A dynamic water splash background in shades of blue and white, with water droplets and splashes scattered across the page. Two horizontal lines are positioned above and below the main text.

CONSCIOUS LEADERSHIP FRAMEWORK

Start your ripple...

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IN THIS E-BOOK, YOU'LL BE INTRODUCED TO THE CONSCIOUS LEADERSHIP FRAMEWORK WHICH REPRESENTS THE FIVE ESSENTIAL ELEMENTS TO CREATING YOUR VISION OF IMPACT IN THE WORLD.





WELCOME

I created this framework to help caring global citizens, like you, embrace their purpose and amplify the impact they know they are here to make in the world.

No one can solve all of the world's problems, but each of us can start with small actions that build as our influence expands and that ripple creates a rising tide of love and transformation.

Wishing you abundant joy,

Cynthia

An aerial, top-down view of turbulent, deep blue water with white foam and bubbles, suggesting a powerful current or a storm. The water's surface is highly textured with swirling patterns and bright highlights from the foam.

COMPASSION IS AN
ATTRIBUTE EVERY
GREAT LEADER
SHARES.

01

FLOW -
CONNECTING
WITH YOUR
INNER WISDOM





CENTRAL TO YOUR LEADERSHIP

Everything is energy which must be in flow. To fully experience flow, you must move in alignment with your inner wisdom (which is the divinity within you).

Many refer to this inner wisdom as intuition. Others speak of connecting with their Higher Consciousness or Higher Self. Whatever you call it, you have probably experienced that inner tug or knowing - when you don't know how, but you KNOW it. This is also called claircognizance and most of us struggle with trusting this awareness because it doesn't always make analytical sense.

You may have also experienced it as an inspired thought or idea - I call these "divine downloads". Those brilliant outside of the box ideas that seem to come out of nowhere (and frequently scare you to think about implementing).

These are all examples of your inner wisdom coming through and attempting to guide you.

Don't ignore it. That guidance is the difference between living your most fulfilled and impactful life... or staying stuck overthinking your next move or doubting your ability to create that new idea.

Learning to recognize this inner knowing is the first step.

The next, equally challenging step is to trust it and act on it.

Your inner wisdom is always with you, attempting to guide you in your life's purpose.

And when you learn to follow this guidance - living and acting in harmony with it, you will experience more joy, fulfillment and abundance in all areas of life.

CONNECTING TO YOUR INNER WISDOM



AWARENESS

Take some quiet time to write down any time you can remember when you had a “knowing” or an inspired idea. How did it come to you? Often ideas come when we are doing something mindless and repetitive (like walking or taking a shower).



SET YOUR INTENTION

Set a clear intention by stating outloud, a question that you would like guidance on. Start with something simple & have fun with this! Then repeat it silently to yourself, and let it go. Move on with your day and notice any ideas that come to you when you aren't trying to solve the problem yourself.



PRACTICE

Developing your inner wisdom, or claircognizance is a skill. Everyone can hone theirs, but it takes practice. Remember that we start out feeling inept at most skills, and must persevere in practicing to improve.

