



PAINS & PLEASURES

List 5-10 problems that your tribe are experiencing that causes them pain in their life, that you can potentially fix. Then do the same for their dreams: what are 5-10 key things which they really desire that will give them pleasure, which are a result that you could possibly help them achieve? So think about pains and pleasures. This will be just a one word list to begin with. Some examples I have for my own tribe would be:

Pain 1: Stress

Pain 2: Anxiety

Pain 3: Unhappy

Pain 4: Stuck

Pain 5: Lonely

Pain 6: Exhausted

Pain 7: Procrastination

Pain 8: Frustrated

Pain 9: Overwhelmed

Pain 10: Confused

Pleasure 1: Independence

Pleasure 2: Purpose

Pleasure 3: Positive Energy

Pleasure 4: Lightness
Pleasure 5: Confidence
Pleasure 6: Carefreeness
Pleasure 7: Joy
Pleasure 8: Peace
Pleasure 9: Freedom
Pleasure 10: Abundance

Your next task is to expand upon those pleasure and pains by describing them and how they show up in your tribe's life, using at least one full sentence and with as much detail as possible.

PAINS

Pain 1: Stress

I am drained by all the emotional ups and downs at work. I am overloaded with work tasks and receive little to no help or appreciation for what I do. When I return home after a long day, I am still carrying the negative energies of all the people I work with, clients and colleagues. Add that to family and friends who seem to use me as a device to unload all of their personal issues while involving me in their drama, I can never escape the negative energy that clings to me and I end up shutting myself away from everyone, sat indoors alone with my thoughts, ruminating even more over all the mountain of problems I have to deal with.

Pain 2: Anxiety

I feel on edge almost constantly, just waiting for the next disaster to happen, either at work or with a personal relationship. And underneath it all, whenever I get a quiet moment at home where I can relax and get some respite, my mind won't stop chuntering, focusing on how time is running out for me, that I'm not getting any younger, that I should be doing more with my life, that I'm a failure. It is affecting my physical and mental health, I'm putting on weight and not sleeping well at all.

Pain 3: Unhappy

I often sit on my own thinking or meditating on why is my life this way? What is my purpose? Why am I here on this planet? Surely there is more to life than eat-work-entertainment-sleep? I feel like if I can just heal these blocks I have, maybe I will be OK and it will end the cycle of endless tower moments but I am scared of going to places where I know there is hidden trauma. I'm struggling enough as it is and worry that might make things even worse.

Pain 4: Stuck

I find myself snapping at work colleagues and even some family and friends because nothing ever seems to change, it's just the same old patterns playing out. The bureaucracy, politics and red tape which prevents me doing my job properly. The way no one seems to care about the clients apart from me. It's all about ticking boxes and making profit. I feel trapped in groundhog day with futile arguments over the same old things and I'm banging my head against a brick wall even trying to get through to people.

Pain 5: Lonely

I end up shutting myself away because I can't deal with all the negative people in my life. And when I do try to open up a little, to speak my truth, I get laughed at, ridiculed or misunderstood. I feel like I don't belong anywhere, an outsider, and I dream of floating away to another planet, where people think the way I do. I want to find love too but how can I attract the perfect partner if I don't have my shit together? I don't want someone to take care of me, I want to be fully independent and not rely on anyone else. But I also don't want to be by myself on this journey. It's so tough when there are so few people I can truly be myself with.

Pain 6: Exhausted

I am so knackered from taking on other people's negative energies and from trying to fight/change the system. It seems like a pointless exercise to try and get other people to change but I don't know any other way. I am aware that I also need to change on the inside but I am so tired constantly and busy, I never seem to have quality time to really sit down and work on myself. I feel like I'm always either putting out fires or resting from putting out fires! I am always nodding off in the middle of the day and have to take naps when I could be doing more to get myself out of this situation.

Pain 7: Procrastination

I stare at my laptop screen for ages or I get distracted by friends, family, social media - anything to take my mind

away from what I know I should be doing. I feel like I need motivation, a kick up the ass to get me going but even when I do, I never seem to get anywhere, it's just endless surfing online and at the end I'm often more confused than when I began. Then I beat myself up even more for not doing enough. I end up binge watching another Netflix show or shopping online and going back into my comfort zone, which makes me feel even more guilty.

