



## LEAD WITH LOVE LEADERSHIP CIRCLE NOTES AND SUGGESTED PRACTICES

The Intention of this group is to: LEARN. GROW. CONNECT. SERVE.

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February 1st, 2018: Living Into Your Life's Mission, Every Day

Host: Jess Ewart | Guest: Stephen McGhee

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[Next Session Relationships as Spiritual Curriculum with Ashley Turner](#)

### Stephen McGhee:

Stephen is the owner of Stephen McGhee Leadership, Inc. He is an International Keynote Speaker, Author of three books on Leadership, his latest being "Get Real" A Vital Breakthrough on Your Life and Leadership and a Visionary Guide to highly influential leaders across the globe. View his website [here](#).

### Jess Ewart:

Jess is the Executive Director of [Aspen City of Wellbeing](#), and [Lead with Love](#). She is a scholar of philosophy, yoga and Ayurveda and knows that her life's mission is to share what she has learned with all who seek a way out of suffering and toward radical freedom. More [HERE](#)

Stephen has given FREE access to his new film The Climb For Freedom.

Use code LEADERVIP and view here: <http://www.vimeo.com/ondemand/14289>

### Key Takeaways:

-To start, write the first answers that come to mind to these questions. Next, put them in a statement that you can live into.

- What am I enthusiastic about? What am I inspired about?
- What are the ways of BEING that inspire me?
- What are my gifts?
- Intellikey- that unique part of you that makes you special.

-Know your gifts then apply them as a way of being in the world through ACTION.

-Small things done consistently create MAJOR impact. The little things you do add up over time.

-Intention is more important than method.

### Quotes:

"The intention supersedes the method" John Roger

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do.'" - Marianne Williamson



**Notes:**

**Our purpose in life can change over time.**

Intention & Method

Examples of methods by which we fulfill a purpose: Being a Politician, being the best mom ever.

With Intention we can have something that moves us inside, it is deep inside us, part of the physical, emotional and spiritual wellbeing.

**Q:** Is there a quality that speaks to the intention?

Yes, There are clues!

**What am I enthusiastic about? What am I inspired about?**

**What are the ways of BEING that inspire me?**

**What are my gifts?**

We are all have gifts. Even in our lowest points of life, we have gifts.

**\*\*\*Intellikey- that unique part of you that makes you special.**

Own the gift that you are.

**Q:** How would you recommend someone identify a gift when they are in a constricted challenge place?

Look at where you are focused. Shift your focus to look at what is working.

**"Punching Through"** - punch through to the other side, then recognize the gratitude of who I am, and my situation.

How do I as a Human Being use everything to grow?

What is in this for me? When you are low, move from a victim orientation to an ownership orientation.

We don't grow our muscles in weight lifting from it being easy!

**Q:** How do you stay focused and not get off track with the mission when there is so much distraction on a daily basis?

When you realize you are off track, bring gentle awareness to it, course correct the bring momentum.

When someone has momentum they walk into a room and you can feel it.



Small things done consistently create MAJOR impact. The little things you do add up over time.

**Q:** Are Mission and Purpose the same thing?

Mission is at 50,000 ft for life. Purpose can be more specific than life's mission.

**Q:** What are some of the obstacles or excuses you have heard from people for acting on Life's Mission?

Being busy, needing to put food on the table etc.

The way I am thinking of life's mission, is a way of being.

We can have it now, we don't have to wait, we can be of service now.

The mind is a powerful thing. It can be very tricky, can lead us down a rabbit hole.

We can shift it anytime we choose.

**Q:** Do you have a morning or night time ritual to live a life from the inside out?

Rituals are VERY important. 3-5 things every morning that you are committed to doing.

Ex: Get quiet for 2 minutes, write down the action steps that came to me in my quit.

Plank, cold plunge, set intention for the day

Define a ritual for yourself that you do every day. CONSISTENCY IS WHAT MATTERS

There is no wrong way to do it. Find your way to do it, but do it.

Intention is more important than method.

If I find that I am in head today but I want to be in my heart. I put my hand on my heart and take a BIG deep breath.

**What would fulfill you?** If a person is fulfilled they are not trying to get somewhere extrinsically.

When you find yourself off, ask - **What is good for me?** We have to get to know ourselves and what is best for us.

**Q:** What is the difference between believing and knowing?

Evidence If i get quiet and look at evidence in my world, you get the deeper truth of knowing.

I would change the title of this webinar to LIVING into my life mission.

**Q:** How do we take the first step, and live into our mission?



I would change the title of this webinar to LIVING into my life mission. Take the first step. Small things done consistently create MAJOR impact. The little things you do add up over time.

**Q:** Do you have specific tools when there is judgement?

A judgment locks everything up. First I become aware I am judging, then I forgive myself for judging AND LET IT GO.

The key is letting it go. If I am in my head about it then you are holding on.

All part of the evolution. Release the judgement then I can move to the truth. That is part of my learning.

**Q:** How might you work with someone to help them through a challenge?

It doesn't really matter which spiritual text you go to. There is almost always something in there about the journey and the journey being done with another. 2 or more gathered.

When I sit with another person it isn't about one person or the other, it is about the space we create together.

**Q:** Abundance & Wealth : Are there any tactics you can recommend to take on a daily basis to monetize your Mission to support you financially?

First acknowledge if there is a scarcity inside you that is being projected out.

You can give and be generous in other ways besides money, this can be time, spirit, relationships.

The second step is my willingness to receive. Create the relationship for giving and receiving.

**Q:** Is there a way to create boundaries on what you want to give and what you need financially for living?

Boundaries are not barriers to the heart. Make sure you know your worth it is a balance. You need to take care of yourself. Serve your clients powerfully and they will know your value. Sometimes someone can stay in the same lesson for an entire lifetime.

**Q:** What would you suggest to help someone bread discernment

Comparison is the enemy for discernment. We are all on a journey.

What's my evolution, my learning? I have a thing in my daily practice, my integrity is a non negatable. Disnerment comes from building the inner muscle to say NO to everything that isn't aligned for you.