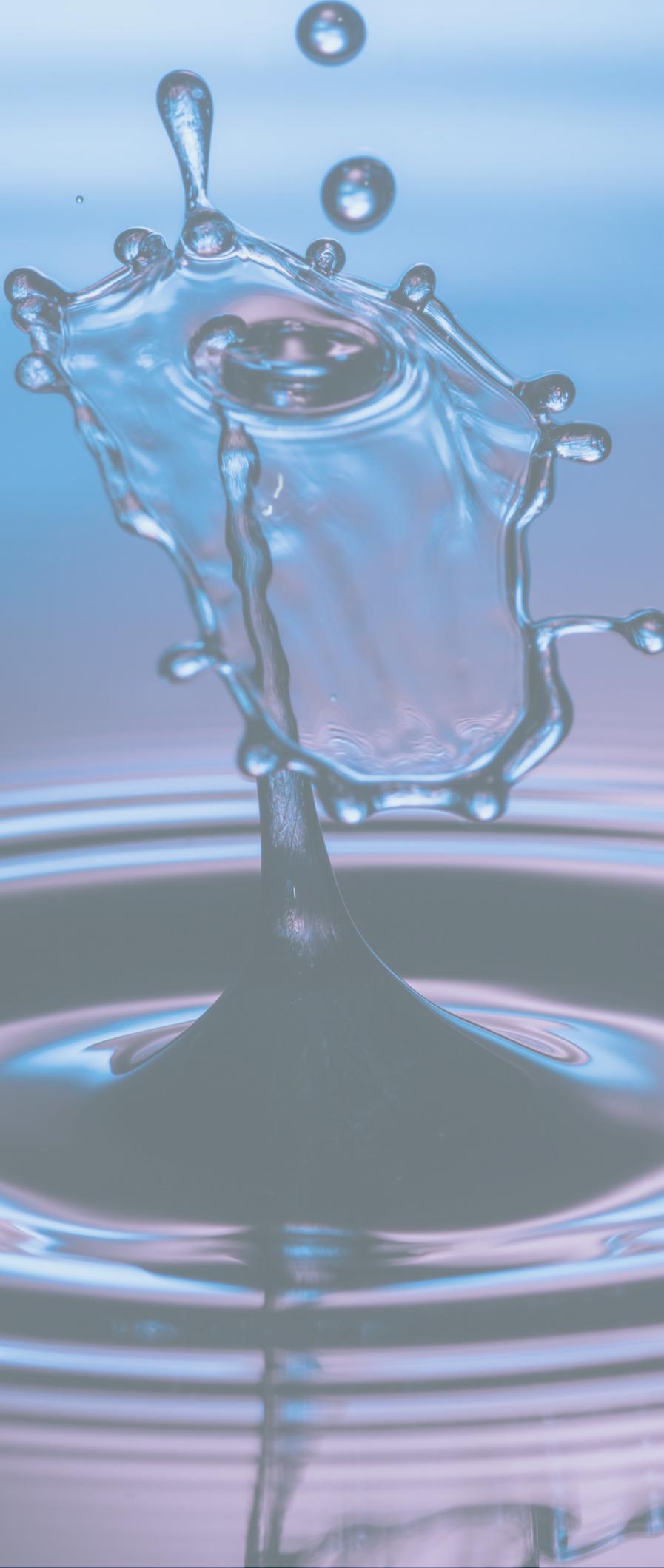


CHALLENGE YOURSELF

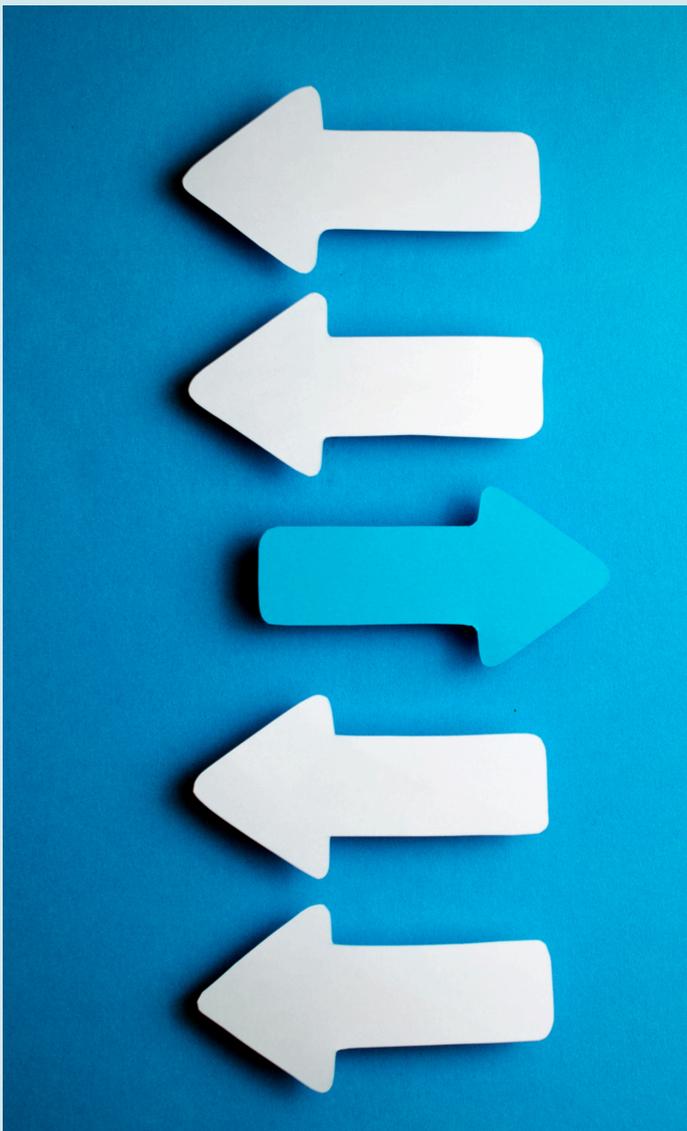
When you think you are beginning to become aware of guidance coming through, challenge yourself with a tougher question. Just remember we only get answers to the questions we ask. You may not like all of the answers you receive because your inner wisdom will challenge you. Ask anyway!

