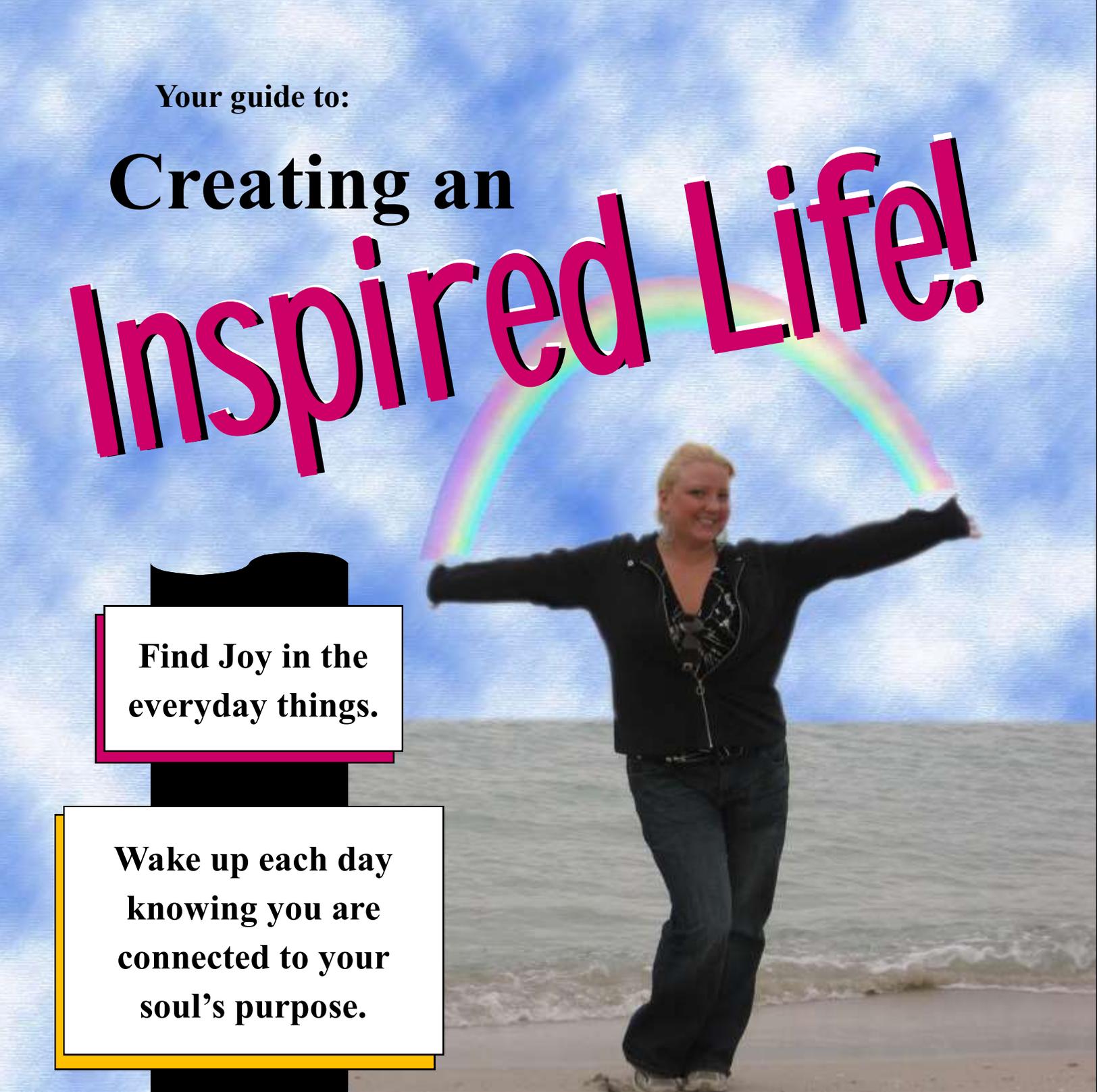


Your guide to:

Creating an

Inspired Life!



**Find Joy in the
everyday things.**

**Wake up each day
knowing you are
connected to your
soul's purpose.**

**Create your life
from a place of love
instead of fear.**

Noelle Rollins **Art**
creating an inspired life.

www.NoelleRollinsArt.com

Introduction

My mission is to bring light to the positive, beautiful and spiritual side of life through my art, stories and bringing together inspired groups of women. I aim to do these while respecting the earth's beauty and resources, much of my work is done on repurposed materials. I love to paint the things **that bring us closer to our most inspired, authentic and soulful selves. In my shop you'll find music artwork, soulful yoga and meditative artwork and more.** I often infuse my artwork with poetry and uplifting messages. All things that inspire different sides of me and my clients.

