

# WAKE UP TO YOUR LIFE!

*"Don't ask what the world needs. Ask what makes you  
come alive, and go do it. Because what the world needs is  
people who have come alive."*

~ Howard Thurman

VOLUME 1

JEAN M. DIGIOVANNA

*Wake Up To Your Life: Powerful workouts for the heart, mind & soul.*  
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Inquiries should be addressed to:  
Jean M. DiGiovanna  
[jean@wakeuptoyourlife.com](mailto:jean@wakeuptoyourlife.com)  
[www.wakeuptoyourlife.com](http://www.wakeuptoyourlife.com)  
303-413-8001

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## ABOUT THIS BOOK

Upon breaking out of the corporate world after 9 years, I started my first business, ThinkPeople® in 1998 doing corporate training and coaching. What I found was missing, however, was sharing my passion for personal growth and development. As an answer to that calling, I started writing “ThinkPeople’s Monthly Workout for the Heart, Mind & Soul”. Sharing it helped me move through my own challenges while helping others as well. I have had a goal for many years of compiling these Workouts into volumes of books. I’m thrilled to present to you the first Volume!

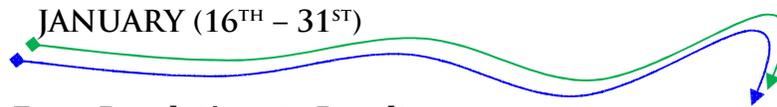
Each month consists of a workout to practice every two weeks. To get the most out of this book, I invite you to read the feature topic, enjoy the photo and poem and then take on the workout for the next two weeks. A journal is a great companion to the workouts to capture your insights, answers and learning. Feel free to join the community of other readers to share your experiences, seek support and ask questions at [www.facebook.com/groups/wakeuptoyourlife/](http://www.facebook.com/groups/wakeuptoyourlife/).

The photos were taken across the U.S. from Massachusetts to Colorado and Utah to California. I am honored to join you this year on your journey!

With much love, light and grace,



JANUARY (16<sup>TH</sup> – 31<sup>ST</sup>)



### **From Resolutions to Results**

At the start of every year come New Year's resolutions. Too often, we eagerly set resolutions and get super motivated to achieve them but then, after a few weeks, life gets in the way. We find ourselves back in the "rat race". The problem with resolutions is that they are more like goals. What is most often missing from a goal is a clear vision or intention of what the end result will look like. A goal is something we want in the future. An intention is a desired result – a picture of what it will look like when we achieve the goal. Intentions help set your focus into motion and align your daily energy towards achieving your desired result.

So, how do you "get clear" on what you want so you can set these intentions? It sounds simple, but it's not always that way. We often quickly identify with what we *don't* want or *don't* like and, while it is great information, what we really need to uncover is what we *do* want. We can do this by simply asking, "If it's not THAT, then what is it?" You can also get clarity on what you want by noticing when you feel energized and alive in your life. When you are energized, you are most fulfilled. When was the last time you felt energized and fully alive? What were you doing, where were you, who were you with? This information provides more input into setting your intentions.

Let's take a look at an example of an intention – a statement of purpose, an end result. An intention for your health might sound something like this..."My body is strong and agile. I eat foods that

nourish me and make me feel good. I exercise by doing only things I enjoy - walking, biking, tennis and dancing 2 or more times a week. I stay motivated to exercise no matter how crazy things may get. I inspire others to put their health first. Intentions are clear and specific statements of what you want. They are always written in the present tense and they paint a picture of an area of your life as if it has already been achieved. At any point in time, you can quickly determine if you have achieved it or not.

Another way to help generate your intentions is by visioning. Imagine, it's a year from now. How would you like each area of your life to look? Now imagine you have already reached that. What would you see? How would you feel? What have you accomplished? If you are unclear about what you want, then your intention itself could be to gain more clarity.

Why are intentions important? When professional athletes envision winning, before a competition, they are setting in motion the desired result which increases the probability of achieving it. You attract what you think. So, if you focus your thoughts only on what you do want (your intentions) versus what you do not, you will attract it into your life sooner. Intention setting is more than simply setting a new year's resolution. After creating your intention, take a few minutes each day to envision that intention coming true. Feel it deep in your bones. Then, carry on with your day. When you align your thoughts with your feelings, you begin to set what you want in motion.

Take the time to start this New Year with clear intentions. Make

the shift from resolutions to results and you will soon attract what you truly want in your life!



### **From Resolutions to Results**

Inside our mind is a never-ending stream of thoughts.  
There are those that are draining and others that energize us.  
Notice what brings you alive and get clear on what you desire.  
Then, take the time to create intentions that inspire.

Each and every day read your intentions aloud.  
Feel them in your soul, like you are riding a cloud.  
Go on your merry way, doing your day-to-day,  
and soon you will attract effortlessly with no delay.

## **Bi-Monthly Workout: From Resolutions to Results**

Explore the following process and questions below for the next two weeks:

1. Pick one area of your life that is especially important to you this year. This could be around work, family, a relationship, money, home, fun & recreation, health & wellness...
2. What specific things would you like to achieve in this area? Think of things you have always wanted. Notice when you are judging whether you believe it is possible or not and let that go. Jot down how you want to feel, what you would like to accomplish, what and who is around you and the impact you would like to make.
3. Imagine, a year from now, that you have already achieved everything you ever wanted in this area of your life. What would you see? How would you feel? What is the impact you have made? What are others saying about you?
4. If you are finding it difficult to get clear on what it is you want, write down what you don't want. Then look at what you don't want and ask "If I didn't have this, what could be possible? Or, if I don't feel this way anymore, then how would I feel?" Jot down what comes to mind.
5. Think also about what most energizes you in this area of your life, what gives you life and lights you up. Begin to jot those things down too.
6. Now take each of your statements and translate them into intention statements. They are stated in the present tense..."I have...I do...I am...I feel...I <verb>" The

combination of the statements tells a story and if someone read it, they would immediately have a picture of what you want. Stay away from "I want... I will have..." Those statements only attract "wanting" and "willing", but not the actual thing you do want.

7. Take a few minutes and read your final intention every morning and imagine it coming true. Set an intention for the day if you'd like to keep a daily focus aligned with your overall intention and, then, go about your day. Notice how your day shifts when you read and envision your intention.

Follow the same process for another area of your life and most of all, ENJOY THE PROCESS!!

Join our community to get support, share experiences & pose question at [www.facebook.com/groups/wakeuptoyourlife/](http://www.facebook.com/groups/wakeuptoyourlife/).



## ABOUT THE AUTHOR



Jean M. DiGiovanna, internationally recognized speaker, coach and educator, helps individuals and organizations come alive. She uses her unique gifts to help you find your voice, speak your truth and change the world!

Since becoming an entrepreneur in 1998, Jean has profoundly impacted individuals, corporations and non-profits across the globe through her experiential workshops, webinars and home study courses. She is a Multi-Entrepreneur at heart!

[www.wakeuptoyourlife.com](http://www.wakeuptoyourlife.com)  
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## PURCHASE THE BOOK

If you enjoyed this workout and would like to explore more, I invite you to purchase the ***Wake Up To Your Life Series – Volume 1*** Book.

For details and to purchase: <http://wakeuptoyourlife.com/buy-the-book/>