, but I promise it will also be the **best** thing you ever decide to do.

Make yourself proud

Cast your mind back for a moment to when you were just a little girl. A little girl who was still innocent and brave enough to believe she could be anything and everything she could possibly dream of in her wildest imagination. The whole world was at your feet and the stars above within reach. The younger you probably had far higher hopes and expectations for herself than the you today. When did you decide to let those go? When did you decide to start settling for okay instead of extraordinary?

Think of all the things you said you'd accomplish and all of the great adventures you looked forward to in your future. Remember how you just couldn't wait to grow up, stop being held back because of your youth, and live life on your *own* terms? The strange thing is the older most of us get, the less we actually *live*.

We allow negative thoughts to infiltrate our mind, we start putting other people's opinions and happiness above our own, and day by day, we slowly dim our light down until we're frozen, standing in total darkness, afraid and uncertain of where to go next.

Once upon a time you were a little girl with BIG dreams and a vast vision of the fabulous life your future self would live. Don't disappoint her. It's not too late to turn things around and become the woman you've always wanted to be. The truth is it's never too late. Everything you need to go on this journey of personal transformation already resides within you. You are powerful. You are brilliant. You are worthy. You are *ready*.

You can do this.

It's time to step up, rise above your present self, and do something you've never done before.

If you want it bad enough, it is yours.

Are you ready to go all in?

The hardest part is getting started

When it comes to any task, goal, or challenge, the most difficult part is always overcoming our resistance and getting started. From the outside, it looks tough, overwhelming, and uncertain, so our natural instinct is to avoid it and do something easier instead—something we *know* we can accomplish. We're afraid of the unknown, so we push it to the back of our minds thinking we'll come back to it later

when we're feeling smarter, stronger, wealthier, happier, or wiser. The trouble is no matter how much time elapses, we never quite feel ready, so we put it off another day.

I waited a few years too long to begin writing and working on my passion projects. I second-guessed myself and didn't truly believe I was good enough or ready to tell the world my story. But guess what I found out? You'll never feel ready. The only way you become good enough is by consistently showing up and working.

There's always a reason to put something off and not do it today. If you're looking for an excuse or a way out, you'll inevitably find one. The trouble is that someday quickly becomes today which turns into yesterday and then *never*. Life is incredibly short and unpredictable—who knows how many more tomorrows each of us will be lucky enough to wake up to?

There are seven days in the week, and *someday* is definitely not one of them.

There is no better time than *right now* to get started on changing your life.

Let's do this, glow getter!

GLOW GUIDE

WHY do I want to transform my life?

The power of affirmations

An affirmation is simply an embellished word for a positive thought that you repeat out loud which describes your goal in its already completed state. I like to think of them as a workout for your *mind*. They're central to The Law Of Attraction (the idea that what you think about is what you end up magnetically attracting into your life) and creating the life of your dreams, and can have profound effects in reshaping your inner beliefs and attitudes that may have been holding you back from your goals all this time.

Many people use affirmations as a way to stay focused on their goals and to navigate through any obstacles that arise along the way. What I love most about them is they help to create higher vibrations of happiness, gratitude, joy, bliss, and love, which in turn helps you to attract people, resources, and opportunities into your life that will help you reach your goals and live your dream life.

How to create your own affirmations

1. Choose a negative thought you often find yourself thinking, e.g. "*My life sucks.*"
2. Write down that negative thought on a piece of paper, then tear it up and throw it away!
3. Find a more *positive* opposite to that thought. Instead of replacing "*My life sucks,*" with "*My life doesn't suck,*" you will say, "*I am so grateful to be living a beautiful and abundant life.*"
4. Repeat that affirmation ten to twenty times in one sitting daily, or throughout your day, so that positive thought becomes embedded in your mind.

A couple things to remember:

- ♥ Always start with the powerful words "*I am.*"
- ♥ Use the present tense.
- ♥ Keep it positive—state what you want, not what you don't want.
- ♥ Keep it brief, but get really specific.

- ♥ Include an action word ending with –ing.
- ♥ Affirmations are personal and only work for you, not others, so allow yourself to be self-indulgent and keep it about you.

Your mission today: Light a candle, find a sacred space of calm, pick out your favourite pen and a pretty piece of paper or a journal, and create three of your very own affirmations. Make sure these affirm your achievements of your three most important goals or dreams, and then commit to a time each day when you'll practice these.

A sticky note on the fridge or a reminder on your phone will ensure you don't forget, even on days when you're rushed off your feet.

You can also head [here](#) to download your free workbook that includes a worksheet for this chapter's Glow Guide, along with all the others in this book!