There are times to sit back, reflect and to quietly listen to our inner voices, there are other times where we are ready to go out **let the world know we mean business and have things to share. As I've tried to narrow my body of work to just one artwork style I've really realized that many are necessary in life, the yin and yang that makes the world go 'round. Let's** celebrate our strengths, empowered lives and our soft, reflective, intuitive sides simultaneously.

I am artist and owner of the Noelle Rollins Art Studio and Classroom in Minneapolis, Minnesota. My artwork and giftware are created with the intention of supporting others on the journey to an **authentic, soulful life. Whether it's the goosebumps we get while hearing a musician's fingers dance** around the strings of a guitar, the way a flower blooms so perfectly, the beauty of the human body and the **love** people have for one another; I aim to capture the beauty of these life moments through my bold, uplifting artwork. You can find my artwork on canvas, prints, greeting cards and more.



Introduction

Living an inspired, on-purpose life in harmony with your destiny and soul's purpose is a big deal. **It's everything.** If you are in alignment with your calling then you are more satisfied, you treat those around you better, you appreciate the good around you and you contribute to the good on the planet.

I believe that when we use our energy fighting against the negative we only feed the energy of that very thing we are fighting. **This is topic I could talk for days about but instead I'll share a** small example. A few weeks ago my daughter had someone in one of her activities that was hard to deal with and controlling. **Everyday she'd come home and talk non-stop** about this girl. After a few weeks I finally pointed out that she puts more energy into this girl than she does into her favorite people. It seemed to sink in, I noticed that she has neutralized in the **weeks since then and I've hardly a word about her. More importantly** I can tell when I see them together that because my daughter is not getting so worked up she has taken away the power this other child has over her. If we look at our own lives we can see scenarios play out like this on all different scales.



Instead put your energy into being your best, The world is a better place if we are each taking responsibility for our own, deep down, happiness. **It's easy to waste up our energy on little things that don't serve our calling. We can fill up our entire lifetimes full of drama, running in circles and day to day tasks that never fulfill us.** Instead, slow down and take inventory. De-clutter your life and let go of relationships and things that no longer fit. Make room for good things. Stand up for what you believe in and support the people and the companies that are doing good around you. **Make room for your dreams. It's hard for them to show up if you haven't made room.**

1. Find Joy in the everyday things

It's not just the big moments that make a good life. It's the seemingly simple times of everyday routine, monotony and grit that makes up a lifetime. Look at your routines, first off most likely there are some that are no longer serving your best purpose.

1. Eliminate routines that no longer align with what you want your life to be about. If they do not fit in **with you or your family's best interest** consider letting them go. Pay attention to what is draining your energy but not getting results.



We are often quick to take on new projects, responsibilities or jobs. When we do, we put thought into how to make them work, what it requires of us. However what we often fail to do is to put thought into how to let go of those things that are no longer needed. Sometimes we continue to do things purely out of habit or guilt and then feel upset or resentful later. Make it a **practice that when you take on something new you also consciously decide if it's time to also give something else up.** Start to be make to-do lists and stop-doing lists.

This can be done when we buy new clothes, volunteer for our kids school or activities or go back to school.

Rewind 5 years ago, I was spending 2-3 days a week watching my siblings children. Another 2 days a week were spent helping my dad with his house and business. I loved being helpful but I now realize I was allowing myself to be so busy helping others so that I could then subconsciously justify avoiding making changes in my own life. I had to set better boundaries and not value my worth solely on appreciation from others.

1. Find Joy in the everyday things cont.

Another example of **letting go** of actions that were no longer serving me and no longer helping our household: **A few years ago after being stressed out about my daughter's clothes, how many times she changed a day, clean clothes in the hamper, etc. I made a decision. She, at 10 years old was going to start doing her own laundry. We made an agreement that each time she did all of her laundry she would earn \$3.00 (no more than 1x/week) . Clothes had to be washed, dried and put away and then she could mark it on her chore chart. Let me tell you, some of her changing clothes habits changed and others did not. BUT it was not my problem any longer. She's feeling confident now that she knows how to do her laundry, she feels responsible and mature and she lives with the consequences of her habits. AND I don't give it a second thought. It's been 3 years now that we've successfully doing this and I'm so grateful I had the insight at the time to surrender control and let her learn.**

*When you let go of things that no longer serve you.
You create room for joy to seep in!*

5 things to let go that are no longer serving you:

1. Find Joy in the everyday things cont.

2. Add some jazz to your remaining routines. Every once in awhile my husband will wake up on a Saturday or Sunday morning and turn the radio on in the house. The entire mood changes in the house. We dance around the kitchen while making breakfast, bop our heads while doing the dishes and it sets a tone for the entire day.

