



The Rori Raye Business Siren Worksheet:

*“How To Fall In Love With Chaos”*

**“Overwhelm”** always seems like the enemy.

Well, what if it isn't?

**Imagine your situation right at this moment.**

...all the choices, all the directions you can go in, everything on your “To-Do” list and inside your head. Do you feel a sense of overwhelm? And what does this overwhelm feel like to you?

What if “overwhelm” is just our “habit” response to the masculine structures that we women have all been trained to place upon ourselves?

What if just setting up a few things differently could change your whole view of overwhelm?

To really take this further, let's look at overwhelm as a response to what is, for me, the magnificent, elemental, powerful, gorgeous origin of all our feminine “reactions,” which is... *Chaos*.

What if everything creative, love filled, valuable, enjoyable, thrilling - and everything else we could imagine we want - *comes from a chaotic state*?

What if trying to impose order on this Chaos is *the opposite of what you want to do*?

How do YOU, personally handle Chaos? How do you like to create order?

### Try This *Chaos Tool*:

Imagine yourself standing in the middle of absolute Chaos. Children screaming, bosses waving papers at your face, customers dealing with broken website links, your ads not showing up correctly, your man not calling, your man showing up late, the lights going out, the power going out, your brain taking you in many different directions, your emotions...

*Where are your emotions right now?*

Now, can you feel yourself pushing back against all of this Chaos? Can you feel yourself trying to strategize how to solve each problem?

### Now Try This:

1. Drop the order. Let it fall to the floor.
  
2. Look at the entire situation. Look any person in your imaginary scenario straight in the eye, look every “thing” straight in the eye - and
  
3. Let your shoulders drop.
  
4. Now breathe into your belly and let it blow up like a little balloon. Now Sadie yourself open the doors!
  
5. Say to yourself, “Let it all in! Open the doors to the unknown!”

What does that feel like?

6. Now do this: see if you can locate one experience, one scenario playing out in the Chaos that brings up a feeling inside you of wanting to take care of it. Wanting to love it, wanting to accomplish it, wanting to be with it.

The one you notice most clearly. The one you don't instinctively want to push back on. The one that feels easiest.

7. Now write here what it feels like to allow that thing close enough for you to "do" it.

**In the “Make Your Dream Real” webinar,** Chaos will become your friend. Unruliness will become your creative ground. Overwhelm will become a clue, an inspiration. It'll become a whole new, totally useful springboard to the emotional power that gets you what you want!

*Everything you begin to “perceive differently,” you’ll suddenly FEEL differently.*

**Being a girl** – in love, in life and at work – is all the same thing.

- It all works the same way, it all feels like *you*. It feels organic, it feels instinctive, it feels intuitional, and it feels good.
- Decisions become easy, order is no longer important.

**Your “Evolutionary-To-Do-List”** will become a list of what you notice in Chaos.

And Chaos will become such a good friend. A friend who ALWAYS has something lovely, helpful and inspirational to *give* you. See you at the webinar!

Love, Rori