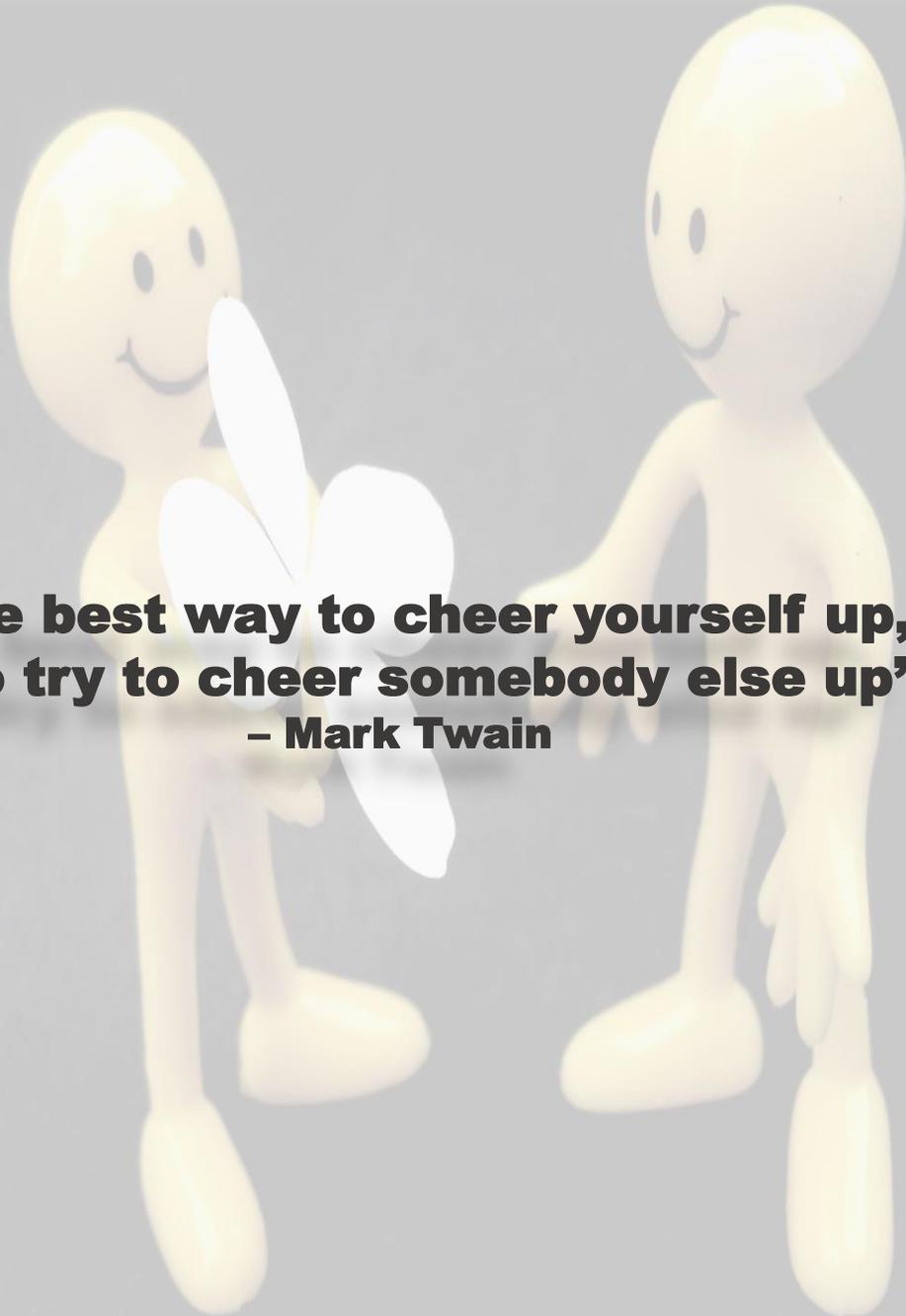




YOU *inspired*

The 8 ways of a Conscious Human Being.





**“The best way to cheer yourself up,
is to try to cheer somebody else up”
– Mark Twain**

1. Kind

It's like when someone is madly trying to find their lost glasses while it has been sitting on their head all along.

Sometimes they find it themselves and sometimes someone helps them. Sometimes they get frustrated and sometimes they laugh it off.

We are all the same, trying to find our happiness through our moments in our days. Sometimes we find it easily and sometimes we need a little help. Sometimes we get angry and sometimes it is quite hilarious.

If you find someone has lost their happiness today, try and help them find it. You might find that by doing so, you find your own.

2. Calm

How many times a day do you feel anger and frustration at things around you?