Channel your inner Mary Poppins while cleaning. While doing boring office or work things, try to have good music on quietly or find a blog talk radio program online to have in the background. (www.Hayhouseradio.com is my favorite)

Sprinkle a little parsley on your dinner before you eat it or serve it. Those little embellishments require a bit of thought the first time but then can seamlessly begin to be part of the little ways you pamper yourself and liven up the daily grind.

Take a bath and add some Himalayan Sea Salt. Spritz on your favorite perfume on a random Tuesday. Where your best earrings. Eat dinner tonight on the good dishes. You are worth it!

During the summer months, cut some fresh flowers and put them on the kitchen table. Simple and incredibly effective in making meals feel special.

Pay attention to the things you need in your life to keep you feeling good. Sometimes we can be depleted and feel like the world is coming down around us and all we really need is a nap, a massage or a good coffee date with a friend. Most importantly don't let these things stress you out. They should be fun, indulgent things that you find fun and NOT stressful.

Kids are great at finding fun in the most basic and seemingly boring things. Boxes, bubble wrap, bubbles. Try to be in awe of the world around you. Come from a place of newness and wonder.



1. Find Joy in the everyday things cont.



3. See the people around you and allow yourself to be seen. Sounds simple right? But we are so busy being in our own worlds, on our phones, avoiding eye contact as we pass people in the aisle or in the parking lot. Next time, stop and look at them, feel their energy and their presence. Smile, say hello. When someone pays you a compliment really stop and absorb it into your being. Look people in the eye, I've also heard the left eye referred to as the soul eye, it's closest to the heart and connects with the right part of the brain.

Hug people heart to heart, with your head to the right of their head and your hearts coming together.

1. Find Joy in the everyday things cont.

Open up to being slightly vulnerable as part of your journey to being your most authentic self. However, make people earn your open sharing. I love hearing Brene Brown talk about this. One of the biggest mistake people will make is deciding they are ready to talk about something, but they forget to choose carefully who they start sharing with. The deeper the sharing the more you want to make sure that those you tell (especially first) are ones that have earned your trust, they can listen with compassion and can be honest with you but will not dismiss your news or try to upstage you with their own news. People think they are helping when you share **something and they say, "Oh, that is nothing. You should hear what happened to so and so"**. That is dismissive and adds to the possible shame or guilt you feel.

Don't stay where you are tolerated.
Go where you are celebrated. -unknown

What does it mean to be authentic? It means listening to that inner voice that is urging you to rise up and be the **real you**. **The one you don't have to try to be, it comes natural. It may be miles away from who the world thinks you are. It may feel scary and vulnerable.** You may **be in a circle of friends and family that won't get it. You may need to protect your vision a bit as you take those first steps back toward your own path. Find people to support you. Find people who will get the real you. They are out there. Don't waste your life being who you think others want you to be.** Sometimes you may have to eloquently stand up for yourself or have people not get you. Journal, pray, trust.

Being authentic does not mean that you don't have a filter, that you share everything with everyone. To me it means that my kids behind closed doors see the same me that the grocery store clerk does and a client does. I don't spill everything out all the time but my general character, being and goals are consistent and in alignment with who I believe God put me here to be.

1. Find Joy in the everyday things cont.

4. Be where you are.

If you are feeling scattered or having trouble being in the moment, try this. Look around the room; start naming out loud the things you see. "Table, computer, phone, water glass, chairs, rug, etc" This will help pull you back into where you are.



Put the phone down, close the computer, turn off the tv (or at least mute it). Have a conversation. If necessary or possible go on a technology vacation. This can be for a day, a week, a month. You decide. The more that terrifies you the more you probably need it. A few years ago I decided to take a month off Facebook and we cancelled our dish tv service. Simple right? I felt like I went through a process of mental and emotional withdrawals. However, after a few days I noticed myself feeling **calmer than I had been in years. I didn't feel like I was missing anything, suddenly where I was and who I was with was my world. I didn't need to carry the weight of knowing what every person I know is doing or is up to each day. I really loved it. I use social media so much for my business that it's hard for me to stay away but I do try to limit my checking.**

I encourage you to limit technology you go on vacation. Allow yourselves a couple check in's but mostly just be where you are. It's incredibly freeing.