2. Bullshit, You Aren't Living

"I think too many people lay down in a life they don't love and go, 'Well, I guess I'm here so... fuck it, I'll just stay'... You aren't doing anybody a favor when you stop living, stop trying. When we heal our suffering, we heal this world. When we do what we love, we heal this world." — Janne Robinson

Everybody always asks what you do for a living, if you've got a house, if you're married, if you have kids—as if life is some kind of a grocery list. But no one ever asks us if we're *happy*.

Most people are settling for ordinary

Why do we often set our sights low? We aim for average. We get okay with mediocre. We stop wanting to win. We happily stand on the sidelines watching other people race towards their finish lines.

It's human nature to avoid change. We crave comfort, the known, and stability. It's in our DNA to shy away from risk and all things unfamiliar. As soon as we begin school, gradually over the years, our creativity, confidence, and self-belief are shaken out of us.

It's the outside world that teaches us how to be human—what's deemed acceptable and what's not. From childhood we are punished or rewarded according to our “good” or “bad” behaviour. That craving for a reward doesn't disappear and we're afraid of being punished, so we pretend to be someone we're not in order to please others—our parents, our school teachers, our friends, and our colleagues. We pretend because we're afraid of being rejected, which in turn snowballs into the fear of not being good enough, and before we know it, we've become a shadow of who we truly are at heart.

And that is exactly how we become stuck. We hate our crappy nine-to-five job, but we like taking home that monthly paycheck, so we suck it up and carry on. We're not happy in our relationship, but we're scared of being on our own because it's been so long we've almost forgotten what that feels like. We desperately want to change our circumstances, but we're so caught up in what others might say that we are afraid of being rejected by those around us. We know we're not living the life we're meant to be living, but we have no idea how to change it and it's easier not to try.

So we stay put.

We don't listen to what our hearts are signalling us. We fail to believe in ourselves, and instead we accept the current hand we've been dealt. We plod on and before we realise it, another year has passed us by. We forget that we only get so many of these years.

Take a look around you. How many people are settling? In a job, a relationship, or in falling short of the person they have the potential to be?

I see it every single day and it makes my heart bleed to see so many people swallowing their truth.

Before I quit my job, I used to be surrounded by a sea of people like this. People who pretended like they'd been dealt a good hand. People who convinced themselves they enjoyed their life. People who needed those fat paychecks every month so they could buy shit they didn't need and get parole every once in awhile to go on a sunny holiday for the four weeks a year they're allowed out of their prison. They convince themselves that it's worth it and they're happy. But they're *not*. If I had to sit myself down and draw a picture of someone who's happy, they wouldn't even come close.

Be honest with yourself right now—are *you* settling?

And if you are, why do you think that is?

Maybe deep down, you don't believe you're deserving of better. But trust me when I tell you you're just as deserving as anybody else. You were born to live your truth and do your heart's work.

Perhaps you're stuck in your job right now because it pays the bills and takes care of your family, and hey, we've all gotta put a roof over our heads somehow. I get that, but what about the rest of your time? The hours of 5 a.m. - 8 a.m. before you get there? 7 p.m. - 12 a.m. when you're home? And then there's your weekends of course. What are you doing with the rest of your time to make sure you're living your *best* life?

Forget the bills, your house, your responsibilities, and your relationship status for a second—what are you doing to make *yourself* happy?

Don't waste more than half your life being miserable

Now, I'm definitely not just talking about *work* when I talk about settling, but work is a biggie because it does take up a lot of our time whether we want it to or not—especially in the early days when we're just getting started. What I've noticed from

speaking to many women—friends and total strangers—is the biggest complaint on most people’s list is their *work*.

Why do we keep doing things we hate?

On average, most people spend around 35-40 hours working each week. That’s a lot of time to spend being miserable and hating your existence, right?

You’ve gotta ask yourself is it *worth* it? Is that paycheck at the end of the month worth you trading in your happiness? Are you satisfied with the work you’re doing every day? Is your fancy car, your house, and your wardrobe enough to keep you living this way?

Are you going to get to the end of your life, look back, and think you spent your time wisely?

I was hustling on the side of my day job so that I could eventually make my side hustle my *main* hustle and quit, but you might not want your own business and that’s okay—that life isn’t for everyone. What I’m saying is don’t stick with a job that makes you want to vomit when you wake up Monday morning. If you’re not happy with where your life is heading, *do* something about it because nobody else will. The fact that you’re even awake should fill you with joy and excitement and make you want to leap out of bed and face the day. So many people weren’t lucky enough to wake up yesterday or today and many more won’t be tomorrow.

