

## **Living with VERVE...Living with Spirit**

*Sitting in the seat of the authentic you and loving it*

### **I believe...**

*Living without worthiness is dangerous and out of sync with our soul.*

*The quest to be extraordinary is really the quest for your calling.*

*The universe will reward you for being you and doing what you love.*

*When you are authentically you, only truth can come of it and it affects every environment you are in*

*Inspired living is as critical as breathing air.*

*The monster under your bed has always been the fear of not being enough of something or someone.*

### **So Dare...**

*To stop being politely fed up with not living your own life...be BEYOND fed up.*

*To choose engagement over sitting it out.*

*To abandon the concept of being completely ready, just be willing.*

*To allow yourself to be seen, heard and RISE.*

*To own your NO setting a place for YES.*

*To measure you through your own eyes.*

*To live raggedy taking chances, falling down, skinning your knees but getting back up.*

*To tell the monster to shut up!*

### **So that...**

*You engage with the world from the position of worthiness, authenticity, unapologetic and wonderfully imperfect and the world is blessed by your unique contribution. The monster slinks away.*

*Karen Senteio*

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