02

RIPPLE -
CONNECTING
WITH YOUR
NORTH STAR



YOUR NOTES:



YOUR SOUL'S PURPOSE

Your purpose is your north star and will evolve as you do; and with all of the transition in the world right now, it is likely that you have not fully realized how you are meant to serve in this next era. Or your current purpose is meant to expand in ways you have yet to imagine. Put these questions to your inner wisdom & jot down anything that comes to you. Am I living my purpose? Is there a different way I am meant to serve?

enjoy the journey



03

STREAM - MAGNETIZE YOUR GOALS

Raising your frequency will make it easier to raise your consciousness and enable more joy in your life. As you come into resonance with the frequency of your goals, you become magnetic for all of your aligned goals, opening a flood gate of momentum.

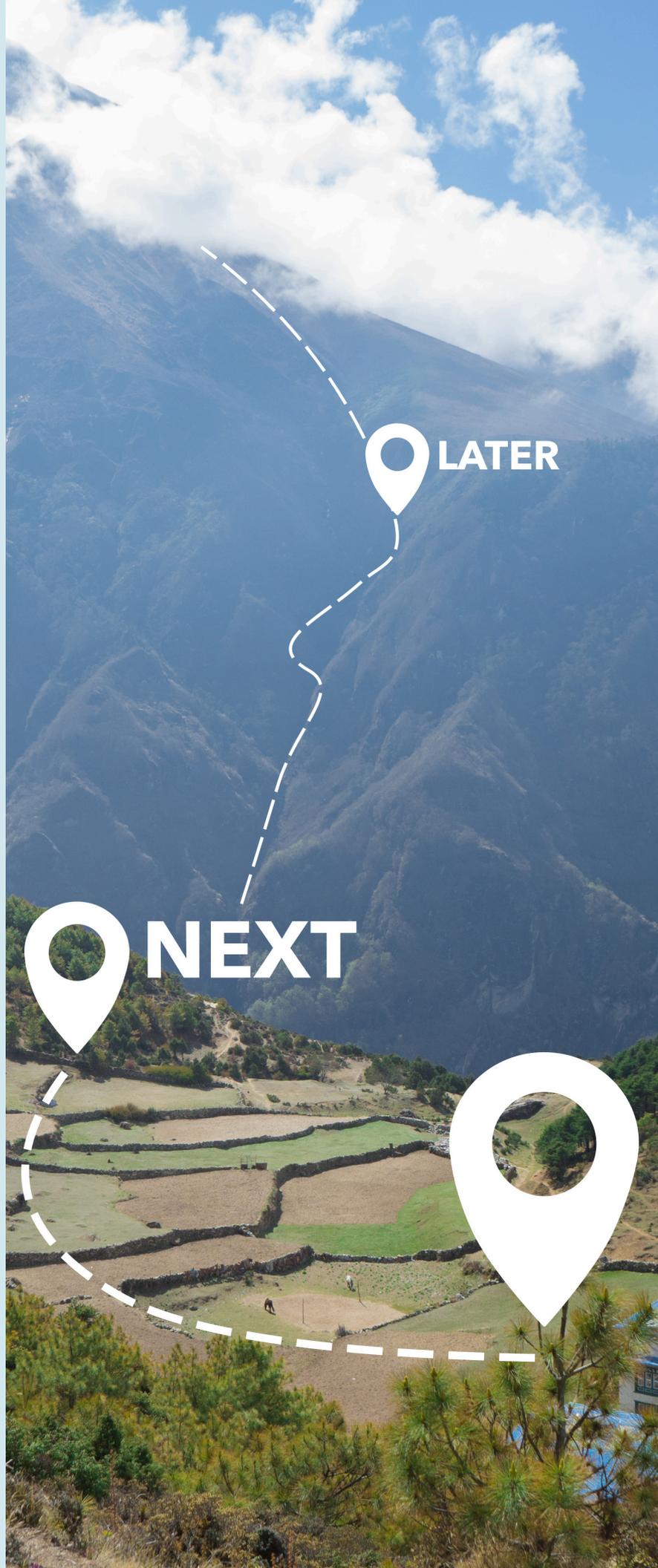
Learn how to measure your frequency so you can track your progress on the scale of human consciousness as your vibration rises.

