



Miraculous Change - 15 Miracle nudges to More
Effortlessly Make the Changes You Want in Your Life



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Miraculous Change

15 Miracle nudges to More Effortlessly Make the Changes You Want in Your Life

I've put together this little e.book to share some big insights that have made the world of difference to me and the people I work with when it has come to creating the changes we really want in our personal, work or business lives.

I've called the book '*Miraculous Change - 15 Miracle nudges To More Effortlessly Make The Changes You Want In Your Life*', because the more I looked in a *different direction towards a new understanding of how we create our experience*, and got *re-acquainted with my true nature*, the more miraculous life started to feel.

The insights relate to **all** change regardless of the particular situation or circumstances you are in.

So, whether you struggle with overthinking or a lack of confidence, regularly find yourself feeling anxious, worried, fearful or stressed, often feel torn about the impact your changes might have on your important others, or just can't get your head around where or how to best to start making the changes you want, my hope is this new understanding will 'nudge' your own insights to more effortless change, and experiencing life in easier ways.

A key aim of this book is to inspire you to have fun, and engage in creating your Miraculous Change in a light hearted way. To come from a greater *freedom of mind*, rather than the usual need to control or over focus on the outcome, which can really get in the way of creativity and fresh thinking! This is far more about the *change journey* and *being open to seeing whatever your something you want to change is with fresh eyes*. To just show up and do what occurs next to you, moment to

moment, without constantly evaluating how you're doing, or worrying about what other people might think.

To this end, the book focuses on 15 Miracle nudges, each based on an insight I've had whilst on my own journey into this *new understanding of the way we work*. Each of these is followed by a weekly nudge to encourage you in your own exploration of creating your Miraculous Change.

I hope you will enjoy these Miracle nudges, and that they will inspire your own insights ... that you too will start to experience *a different relationship with your thoughts when it comes to navigating any change*. One where overthinking and self-doubt gets replaced with more of a joy and ease, and where '**Living in the Flow**' - as I refer to this new way of being - becomes second nature for making the changes you want.

All the very best

Tamsin Butters



Miracle nudge 1 - Tuning into your innate wisdom

With this new understanding, I've come to see that we all have *100% innate wellbeing and wisdom*, and we are absolutely okay just as we are. Thus, you are not defined by whatever beliefs or patterns of thinking you've currently got, and this book is all about embedding that at a deeper level. Because from that place, life starts to look very different. We tend to get way less caught up in the *content of our thinking*, and way more in tune with *just living and being in our life* so that change becomes more effortless ... this will all unfold as we go along.

This first Miracle nudge is all about *tuning into your innate wisdom*. Seeing that almost like 'your partner in crime', which is always working away for you, despite any of our human behaviour or stirred up thinking at times. That means listening to that quieter voice in you that's continually giving you inclinations, ideas out of the blue ... to look more in that direction than your "I know" mind!

It's about starting from the premise that whatever you're wanting to change, this is not about needing to fix or change something about you.

Nor is it about wanting to change others. Since I've come to see that we *all have a natural default setting for wellbeing and wisdom*, that means your family, your friends, partners or colleagues have that too. So that when you might be caught up in overthinking about other people, or your relationships, you see that they do the same thing. This leads to a much greater understanding of how others - not least your important people - tick.

I've come to see that that *innate wisdom is so much more accessible from a quieter, more settled state of mind*. So that when mine, or anyone else's thinking, shifts from noisy and stressful to quieter and more settled, it becomes so much easier to see the

wood from the trees, and drop back into **Living in the Flow**. Things feel easier, lighter - and just *seeing that's how it works for us all*, makes for much easier, happier relationships.

It also helps us to be more compassionate - seeing that we're all doing the best we can when we're stirred up, that no state of mind is fixed, and, once settled down, we return to our natural default and true nature.

Your miracle nudge for this week

What is it you'd most like to change? Does something immediately come to mind or have you got more than one thing percolating? Just take this week to play with whatever is coming up ... what feels most exciting for you when you think of it happening? See it through the new understanding I've described above. How does it look from that perspective? What might you be seeing differently now?

Then write down what your Miraculous Change is. Describe it succinctly in as few words as possible and as if it's already happened in a positive way. Eg, it's now x date and now that my (describe your Miraculous Change) has happened, I'm seeing/hearing/feeling x, y z.

It's about choosing what you'd most love to change, then seeing what occurs to do, taking that step, and changing course depending on what is revealed as you go.

Remember, nothing is fixed in granite. Just pick one thing for now, and let things evolve or change over time depending on what your *natural momentum* reveals to you.

And a big tip here, this isn't about wanting to change a shopping list of things you've been meaning to do, but never got around to. It's about giving yourself permission to

remember those things you used to love doing, or ideas on your bucket list that make you feel really excited, but have always felt were a bit impossible or out of reach. The emphasis is on choosing something that you can play with, something that you can have fun with, something that immediately gives you a surge of energy when you think of it happening!

Your notes and insights