1. Find Joy in the everyday things cont.

My son about 2-3 times a week asks me to come into his room and sing him songs. Some nights I admit I am there in body but my mind is racing through the things I still have left to do for the night. However, when I choose to be there and in the moment something magical happens. When I really focus on my singing and making the connection with him I notice myself calm, he senses the calmness and he falls asleep faster.



Meditation can help you learn to be consciously in the body, feeling your body and in tune with your senses. If the idea of sitting still and breathing in silence doesn't appeal to you start with guided meditations. There are many great ones out there.

Having grown up in the era of multi-tasking this can be a tough but I highly encourage us all to spend time consciously doing one activity at a time. Do it with pride, do it with joy and be fully engaged. There are times to multi-task and there are times to be fully engaged and in the experience.

2. Wake up each day knowing you are **connected to your soul's purpose.**

C. Pray, ask your guardian angels, spirit guides or even use Angel or Tarot cards. When I'm feeling lost I often just ask out loud or in a quiet prayer for guidance. "Please give me a sign I can understand, please help me notice it." Or I'll use cards, they simply use the power of my subconscious which is drawn to the cards it identifies with. It's pretty amazing really. Sometimes it could even be something like, "If I'm supposed to do option A please make me notice hearts today, if I'm supposed to do option B today please make me notice flowers."

The universe will give you signs, just pay attention. Alan Cohen uses a technique that I love when helping people make a decision between 2 choices. Get a coin, He says to imagine option 1 is heads and option 2 is tails. Tell yourself that whatever lands facing up is the choice you are going to make. Go ahead, flip the coin. What is it? What does your gut say? Do you feel a sudden drop and some fear or dread? How about excited and good fear? That is your truth.

Your body won't lie to you, trust those feelings and then decide if you want to follow the direction the coin points you in. Either way you now know on a visceral level what your body feels about it.

D. It's a process. If you are an accountant and you do these exercises and really find that you are drawn to sharing your love for vegan cooking then I'd recommend finding ways to start integrating vegan cooking into your life. Maybe start a blog about it, film some recipes and a segment about it for youtube. Find ways to connect your now with where you want your future to be. You may not have the path figured out but at least then your on the path. you have the time, find a vegan chef and ask to intern few hours a week.

You don't have to walk away immediately from your security to start finding joy. But I encourage you to start taking steps in that direction. Add bits of the joy and your dreams into your life. You will feel yourself come alive on at a new level. This is a sign that you're on the right track.