Pain 8: Frustration

I manage to get up the courage to finally create a video or a written post to go on social media and start to promote myself but it takes so much time and energy and for little to no reward, that immediately I feel like a failure and go back into my shell. I have huge imposter syndrome, like I don't deserve to make money from my gifts, like it's wrong somehow, not spiritual even. But another part of me says it is my birthright and I do deserve abundance and if other people can do it, then so can I. It's a constant battle between my head and my heart but my head seems to win more often. It tells me I need more time, more money, more training, more offers before I get started, that I'm not ready, not experienced enough. So I never fully commit or I slip back into my comfort zone, telling myself I have a job, I have an income and I should be grateful and not risk losing it, especially the way things are today in the world.

Pain 9: Overwhelmed

I scroll through my social media and am envious of all those people who seem to have it all figured out, running incredible, successful businesses and it all seems to come so easily to them, yet when I start to get into it, it seems

like an impossible mountain to climb. I'm no good with anything technical, I'm not business minded and I hate selling and marketing, it seems so tacky and unethical. I lack confidence and don't really want to put myself out there. I just feel like it's all too much and perhaps I don't have what it takes. I don't feel like a leader and that I can do this by myself, but I am too prideful to reach out for help. My mind just ends up totally going blank or in some sort of mental fog as I sit with my head in my hands perplexed at how to get out of this hole I'm in.

Pain 10: Confused

I have tried all the Law of Attraction tips, techniques and rituals but although I believe in it and have seen it work for me, it isn't consistent and hasn't transformed my life. I sometimes hear conflicting manifesting advice and it drives me up the wall because I'm not sure if I am doing the right things. I see other people on my social media who seem to have manifested it all: the lover, the house, the thriving business, the exotic locations, the abundant lifestyle, yet I'm doing what they say and nothing is happening. My faith is starting to wane and I often wonder what I have done wrong to keep attracting negativity. Is it bad karma? But I'm a good person, I go out of my way to care for and help others, so why am I not manifesting better than this?

PLEASURES

Pleasure 1: Independence

I see my calendar totally booked up with clients I choose to work with, knowing that I never have to consult with anyone else about my work day; I call the shots

Pleasure 2: Purpose

I do what I love every day, never feeling like it's a chore and seeing the amazing changes in clients after they have worked with me, often making me cry because it's such a beautiful transformation

Pleasure 3: Positive Energy

I read messages of gratitude from my clients, hear my parents congratulating me on the phone, have dinner with new friends, who encourage me with my business ventures as we chat and laugh together over delicious tea and cake

Pleasure 4: Lightness

I walk around with a skip in my step, feeling more healthy and vibrant than ever, looking in the mirror and smiling at what I see looking back because I no longer carry the burden and stress I had when working in a job

Pleasure 5: Confidence

I feel like no one can mess with me or get in my way, I am no longer triggered by any negative comments and I move

around with my head held high, a more powerful walk and stronger aura

Pleasure 6: Carefreeness

I dance barefoot through lush tropical ricefields and across silky smooth white-sand beaches, diving naked into waterfalls in far off lands that I now get to visit regularly as part of my soul-business

Pleasure 7: Joy

I have a huge smile on my face from the moment I get up till I go to sleep, and even when things get tough, I always bring myself back to the fact I get to do what I love all day, every day and that brings the smile back

Pleasure 8: Peace

I go for a walk in the beautiful nature spots near where I now live and work, and soak in the quiet ambience, the fresh smell of pine, just the ancient, tall trees for company and the pretty song of native birds

Pleasure 9: Freedom

I feel the sun on my back as I relax in peaceful nature in a far flung corner of the globe where the weather is warm and the nature is stunning, knowing I can spend as long as I like there because I make passive income from my many interests and talents

Pleasure 10: Abundance

I cool off by slipping into the infinity pool at my new house, staring across the tropical island vista whilst sipping on an ice-cold mango smoothie, after checking my bank balance and knowing that I am safe and secure