

Welcome to the Naked Eye Podcast with Debbie Fang

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Naked Eye

12 Lessons I've Learned The Past 12 Months

1. Life is not measured in time, in how old you get, how many rounds the sun has come up and down, life is measured in emotion, in laughter, friendship, joy, challenges

2. There are a million ways up the mountain, focus on finding your way

- Be aware: People telling you need things / courses / tools etc in order to get to where you want to be, to reach your dreams.
- You do not NEED them, it will help but make sure to know your own voice first.

Ex: Courses - Marketing that doesn't align
(using FOMO. Tactics, psychology manipulation)

- i. Align energy first
- ii. Think long term
- iii. Stop looking at what others are doing.

3. See how people show up to disagreement, including yourself

- a. Can you hear someone's opinion, disagree, and still hold space for love?
- b. How you show up to disagreement and conflict is important.
- c. Stay firm in your truth, but be aware of the frequency you give. what matters is how we treat each other day the end of the day.

4. Creation: Even if it's impacted one person, that's enough

- a. Our job is to let the inspiration flow through as a channel

5. Attach to the intention and detach from the outcome

- a. *Metrics: Am I doing everything in my power*

6. Look at creation as a way of exploring:

- a. Instead of "I have to put out content" > how do I prime myself to invite creativity in to create & explore
 - Ex: Non-Negotiable Daily Routine: Showing Up
 - Changing identity

7. When we attach to what we want, we blind ourselves from seeing what we really need

- a. Under every desire there is an underlying emotional need
- b. Buying a fancy purse:
 - i. Ego - Sense of achievement / belonging
 - ii. Really love fancy purses and spending money
- c. What is it that we're searching for?
 - i. How do i create that with the space I'm in?

It's not about what you have, its about HOW you use what you have to create what you want

- d. Having resources v. being resourceful

8. You never know if the choices you make are right or wrong, you just choose and you trust.

- Trust that you can create under any circumstance, bc there's no really such thing that's really right or wrong
- In certain situations it might be harder, but they are all part of re-creating who we are.

>> What have I learned from this, what can I learn from this?

- a. Look back in life: what have you accomplished that just felt impossible to get through or maybe you were in a depressed dark time, you've overcome it.
- b. Or maybe you're still feeling like you're in this deep dark loop, but look back at the badass thing you've accomplished, and think of how powerful that is that you've done something like that

Exercise

>> List out 10 badass things you've done in your life

>> travelled places, stepped out of your comfort zone, tried something new

9. You have power over your mind, not outside events - Marcus Aurelius

- a. This world could be crashing, but it doesn't mean you have to listen and go in the same direction.
- b. In circumstances where people are deemed to not have been successful, there are people who make it and defy the odds,
- c. There are people who grew up in places or environment that prime them to succeed, but some still fail the expectation.

Implementation:

When feeling stressed,

>> Is this something I can control?

Ex: Weather: "This weather is so shitty, I can't go out for a run or dry my laundry"

1. Weather: Uncontrollable
2. What can I control?
 - a. How i respond to it
 - i. Not washing clothes last min or finding other ways to dry clothes.
 - ii. Working out indoor

- b. How can I problem solve and move forward to accomplish my intention and what I set out to do?
- c. Have your eye on your goals / intention, not the problem and obstacle.

10. **Make things happen instead of wishing that things will happen.**

- Be the creator. Because people are always waiting for the initiative

Ex: Think of an experience you want to experience,

>> Body painting & splashing paint on bodies, expressing art - when I say that most people are excited and down to try it out, they just waiting for the initiative

>> Make things happen instead of wishing that things will happen.

- People follow the interesting stuff so create.
- People like to see more people that come alive.

We're all seeking the same thing.

11. **If you're not right with yourself nothing else around you is going to be right,**

>> Create the inner reality first

>> When you're feeling chaotic or feeling like ure falling apart, find that one thing that grounds you and hold on to it.

Exercise

>> *Think back to the time you feel most alive, what is it that's making you feel alive?*

12. **Things don't have meanings unless we give it one**

- The past can only hold you a prisoner for as long as you keep giving it that meaning"
- At the same time, all the "coincidences", "synchronicities" only exist bc we give it a meaning, bc we're searching for an answer,
- it only exists to guide our soul to where it wants to go

"There is a voice that doesn't use words, listen"

Action Item

- ***Put time on calendar: Reflect on “12 Things I’ve learned the past 12 months”***
- ***Invite a friend to do the exercise***