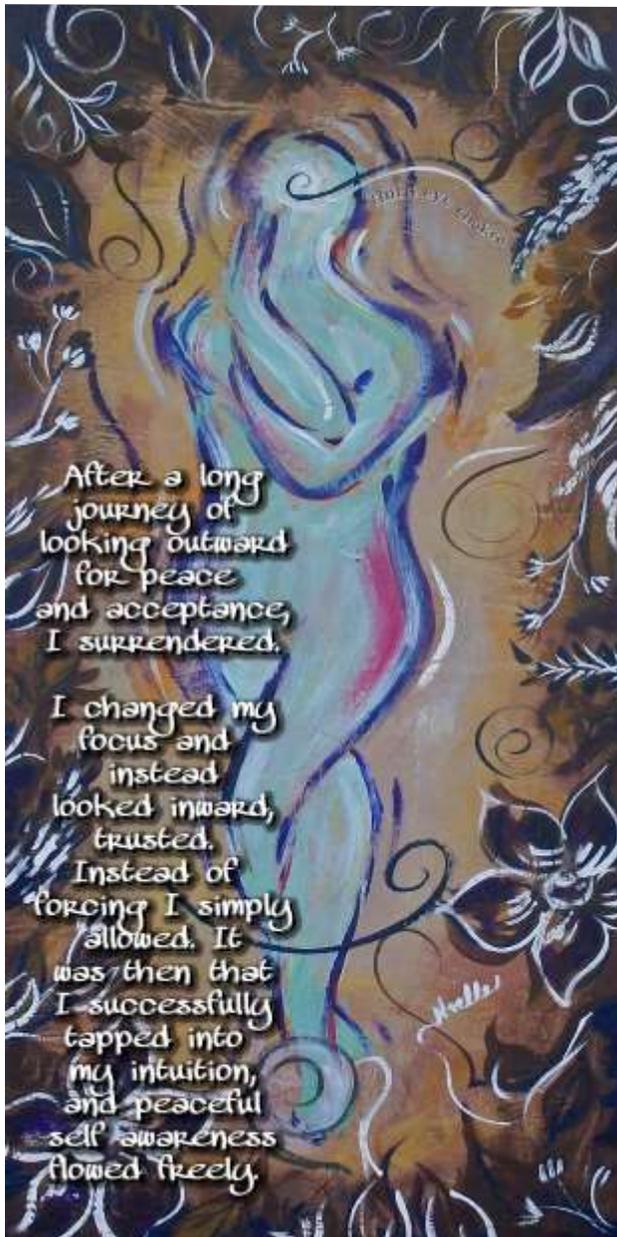


If a

Be the Joy!

2. Wake up each day knowing you are **connected to your soul's purpose.**

E. **Trust.** My belief is that before we come here on Earth we choose our life plan. **What our trials will be and what areas our soul's know they want to advance in.** Then we get here to Earth we often spend our entire lives trying to remember what our soul already knows.



When you start to get a feeling and glimpses of what your soul's work on this planet is undoubtedly it required some trust.

Find ways to quiet down, listen and learn how to be in touch with your intuition. That gut feeling you get about things, **it's like a muscle the more you start to trust** it the stronger it gets and the more it can guide you. The first thing to do to start being in touch with your intuition is to learn to know your body. Ground yourself, stop and calmly breath for 30 seconds. When your resetting your body into a neutral **state then you'll have a better way to** measure when your body reacts to something.

There are great guided meditations out there. Some of my favorites are by Leonie Dawson or Wayne Dyer.

3. Create your life from a place of love instead of fear.

Everything we think, do, say or observe we process from a place of love or a place of fear. Our goal is to come from a place of love.

1. Dealing with others from a place of love.

I know, I get that this is easier said than done sometimes. I have a few tools though that can help. **First let's lay some life ground rules and boundaries. Coming from a place of love does NOT** mean that you are a doormat, need to endlessly put up with crap or say yes all the time. In fact quite the opposite. You can read a very heartfelt blog post about how I learned the power of being able to say No and set better boundaries here: <http://noellerollinsart.com/i-give-you-permission-to-say-no/>

If you are a mother remember that lovingly honoring yourself and saying no when needed is not only important for you, it also teaches your sons and daughters how to say no. What a gift.



Avoid destructive behaviors like gossip, putting others down, comparing yourself to every other woman. Be at peace with them. Learn to appreciate women as your sisters. Find your tribe of woman that support you, encourage you and allow you to be you. A few months ago I spent a few days at a retreat for Braveheart women, it was amazing. I sat among 40 women of all ages and from all areas of the U.S. I never felt judged, put down or competed with. Instead I was fully encouraged to be my best me. It was an amazing experience that I will never forget. I now aim to surround myself with women of that amount of grace, peace and love in my everyday life.

3. Create your life from a place of love instead of fear.

2. Decisions

I have found in my own life that when I make a decision even with the best intentions but it comes from a place of fear or being scared that it doesn't work out. I've had this happen when I've decided to offer an artwork sale because I think I should, or it'd be an easy sale. I've had this happen when I've ignored my intuition about how someone was betraying me and continued to make decisions to be naïve and stay involved out of the fear of being alone. This is different than the good fear that sometimes comes with making a bold decision.

Examples of words that are of love and expansion:

Love, family, growth, abundance, beauty, support, blossoming, radiate, learning, friendship, sharing, believe, a calling, spirit, faith, satisfied, excitement, passion, connection, making a difference, hope, service, volunteer, learning, ease.

Examples of words that may signal fear or a place of limits:

Judgment, scared, anger, annoyed, pity, play it safe, assumption, stuck, ordinary, limiting, lying, sneaky, withholding, easy, condescending, patronizing, jealous.

3. Create your life from a place of love instead of fear.

We make decisions everyday based on fears that we aren't even consciously aware of. Have you found yourself thinking from any of these places of fear?

