

Yes to Me



A playbook for
change

Sarah J Middleton

A playbook to create the life of your dreams

Following a path along the stepping stones in the following pages, will give you clarity on what your most fantastic life could look like. From my own experiences, I am certain that we are happiest when we are fired up by the work we do and in balance with the life choices we make. Whether you are navigating across new landscapes or in your own life, knowing your destination and having a clear route to follow will make it much easier to know that you are on the right pathway and making progress.

During my online or face to face Yes to Me programmes, participants learn that what they put their attention on grows stronger and why it makes sense to spend time dreaming of the life they'd most like to create.

I've made this playbook to help anyone who wants change in their life to make progress. Whether you choose to take a few hours or a week to do these simple exercises, I hope that they'll support you to kick start positive steps towards the life that you have only dared dream of before.

All you need to get started are a few of your favourite pens and paper or a special note book and an open heart that's willing to have fun and get creative with each of the exercises laid out in this booklet.

Take the first step towards that clarity now...

Sarah J Middleton
February 2021

Step 1: Your journey to here

Spend time reflecting on the things that make you shine and come alive. To start this process, find somewhere comfortable and sit yourself down with a cup of tea, pen and paper; then think about things that you are good at and that you have really enjoyed.

As you go through the exercise below, write down all of the thoughts that come to mind - just let them fall onto the paper. Start by thinking back to yourself as a child, then travel through your life to the current moment.

Read through this short list of questions to help get you started and clear about those memories:

- What is it I love to do, both now and in the past?
- What am I good at?
- What kind of places do I like to go to? Where have I been?
- Where do I like to spend my time when at work, home, rest & play?
- Who do I like to be with? What type of person do I like best?
- What do others say I'm good at?
- What do I get noticed for?
- What brings me alive?
- What makes me shine?

Step 1: My journey to here

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Step 2: Planning the way you want to travel

Reflecting on the answers in step one, let your imagination travel forwards into the future for ten years.

If you could wave a magic wand over a blank canvas how would you be living? What would you be doing? How will you have grown and developed? If finance, education, opportunity or connections were not an obstacle and if you left behind all the things that have stopped you in the past, what would you imagine yourself doing, totally free to be you? What would you be doing if you were feeling happiest and most alive?

We create our reality in our imaginations first, so it's a good move to spend time investigating the future that's going to be the best for you. Make a list of at least 10 or so things that you would love to do, be or have, starting each sentence with a verb: living, writing, working, etc. Keep the sentences short and simple as shown in the example below.

Example

In my ideal life I am:

1. *Growing my own veg*
2. *Cooking new and exciting dishes*
3. *Entertaining friends and family*
4. *Enjoying exploring the outdoors*
5. *Having fun with all that I do*

Etc....

Step 2: Planning the way I want to travel

In my ideal life I am:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.



Step 3: Getting clear on your priorities

In this step you will start getting into your stride, getting clear on what is most important to you and how to grow your dream and make it a reality. It will give you a bearing and energy to go forward on your journey.

Find the things that are your highest priority. Look at numbers 1 and 2 on your list from step 2. Compare them and pick the one that's most compelling. When you have decided, take that answer and compare it to number 3, doing the same again, asking which one's most compelling. Continue the process until you get to the bottom. When you've done that, put it down as number 1 on a new list.

Keep working through your list in this way till you have five clear priorities that you feel passionate about. Remember that the priorities that you have chosen don't need to be kept on your longer list.

Example

1. *In my ideal life I'm cooking new and exciting dishes.*
2. *In my ideal life I'm entertaining friends and family*
3. *In my ideal life I am growing my own veg*
4. *In my ideal life I'm working on projects to feed the world*
5. *In my ideal life I'm feeling fit and healthy*

Step 3: Getting clear on my priorities

My priorities are:

- 1.
- 2.
- 3.
- 4.
- 5.



Step 4: Setting your way markers

On a journey in the outdoors, travellers often use 'way markers' to check they are on course and making progress. You're going to use way markers for the same reason - to check that you are moving towards the future you want.

Take each point from your priorities list and write down ideas of what will change as you start to make progress.

- How will you know that things have changed?
- What is taking place?
- What will you be doing?
- How will you be feeling?

Jot down five or more way markers for each priority that would be good indicators that you're progressing towards that part of the future you want.