Let that sink in for a moment.

Life is fleeting. It comes and goes in a flash. At the end of your time here, you want to be able to look back on your life and know that every day you spent on this earth was filled with the work of your *heart*. Not the work of somebody else’s.

Maybe you *think* you don’t know what your true passion is. But that’s probably not the case. Deep down, you *know* what lights you up, what you love talking about or doing, the worlds in which you spend a lot of your free time escaping in. I don’t mean when you’re sprawled out watching crappy TV; I mean the activities you do where you feel at *home*. Maybe it’s baking spectacular cakes, writing, or rocking out at music festivals—think about what you spend a lot of your free time on, often unknowingly.

Do you have it?

Good.

Now do more of it. Do it every single day. “Busy” is just an excuse we tell ourselves when we’re not prepared to find the time. I know you can carve out at least 10 minutes each day to spend time doing something you truly love. Run with it. Throw your all into it. See what happens and where it takes you.

The heart wants what it wants. You won’t ever reach a state of true happiness until you listen to your heart’s whispers.

You’re allowed to change

At the very young age of 18, the majority of us are forced to make a decision on what career path we want to take. You might not have realised the gravity of it at the time, but you were making a decision on what you wanted to do for the *rest of your life*. That’s awfully young to be deciding on your entire future, don’t you think?

Yes, you can change your mind, but most people don’t, even when they desperately want to because this quickly becomes all we know and what we’re most comfortable with. The prospect of changing appears too challenging and messy. So we suck it up and keep going, and all that does is compromise our future happiness.

When you think about who you are now compared to who you were at 16 or 18 or even 21, you’ve probably changed and grown a lot—more than you might even realise on the surface. Your interests, your priorities, and even your personality. We all change, some of us more so than others.

This is often the case in friendships and romantic relationships too. When we form those initial bonds and partnerships, we might still be teenagers or young adults. Over the years we go through multiple transformations and find ourselves naturally forming new relationships with people who are more aligned with who and where we are *today*.

Even though it’s painful and sometimes heartbreaking, we have to let certain people go so that we can fully move forward and continue on the path we’re supposed to travel down. Occasionally, we cling on because we can’t bear the thought of letting go, but eventually we must find a way to because that relationship is no longer serving and nurturing our soul the way it used to.

Remember—you’re allowed to change. In fact, it’s imperative that you do.

At 17, I decided I wanted to be a fashion designer. So I stopped putting effort into my other subjects at school and affirmed to myself that fashion was all that mattered. I went on to study fashion design at university for the next three years, and to begin with I *loved* it. It was exciting, it was stimulating, and it allowed me to constantly be

creative. However, there was a part of me that began to question what good I was doing by choosing this career. Who was I helping? Was I making a positive impact in my world?

At the end of my second year, I had to begin researching for my dissertation which meant regular trips to the library and lots of reading, which I've enjoyed doing my entire life. During this time, I unknowingly began to fall in love with writing, and it ended up being an escape for me from the crazy fashion world which I spent the rest of my time immersed in. After writing the dissertation, I knew that something wasn't right. I shouldn't have enjoyed it that much in comparison to what I was doing for the other 70% of my time while at uni—but I did.

Like most people do, I buried my head in the sand and ignored what my heart was signalling to me because how on earth was I going to forge a career in writing now as I'd just spent the past three years learning how to design and make *clothes*? So I carried on down the rabbit hole and got my first job as a designer abroad in Sri Lanka. At first, I loved it (mostly because I was getting to explore an exotic country where my roots are—I'm half Sri-Lankan—and it felt like I was on holiday most of the time!), but six months later I made the decision to move back home because, in my heart of hearts, I knew this just wasn't where I was supposed to be.

I then fell into a job as a trainee fashion buyer and almost immediately began to hate everything about my job and therefore hate my life. *Urgh*. It might sound all kinds of glamorous to you, and while it certainly wasn't the worst job in the world, it crippled me from the inside out. I'm sure you can resonate with that feeling. There was so much admin, spreadsheets, doing math (I *didn't* sign up for that), and a tonne of bitchy women. I felt trapped, and I couldn't see a way out.

So I carried on for the next three years trying to convince myself that this was a good career with progression and that in the grand scheme of things it was a pretty exciting job to have—a job I know so many girls only dream of having. But I was lying to myself, and deep down I knew that I was miserable and something had to change and *fast*.