I will just play small and not go fully after my dreams because I don't want people to judge me or disagree with me. What if I really do succeed? Will I be able to handle it? Will my friends still be there if I'm more successful than them? Am I worth all this attention? Am I charging too much? Will people think I'm lazy if I am a stay at home mom? Will people think I'm a bad mom if I go back to work? My kids need me to watch the grandkids, I don't have time to go after my own dreams. It was different when I was growing up women just weren't encouraged to go after their dreams. It's too expensive. What if I start and then I fail? What if they are mad? What if I let people down? What if my body is too big? What if I'm too weak? What if I'm too skinny? What if I'm too old? What if they think I'm too young and inexperienced? But I've been staying home with my children so I feel out of the loop. I didn't grow up with money so I don't think that way. I grew up with money so I'm used to having everything handed to me so I don't know how to work for it.

But they are different. But what they did is worse than what I did. But they are stupid, I can't deal with stupid people. Those people annoy me. They are too showy. They are too quiet. They are too bold. They don't have personalities.

We don't have money to have nice things. We can't afford that. I never get what I want. Why do they seem to have a nicer house, newer cars and go on vacations and we never have any of that?

So recognize that fear is the cousin to: anger, judgment, being dismissive, envy and lack.

To go from that place of fear and into one of love and openness it requires a mindset change. It **required on some level believing we are all connected. You don't have to agree with everything but you also don't have to use your precious energy and time to judge it, analyze it or scold it.** Just offer love and let God, karma, the world deal with some of the negative.

Choose to live your best and have faith that you are enough. That you will be shown the way, learn the skills as you need them and the resources will be found.

Be your wisest self. Imagine yourself in a conversation with your wise, 90 year old self.; with a lifetime of knowledge and perspective. Ask that person advice, visualize a conversation where you ask them how to handle a situation.

3. **Create your life from a place of love instead of fear.**

Being an inspired person does not mean being naïve. Instead it required that you change the way you process things; start to value wisdom, strong character, being the same person behind closed doors that you are in front of the world, being compassionate, loving and caring.

Let go of the need to be harsh, cynical, show the world all the wrongs, making sure everyone **knows when you're having a bad moment or day or making sure to tell the world when someone has wronged you.**

Be the bigger person.
You are wise.
You are calmness.
You are love.

If you are truly feeling down, I encourage you to get help. But while you are getting professional **help I have some great things I've learned from others that I'd love to share.**

Depression is caused by a lack of EXPRESSION. So create, be in tune with your inner musician, dancer, artist, builder, inventor, etc. Start finding an outlet to keep that part of you alive and thriving!

Sometimes finding a group of people in real life to meet with helps. This could be a running club, card club, networking group, friends, family, etc. Then once you are there go back to what I said about being where you are. Look people in the eye, feel them there. Absorb the good energy.

Remember you are the star of your own life. Value it, know that you are here for a reason. You **have things you will need to work on while here, they won't be easy but your soul required those lessons.** You were made exactly how the world needed you to be. So be your best you!

Bonus

Where I go for inspiration

Admittedly I am the woman that in high school fell asleep each night listening to a set of cassette tapes my dad gave me from a Tony Robbins seminar. I couldn't get enough. I love his teachings on NLP (Neuro Linguistic Programming) and his no BS approach to understanding how to get yourself to take action and get results in life.

When I'm looking for some serious girl power I go to: SARK, Marie Forleo, Liv Lane, Lauri Cox, Braveheart, Brene Brown, Leonie Dawson and Oprah.

Sweet spiritual teachers about angels, past lives and getting in touch with your soul's purpose - Dr. Wayne Dyer, Denise Linn, Doreen Virtue, Dr. Brian Weiss.

Some e-courses I've taken that I highly recommend: Uplevel your business with Christine Kane, Hello Soul Hello Business, Female Success Model from Braveheart, Buzzworthy and Build a Blog you truly love with Liv Lane.

The most important thing to remember is that you can see the same information many times but when you are ready is when it will take on the proper meaning. Sometimes things just plant a seed and it takes time until you're ready to dive full on into an area. Just do the best you can, keep opening yourself up to growing, learning and loving. Find balance in your life between your home life, your professional purpose and giving back.

A few noteworthy things: These are who I go to I cannot guarantee they are also the people that will work wonders in your life. I am an affiliate for Liv Lane and Leonie Dawson. This means that I get compensation from them for referring people to them. I support what they are doing so much that I love to encourage people to try their great offerings.

**I offer all of this advice with the best intentions. Know that you are responsible for your own life, choices and decisions. Sending you light and love! **Noelle*