04

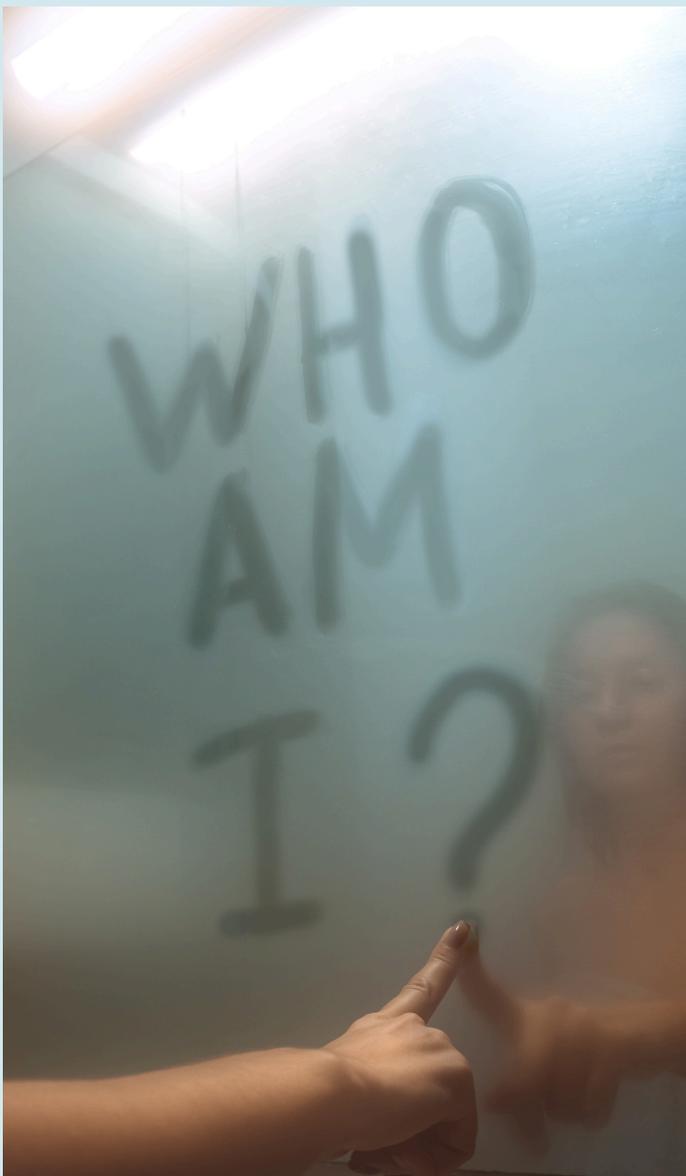
CURRENT - MANIFEST YOUR VISION

Your energy is created by your identity, and both impact your ability to create.

As you align your identity and beliefs to who you need to become, your goal or vision begins to matriculate into your life.