Example

Priority 1: In my ideal life I'm cooking new and exciting dishes

- a) Planning menus
- b) Looking at recipes
- c) Playing with ingredients
- d) Writing shopping lists
- e) Feeling happy
- f) Washing up!
- g) Inviting friends for dinner

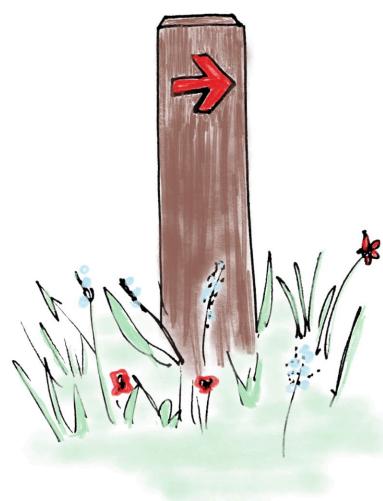
Step 4: Setting my way markers

Priority 1:

- a)
- b)
- c)
- d)
- e)

Priority 2:

- a)
- b)
- c)
- d)
- e)



Step 5: Getting to know your destination

You're well down the pathway to choosing a life that you want to create. It's time to start building a compelling story about the priorities you are heading towards. Write what it will be like when the decisions you make are getting more fully aligned with each of the priorities you've chosen. Use the way markers and go deeper; take one at a time and build out detail, imagining yourself in the future. Get creative. Remove the blocks and let your imagination describe this life on paper. Take a nice deep breath in, feel into it, give yourself permission to be happy and have fun. Most of all, take the breaks off and start writing.

Example

1. In my ideal life I'm cooking new and exciting dishes

I'm standing in the kitchen with mud on my hands looking at the freshly picked vegetables on the side and deciding what to cook for dinner. I know that my friends are coming over and I'm feeling excited about seeing them.

I've had ideas swimming around in my head for days as to what to cook. I love to cook with the vegetables that are growing abundantly for the time of year and see that I have a huge quantity of broad beans and jump quickly to thinking of a dip I have made before. I also see a selection of leaves which will work well for a fresh salad dish.

I grab a pen and jot down some ideas as to how to use some of the other fresh pickings; I look into the cupboards and check I have the ingredients I need. I Google ideas, and slowly a picture is gathered of what I can create, a three course dinner, is conjured to mind.

A desert has already been made the day before and sitting in the fridge, it just needs to have the finishing touches added, fresh flowers and a few mint leaves will do the trick. As time rolls on I start to see some of the other dishes coming together that I have cooked. The house is already clean and tidy, just the table to lay before getting myself ready to receive guests and I put finishing touches to the dishes.

My friends arrive to a warm sunlit house with nibbles and drinks at the ready and the evening starts with catching up, friendly banter before the more in-depth conversations begin over the sumptuous feast I have prepared.

Step 5: Getting to know my destination



Step 6: Stepping stones to success

When we stretch ourselves, blocks might come up and prevent us from taking the steps that we would love to take. Step 10 years into the future again, this time, having already achieved the dream; living it and feeling it fully, give yourself some practical advice and wisdom on how to go forward.

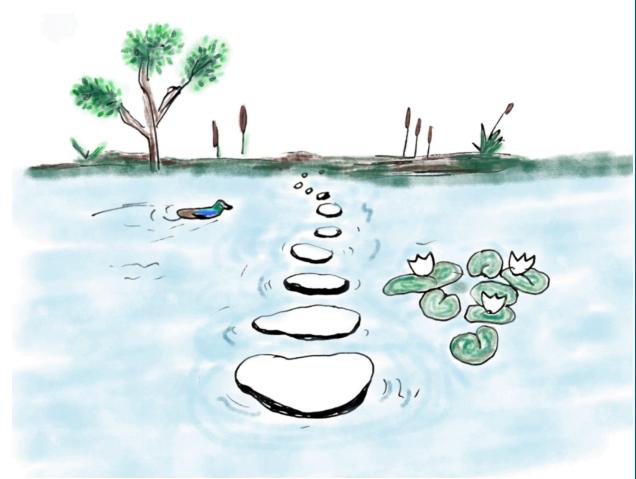
Stay connected to the future you who is already living the dream. Write a letter that will support you and give you stepping stones to take on how to best achieve this outcome. Take some time for this exercise, get fully aligned with your dream / imagined future ideal, meditate as if it was already a reality, then write the letter from this vantage point to the you starting out on the journey ahead.

Example

Dear Me

I'm writing this from the future to you now having already taken all the steps to lead to this point. I can tell you that the joy, happiness, blood sweat and tears that you put in will come back to you ten fold. Start to take the steps to this future now by.....

Step 6: Stepping stones to success



You've reached the end, but it's just the beginning

You have a map and know where you want to go, take steps towards that now, choose in favour of these passions, keep moving at the pace that is right for you.

Passion and enjoyment go hand in hand, keep your attention on what it is you want in your life, keep your focus sharp. Look for all the rainbows, even when things don't appear to be going your way.

These exercises are worth doing again after a few months or a year. As we grow and develop, our vantage point changes and we will often have other dreams that may want to come alive as we get clearer on what we do want from life.

If you feel like you need more help, join one of my Yes to Me courses working either one to one or as part of a group. It could be the ticket you are looking for to start the process of waking up the passion inside. I also offer in-depth work to clear all sorts of blocks that might get churned up and prevent you from going forward. Check out my website www.sarahjmiddleton.co.uk to see what is on offer.

I'd love to hear from you, both the highs and lows, so please feel free to get in touch to share your dreams, I love to hear your stories.

