

What Makes Your Heart Sing?



Caroline C. Barney



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Hi there!

I have a passion for helping women and their families build resilient, joy-filled lives and believe that it all starts by becoming more deeply connected.

A key first step on this road is to get back in touch with who YOU are.

Let's face it, life has a way of getting so busy and bogged down that before we know it, we feel stuck and out of touch with the things that fill us up and make our hearts sing. My hope is that this guide is the beginning of helping you become unstuck. That you will feel encouraged to make changes in your life that are transformative and exciting.

I know that if you are vulnerable with yourself as you explore what sparks joy for you, you'll start to feel a connection with your authentic self that will open the door to so much more. You have a full, resilient life ahead of you, all it takes is a first step.

So, let's do it, now is the time to walk forward and create a life you love!

With you,

Caroline





My Story

I have to admit that becoming a mom didn't come easily to me. Don't get me wrong I was instantly in love with the tiny humans, but becoming a mom left me feeling lonely and disconnected from who I was. Now I was MOM...what happened to Caroline? I used to tame dragons and slay monsters on the mean streets of advertising in NYC ;-) – now what was I supposed to do? As I navigated these new waters, life threw some whopper life lows at our family. We lost loved ones too soon, fought cancer, battled addiction, depression, and childhood illness all of which brought me to my knees. I was disconnected and truly stuck.

Why am I telling you this? Because maybe you too? I found that by hearing I wasn't the only one struggling I felt connected and that helped. I learned through it all that surrounding myself with community, allowing others in, and finding ways to connect with myself, and my faith got me through.

And I wrote. I wrote because my heart needed to and my mind needed a break every now and then. The books, blog, and resources are the result. I believe if we reach out and connected it changes everything. And so...I'm here for you too. I know you can experience transformation in your life. Through the hard times, the every days, and all that was in between, I discovered how to turn my "surviving" into thriving and I'd love to help you do the same!

Never did I think that the hard times would be the jumping off point to go for my dreams...but they did. I hope this for you too – permission to reach for more no matter your circumstances. Whether you are in a gentle part of your life journey or a hard one...it's okay to get in touch with what's next for you – what you want to make room for! And by the way, I don't mean you have to climb a mountain or become a business owner or master chef, I mean the thing that makes your heart sing...maybe its walking in nature, helping others, hanging with friends...no matter where you are you can connect to it!

My goal is to help you reach for more and build a life that is resilient and joy-filled!



TELL ME, WHAT DO
YOU PLAN TO DO
WITH YOUR ONE
WILD AND
PRECIOUS LIFE?

Mary Oliver



Process

1

REFLECT

Before you dive into the exploration questions, take some time to be still and quiet. Block out the outside noise and the hamster wheel in your head. Reflect on who you are. The following page of I AM statements is a great place to start. .

2

EXPLORE

On the following pages you'll find questions designed to help you get in touch with the things that make your heart sing. Read all the questions through and then take some time to think before jumping in to answer. Be honest with yourself!

3

SET INTENTIONS

Now that you have some clarity on the things that fill you up and make you heart sing, what do you want to do with this new knowledge? Setting intentions is a very concrete way of moving forward.

4

CREATE A PLAN

Be sure to set concrete goals for yourself and tell someone! It makes a huge difference when you have someone cheering you on and holding you accountable.

NOTES

Reflect - I AM

- 1 I am worthy
- 2 I am loved
- 3 I belong
- 4 I am never alone
- 5 I have a light to shine
- 6 I am gifted
- 7 I am unique
- 8 I am capable
- 9 I am strong
- 10 I have a spirit of power, love and self-discipline

- Which statement resonates with you the most?
- Are these hard to see in yourself?
- Do they make you think of yourself and what you do differently?

Explore - Question & Answer

01. When have you felt the most energized?

02. What is it that makes you feel the most satisfied after you have done it?

03. What would others say your gifts are?

Explore - Question & Answer

04. What do other "get" when they "get" you as a friend?

05. What do you get excited to do?

03. Is there something that every time you do it you lose track of time?

Set Intentions



01. What does make your heart sing and how are you going to move towards it?

02. What do you need to leave behind to get there? Habits? Limiting beliefs?

03. Are there roadblock that you need to get rid of to move forward?

Create a Plan

GOAL 1:

Motivation:

Timeline:

Action Steps:

GOAL 2:

Motivation:

Timeline:

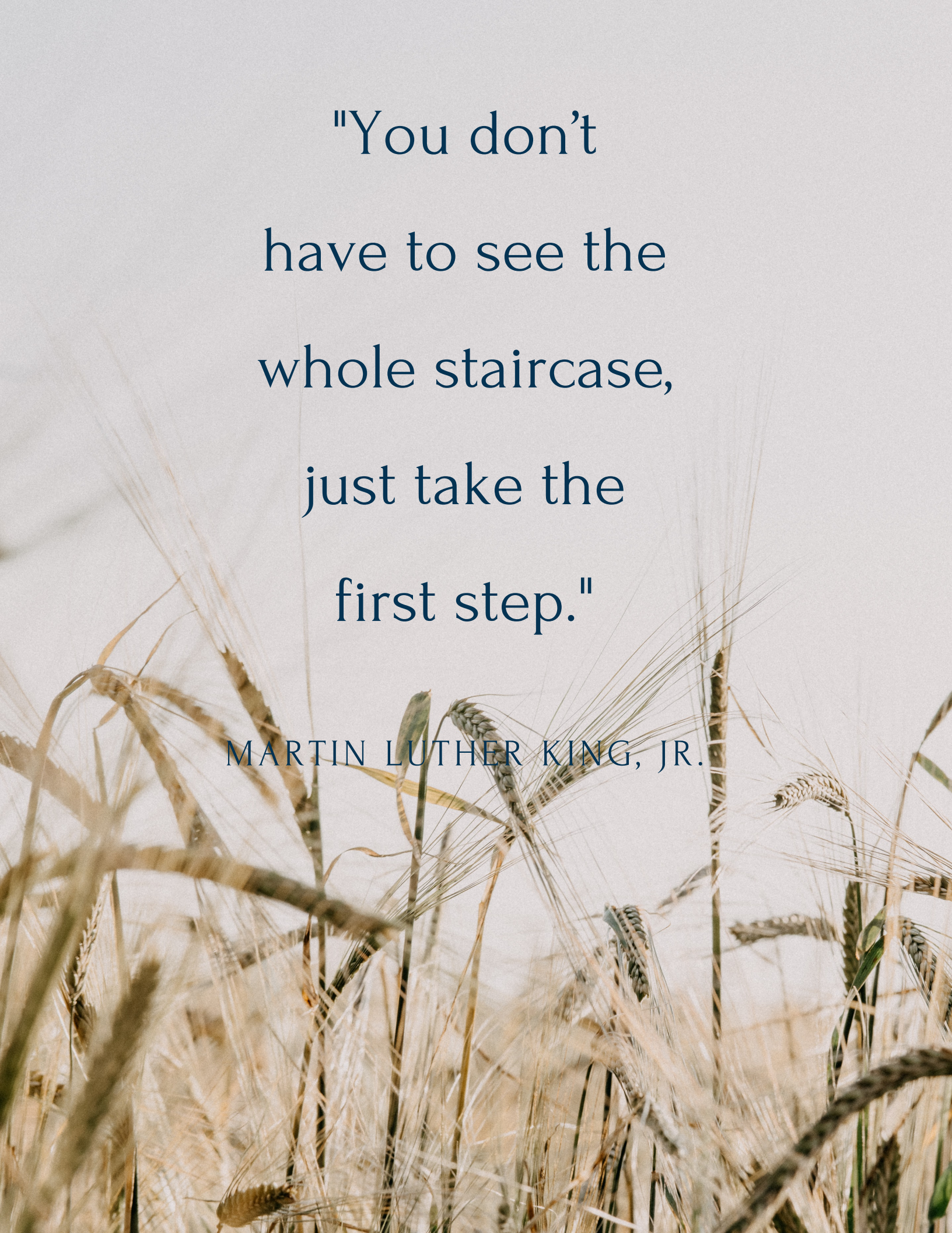
Action Steps:

GOAL 3:

Motivation:

Timeline:

Action Steps:



"You don't
have to see the
whole staircase,
just take the
first step."

MARTIN LUTHER KING, JR.

READY FOR THE NEXT STEP?



Tell someone! Once you tell someone it makes everything real and you instantly have someone cheering for you and keeping you accountable. And if you'd like more help on getting from where you are to where you'd like to be, I'd love to talk with you to see if I can help! Nothing brings me more joy than helping others build a life they love, one that is resilient and joy-filled! Email me at caroline@carolinebarney.com or use the link below!

LET'S CONNECT!