How often do you allow an external event or person to lead you back to this dark and destructive place?

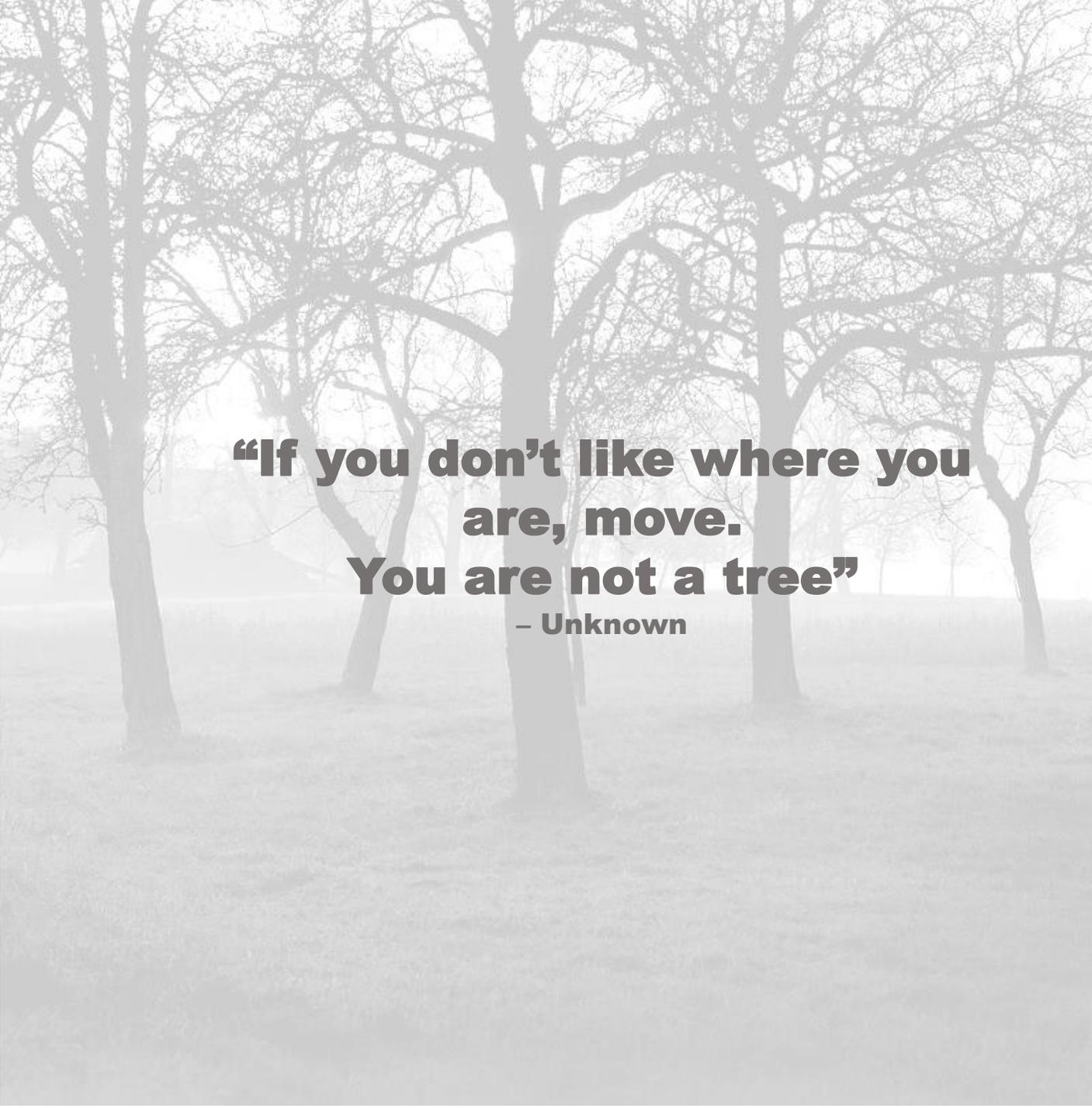
How reliant are you on these low quality emotions to drive your actions to bring you the results you want?

Can these results be achieved from a different place; one of calm and joy?

Could the actions coming from this high quality place have a bigger and better impact?

Notice where you are living from today.

Maybe it's time to move.



**“If you don’t like where you are, move.
You are not a tree”**
– Unknown

3. Purposeful

**“ So many of us choose our path
out of fear disguised as
practicality”
- Jim Carey**

Making a decision originates from one of two places.

It is either from a place of Compassionate Love, which creates actions through positive intentions for everything you do for yourself and for others.

Or, it is from a place of Fear; which is a driver of actions based on assumptions of failure, for yourself and others.