May you travel the road of your choice and enjoy jumping into the puddles and dancing in the sunshine. Hold your head up high and wear a smile for all to enjoy. It's all about the journey and the verse on the next page sums it up for me; hopefully for you to enjoy too.

With very best wishes

Sarah



THE STATION

Inspired by Robert J. Hastings

Tucked away in our subconscious minds is an idyllic vision in which we see ourselves on a long journey that spans an entire continent. We're traveling by train and, from the windows, we drink in the passing scenes of cars on nearby highways, of children waving at crossings, of cattle grazing in distant pastures, of smoke pouring from power plants, of row upon row upon row of cotton and corn and wheat, of flatlands and valleys, of city skylines and village halls.

But uppermost in our conscious minds is our final destination—for at a certain hour and on a given day, our train will finally pull into the Station with bells ringing, flags waving, and bands playing. And once that day comes, so many wonderful dreams will come true. So restlessly, we pace the aisles and count the miles, peering ahead, waiting, waiting, waiting for the Station.

"Yes, when we reach the Station, that will be it!" we promise ourselves. "When we're eighteen... win that promotion... put the last kid through college... buy that Mercedes Benz... have a nest egg for retirement!" From that day on we will all live happily ever after.

Sooner or later, however, we must realise there is no Station in this life, no one earthly place to arrive at once and for all. The journey is the joy. The Station is an illusion and it constantly outdistances us.

It isn't the burdens of today that drive men mad, but rather the regret over yesterday and the fear of tomorrow. Regret and fear are twin thieves who would rob us of today.

"Relish the moment" is a good motto, so stop pacing the aisles and counting the miles. Instead, swim more rivers, climb more mountains, kiss more babies, count more stars. Laugh more and cry less. Go barefoot more often. Eat more ice cream. Ride more merry-go-rounds. Watch more sunsets. Life must be lived as we go along. The Station will come soon enough.

Other activities to explore...

Vision Board

A good way to keep this map alive is to create a vision board that will be inspirational to hang in your home or keep as a screen saver. It will help to heighten your awareness of where and what you do want to bring into your life.

To do this find magazines, photos or use Pinterest, gather pictures/words that resonate with your dream put them together on a board, glue them in place to make a picture that will support you to stay on track and keep your dream alive in you.

Compass Cards

Put your five priorities on a small card the size of a business or index card. Make a few to be able to place them where you are likely to notice them on a daily basis, such as a bathroom mirror, fridge door, car dashboard, by the kettle, in your wallet/purse, in a pocket of a coat/jacket you use regularly, I'm sure there are many more places that you can think to put them. Keeping what you do want to take place in your life is important to have regular reminders so you don't fall back into old habits and to help keep the dream alive.

What others say about Yes to Me...

'Sarah is the real deal - joyful, nurturing and wise. The power of the course in helping participants clarify their paths and attract those desired opportunities really is extraordinary. Yes To Me is perfect for those who are on their way and those who are seeking direction alike. I really can't recommend it highly enough!'

'I absolutely loved the course with Sarah! It's a fun way to get down to the serious business of sorting your life out. It was quite a revelation and I feel a lot of the skills I learnt will stay with me for life. I'm also happy to say that I'm now truly living my passion! I've set up my own training school, doing what I love and every day brings the possibility of creating something new.'

'A sense of perspective and direction generated from the well of being heard and not judged, allowing you the freedom to explore your dreams and desires.'

'Through Sarah's careful guidance and safe environment I was able unearth a number of issues that left me feeling like I had just put down a heavy ruck sack. Love and understanding has replaced that weight and without Sarah's skill and ability to get to the heart of the issue I am not sure I would have ever shed that load. Sarah helped me see the light and move towards it when it was easier for me to sit in my dark cave where I had become comfortable. Now I have experienced the power of this work I would revisit my journey with Sarah without hesitation.'

'Chatting things through with friends and family gets you so far, but having an objective supportive space to really think about your own values and direction was extremely worthwhile.'

About Sarah J Middleton

Sarah is a coach, speaker and liberator of souls with a passion to help people heal. She supports clients to awaken the possibilities that are often hidden from sight and turn their dreams into a reality. The 'Yes to Me, Yes to Life' programme was developed from her desire to share the transformational learning and experiences she'd gathered as a practitioner over the last 20 years.

She is a Journey Practitioner, Reiki Master, and life coach and has learned from and taught with many wonderful teachers and masters from a wide variety of backgrounds. Sarah has run many retreats and events and spoken at the Do Lectures, The Good Life Experience and Love Trails Festival. She currently works online with clients from all around the world.

Sarah has a great love for the outdoors and lives in the Pembrokeshire Coast National Park. She has walked all the way around Wales, coasteered most of Pembrokeshire's coastline and was even selected to join the British white water rafting team! Taking time out every day to play on and explore the local coastline, whether walking the cliff tops, with a very active Collie, foraging as she goes or going for a quick dip in the cool Irish Sea are just some of the things that bring great joy to her life.

Sarah says "Finding time to do the things you love and what brings you alive are the keys to living a happy and fulfilled life".



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