



Embrace Your Essence - Live Your Truth - Love Your Life

www.freedomfromwithin.net

Are You Surviving or Thriving?

Circle the answers (a or b) that apply to you where you are currently at in the following questions:

When you are facing a new situation, do you:

- a) try to control or be in control?
- b) lean into the unknown with curiosity?

Do you make your choices according to:

- a) what you believe you should do, have to do or must do?
- b) what your heart desires and is in alignment with your values?

When you have a decision to make, do you:

- a) look outside of yourself for answers and defer to other people's opinions?
- b) listen to, trust and follow your intuition/instincts?

In your day to day life, do you have the tendency to:

- a) worry a lot and feel fear and anxiety?
- b) feel relaxed with only the occasional feeling of stress?

What are your beliefs around your worthiness?

- a) You try to prove your worth through your work and achieving and yet don't feel fulfilled
- b) You know you are worthy exactly as you are.

When you look at yourself and the world in general, do you:

- a) believe that you are not enough and there is not enough money, support, love etc.?
- b) believe that you are more than enough and there is abundance all around you?

Do you:

- a) feel like life is hard work and you bump up against obstacles frequently?
- b) feel in flow with all of life, are enjoying your life and things come to you easily?

When dealing with conflict, do you:

- a) get easily triggered and in reactive mode - are defensive?
- b) know that everything is for you and can navigate your way to solutions with grace?

When trying to come up with solutions, do you:

- a) stay up in your head and try to think your way through issues logically?
- b) drop down into your body and receive the messages your heart/soul is giving you?

Generally speaking, do you:

- a) push and force and try to make things happen the way you want them to?
- b) allow yourself to be given to by life, taking steps as they present?

Do you:

a) try to get things right, worry about being judged, make everyone happy and be someone believe you need to be?

b) remember the truth of who you are and live in alignment with your unique Essence?

If you have picked **6** or more **a's**, **YOU ARE IN SURVIVAL MODE**. To begin your shift to thriving and experiencing more freedom and flow, click [here](#) to book a time for a complimentary thriving breakthrough session and take the first step on your new trajectory. Does it feel scary? Guess what? It's supposed to! I had trepidation too but getting support on my path to thriving and not trying to go it alone was the best decision I've ever made. In the meantime, a tip to help calm your nervous system is to breathe in through your nose and out through your mouth for 2-3 minutes. This helps you shift from your sympathetic nervous system (flight or flight) to your parasympathetic nervous system (rest and digest).

If you have 5 a's or less, **YOU ARE ON THE THRIVING PATH**. That is amazing! Keep on keeping on and if you desire to feel even more happiness, peace, and fulfillment through connecting with your intuition and body wisdom, click [here](#) to book a complimentary thriving breakthrough session. If you don't do so already, take a break in your day and be in nature. Being in the trees especially, helps you feel calmer. It clears my head and it's where I receive my best ideas!



Meet Glenda

Glenda Lane is an awakening coach and intuitive energy guide who has combined 28 years of experience as a physical therapist and 8 years as an intuitive transformational coach to help people tap into their innate body wisdom and intuition, return home to their hearts and remember the truth of who they are. She helps people shift from living in stress and survival mode to thriving and living in flow with life. Glenda teaches simple but powerful energy tools and practices, empowering people to create how they desire to feel and live. Through working with Glenda, her clients state that they feel happier, more present, more confident and have greater self-awareness so they can make choices that are in alignment with who they really are. Glenda's vision is a world where love always wins. We create that one heart at a time. You can find Glenda on Instagram [@freedomguideglendalane](#). Join her **Love G.U.R.U.s** FB group [here](#) .