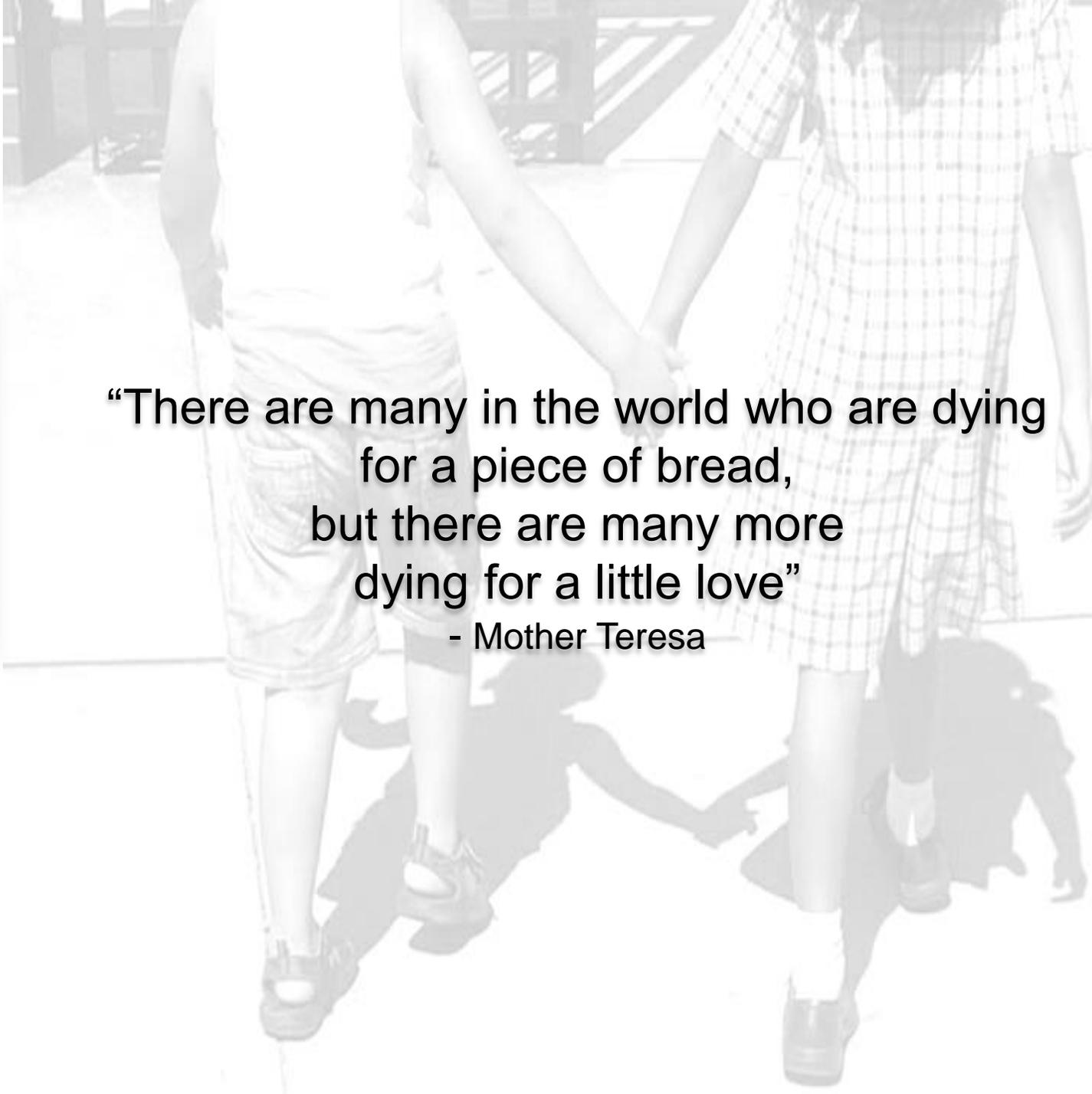
What place are you making decisions from right now?

4. Generous

You don't have to give away material things to be charitable.

Give away your attention, understanding, support and kindness with no expectation of it back.

There lies the meaning of true generosity



“There are many in the world who are dying for a piece of bread, but there are many more dying for a little love”

- Mother Teresa

5. Mindful



How much can a little old sentence reveal about you?

What you say can be a complex combination about more than you might be willing to say about yourself.

It might even be more than you even KNOW about yourself!

What are you really saying?

6. Growing

If the world you experience is within you, then growing through challenges directly impacts your world. These challenges are the precursor to conscious changes you need to make to grow past them and to the next level.

Do you notice you keep experiencing the same underlying challenge, presented in different ways, within a given space of time?

