



Sondra Joyce's

Top 3 Secrets for WOMEN GLOWING RICHLY

Hello Glowing Woman! Many blessings to you for taking a moment to download some brilliant information to spark you on your personal journey of transformation.

Are you ready to start glowing and adding richness to every area of your life? I have lots of other tools to assist you in going deeper, and with joy I offer these complimentary top secrets to start juicing up your life right now!

I feel blessed and blissed to have led a life glowing with adventure, one where I have transformed many supposed negatives into the biggest blessings of my life, and have explored what "rich" means beyond the money in your bank account. I have started 4 successful businesses, traveled to over 15 countries, been on the leading edge of new thought and experiences before they were mainstream, such as holistic health and healing, Feng shui, sacred sexuality and spiritual retreats. And now I share my insights with you so that together we can radiate a glowing force for ourselves and ignite the world we live in - a world that desperately needs our collective light.

Below is an in depth description of each secret, and at the end is a pdf daily print out for your use!

Glowing Rich Secret Number 1: APPRECIATION

APPRECIATION for what is in your world now is the beginning key.

In an enlightening conversation at the weekly wisdom circle I attend every Saturday morning, we were contemplating the difference between appreciation and gratitude. Being full of gratitude is personal energy which floods all the cells of your body. You are FULL of gratefulness.

Appreciation allows the gratefulness that exists in you to move out to other people and situations in your world. It is letting your blessing vibrate on a level which activates your "glow" and can alter many situations with your positive love.

I am certified in a great relationship builder called PAIRS, which is the practical application of interpersonal relationship skills. I know that is a mouthful, but basically what we practice is a toolkit of skills that create loving and glowing relationships.

More on that later, but briefly, offering 3 appreciations daily shifts your life. It starts with gratefulness for yourself and appreciation for the person most close to you in your life which could be a partner, family member, or friend, and then **surprise** another person in your world by appreciating them. The more you look for ways to appreciate, the more shows up!

Glowing Rich Secret Number 2: **CHERISH YOUR SPARKS**

Collect your sparks and cherish them.

I loved to play outside when I was a little girl. I would see what I called “Sparks” when I felt really happy. My family thought I was crazy when I would run into the house and say “I saw my sparks again!” It was a process of developing intuition about who brought joy to me.

The people that were happy made me “spark”, and I declared at a young age that I would be on a journey my whole life to find my spark people. A popular term now is your tribe. A glow rich woman is sensitive to the energies of others, and she chooses and celebrates the spark people in her life.

The cool thing about your sparks, is that you know instantly when one is near. It’s that undeniable feeling of joy and curiosity. When sparks meet, there is a spiral of energy that fuels your law of attraction. This is truly your “tribe”, where you glow and grow together.

You know your peeps when you meet them! Make a commitment to connect when you do. A friend on a hike in Steamboat Springs came around the corner and saw a man sitting on a rock who she felt radiated such beautiful energy. They shared a joyful exchange and it was not until months later that she realized he was John Denver, the singer!

As I got older I realized that my sparks were probably negative ions in the air, but I never saw them except when I was happy. Be a collector of Sparks and cherish each one. There is a reason the universe has conspired for you to meet. Women glowing richly will follow through on that energy and find out how they can be of service.

Glowing Rich Secret Number 3: **PROSPERITY LOVE LETTER**

Write a prosperity love letter to yourself in the first person, and read it every morning and night.

Research shows that your mind is more attentive to your thoughts and feelings just upon waking and right before sleep. Your specified attention on what makes you glow rich is a gift so powerful, many of my clients see immediate and tangible results. Ask me for examples!

Here are a few guidelines:

- Write your love letter in the first person
- Write it as if everything you desire has already occurred
- Emotionalize your letter with feeling, colors, and senses, so each word is alive with your intention
- Allow your biggest dreams or your BHAG (Big Hairy Ass Goals) to manifest through your writing
- Make a copy of your letter and put it in a plastic sleeve in a place where you will see it upon waking and right before you go to sleep at night.
- When you “read” your letter, it is an act of embracing your magnificent self, and informing the universe that you are ready, receptive and on “glow” to create a new paradigm in your life.
- This is a flexible letter! Alter or delete as you move on your personal journey, , and as your life continues to transform.

One friend, Kim, realized that what she had been wanting all these years was right in her backyard She wanted financial freedom, and realized that by selling off a piece of her property she could not only fund her child’s education, but could downsize and emphasize what was important to her deepest desires now.

What works well for many Glowing Rich Women writing their love story is the following:

Create a “pie” divided into sections and identify which are most important to you now, 6 OR 8.

Areas included might be:

HEALTH

PRIMARY RELATIONSHIP

CHILDREN

SELF CARE

WORK

FINANCES

PLAY

HOME

EXTENDED FAMILY

RECIPROCITY OR GIVING BACK

COMMUNITY

Write what has happened in the first person in each category to create your love story!

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YOUR DAILY PLAY SHEET FOR: TOP 3 SECRETS FOR WOMEN GLOWING RICHLY

● MY GRATEFULNESS AND APPRECIATIONS:

- 1. Yourself: I am grateful for my _____
I am grateful for my _____
I am grateful for my _____
- 2. The current (or future) significant other in your life: (preferably in person)
I appreciate _____
I appreciate _____
I appreciate _____
- 3. A surprise appreciation for someone in your life:
I appreciate _____
I appreciate _____
I appreciate _____

● MY SPARK PEOPLE WHOM I CHERISH:

Who has come into your world recently? How can you magnify the energy between you to better serve you and them? You could ask "What is something I can do for you"? What action are you committed to taking? My Spark(s) _____ and I am committed to _____

● I READ MY LOVE STORY WITH EMOTION:

In the morning _____
In the evening _____
What shift can you celebrate today? _____

Join me for the next Uncommon Conversations with Remarkable Women (formally Women, Wisdom, Wealth and Wine) LIVE event in Durango or online! Request your invitation here: http://www.glowingrich.com/events

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