As you already know, I then re-discovered my passion for writing and decided to pursue it in my spare time, all the while trying to figure out how I could turn it into a career. I didn't give up even when I wasn't getting the yes's I wanted and I was only earning pennies. I didn't for a moment allow myself to be held back by internal fears, worries, or the fact that I had spent the past *10 years* building a career in the fashion industry. If I had, you wouldn't be reading this book right now!

As bestselling author Danielle Steel says:

“Never settle for less than your dreams, somewhere, sometime, someday, somehow, you'll find them.”

My message to you is this: it's more than okay to wake up one day and decide you want to live a different life because the one you've woken up to isn't making you truly happy. It's okay to switch careers, to end a ten-year relationship, and to decide you're going to take off the label that you've worn for so long.

You must quit the life you hate in order to start *living*.

Never allow fear of the unknown or fear of judgement to keep you from living your truth. For that is all you came here to do.

We are living in an incredible time—don't waste it

Thanks to the internet and the invention of social media, we are presented with a world of open doors and opportunities our parents and grandparents could only *dream* of.

Back in their day, every industry was ruled by its own gatekeepers, and in order to push your way in, you had to go through them. Social media was nonexistent, so the numbers of people you could connect with were restricted, and you had to go through traditional costly forms of advertising (radio, newspapers, TV) in order to reach the masses.

What took weeks or even months to achieve back then can be completed in seconds or minutes today thanks to significant advances in technology. If you want to become a scuba diver on the other side of the world, you can find a training course today and book your plane ticket. If you want to make music, you can record yourself singing and instantly upload it where it can then potentially be watched and shared by millions of people online. If you want to start a handmade jewellery business from your bedroom, there is absolutely *nothing* standing in your way.

There is no way I would've been able to reach the same amount of people back then as I have with my writing, my books, and my message today. Websites didn't exist and it took a long time before they became user-friendly and easy to design and create yourself. Self-publishing didn't exist either, and your only hope of writing and publishing a book was to be picked up by one of the select publishing houses—and the chances of that happening were slim.

We are incredibly fortunate to be living in a time where we can turn what we love and what we're most passionate about into a career. You no longer have to wait around—which you might've done in gym class like I did!—for someone to pick you. You can

pick yourself. You can be and do *anything* you want. Everything is yours for the taking.

Please, don't waste this gift.

And remember, this life-changing journey can be everything you want it to be—it all comes down to how you choose to see it.

When you think of turning your dreams into reality, what do you imagine? Hard work, sacrifice, obstacles, discipline, and courage? Or do you instead choose to picture great adventures, magic in the most unexpected places, side-splitting laughter, beautiful surprises, fulfilling relationships, and experiencing a whole new world? Your chosen perspective has the power to change *everything* about your onward journey and where you decide to go from here.

If you're not happy with where you're currently headed, be brave enough to change directions. Do not be afraid to step off the path that everyone else is walking blindly on.

You were not born to live the life of somebody else or to follow in the footsteps of others. You are here to go your own way. Your wildest dreams are one of a kind, just like you are.

If you find yourself without a deep desire to wake up each morning and begin your day, refuse to accept that as the norm. Don't deal in mediocre when I know you were born to live a passionate life filled with adventure, magic, and the unexpected.

The only person who knows what's truly best for you is *you*. Have the courage to honour what your heart is whispering to you.

GLOW GUIDE

In what parts of your life do you think you're settling today?

Find your passion

Write a list of all the things you love doing—y'know, the things that make time go by super fast and fuel you with energy and passion.

Your dream life in pictures

In January 2016, I decided to make the very first vision board for myself for the year ahead. If you haven't heard of it, a vision board is simply a beautiful collection of images, words, and maybe even objects that are meaningful to you, and what you hope to accomplish in your year ahead.

Regardless what time of year it is, it's always the perfect time to start a new vision! It's super fun too—you get to rifle through gorgeous magazines and tear out images and quotes that inspire you, and have a good old Pinterest scroll too. You could even do your own doodles and drawings, and make sure to include your affirmations.

Your mission today: Create your own vision board that fills you with love the moment you set eyes upon it. I like to put a happy playlist on and set a whole evening aside to do this because it's so enjoyable! Get yourself a large pinboard or piece of cardboard, and go to town on it! Fill it with images and words that light you up, what you're dreaming of manifesting in your life, and anything that your heart is magnetically drawn to.

Be sure to place it somewhere you know you'll see it every single day so you can be inspired by the life you're in the midst of creating for yourself. Surrounding yourself with your dreams and goals serves as a wonderful reminder of what you're trying to accomplish; it helps to keep you motivated and pushes you closer towards a happier and healthier you.

Click [here](#) to download your free workbook that includes a full worksheet for this Glow Guide, along with all the others in this book!