Have you paused at these moments and asked yourself, why does this challenge keep appearing in my world right now?

How is this challenge an opportunity for me right now? How will ignoring this challenge impact my world right now?

Because if the world you experience is within you, then ignoring the opportunity to grow is ignoring the potential to experience a better world.

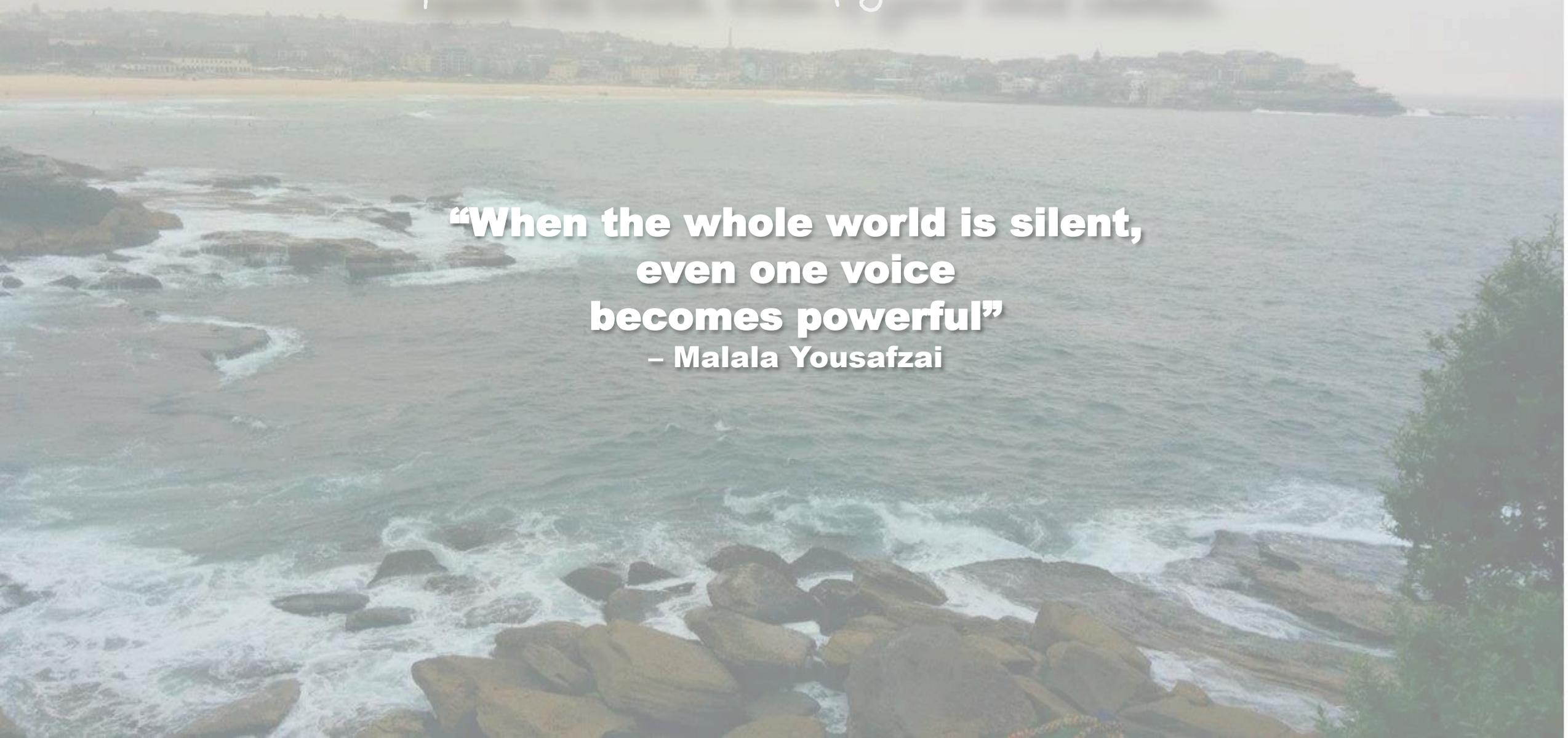
**“You are the universe,
expressing itself as a human
for a little while”**

– Eckhart Tolle

7. Confident

Speak the truth. Even if your voice shakes.

**“When the whole world is silent,
even one voice
becomes powerful”
– Malala Yousafzai**



8. Responsible

If we all take the responsibility for the role we play as individuals in this world and behave as quality, conscious human beings... imagine the impact we could potentially have.

If not on the world, but just to our own peace of mind.



**BELIEVE
THERE IS
GOOD IN
THE WORLD**



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