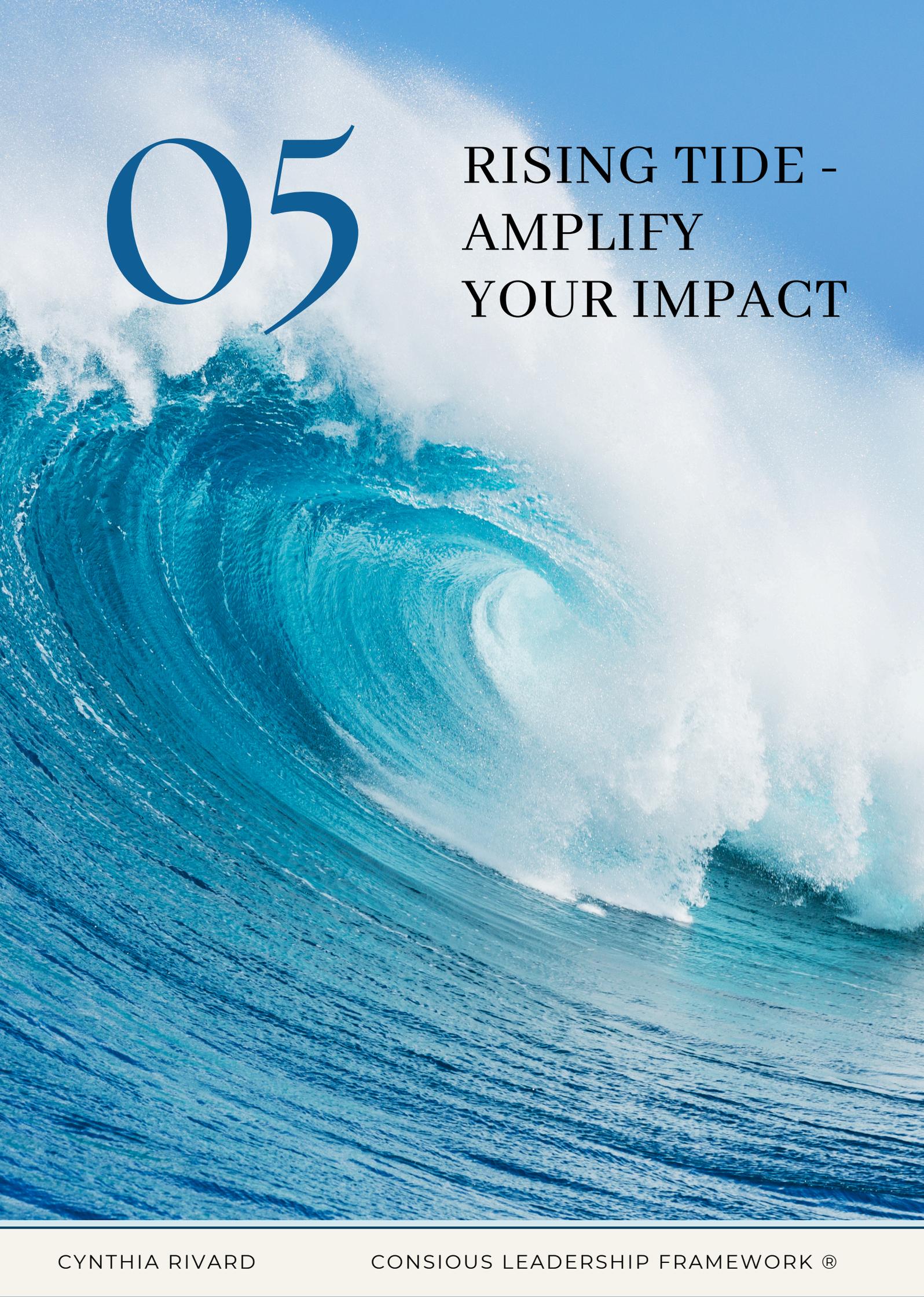
YOUR NOTES:



YOUR IDENTITY & BELIEFS

Your identity is held by your subconscious and has nothing to do with your roles or external circumstances. It is how you show up. Your beliefs help to create is. Take a moment to write down five beliefs you will have to hold in order to create your big vision or fully live your purpose. Then repeat them to yourself often. This will help to convince your subconscious they are true. And then take the actions necessary, as if they are already true.

happy manifesting



05

RISING TIDE -
AMPLIFY
YOUR IMPACT

ALIGNED ACTION TAKING

Nothing can manifest while you sit thinking and dreaming about it. It requires the right action at the right time. You will know what those actions are by tapping into your inner wisdom regularly, and adjusting your plan as often as necessary.

Action taking has the added benefit of assisting in creating your necessary identity. You can't create a new identity first. The actions always come first.



AMPLIFYING YOUR IMPACT

Honing your communication skills and expanding your compassion will be the most critical elements to lean into as you expand your influence.

Listening and being open to diverse perspectives is the only way to build consensus and lead the change we need in the world.

There are so many areas that can use your leadership. Where will you start? What is one thing you can do right now to start your ripple of impact?

CONCLUSION

Your leadership is how you leave your mark in the world. Many influence others without intentionality and create less than optimal results.

Just imagine how impactful your words and actions become when they have your soul's purpose and set intentions behind them.

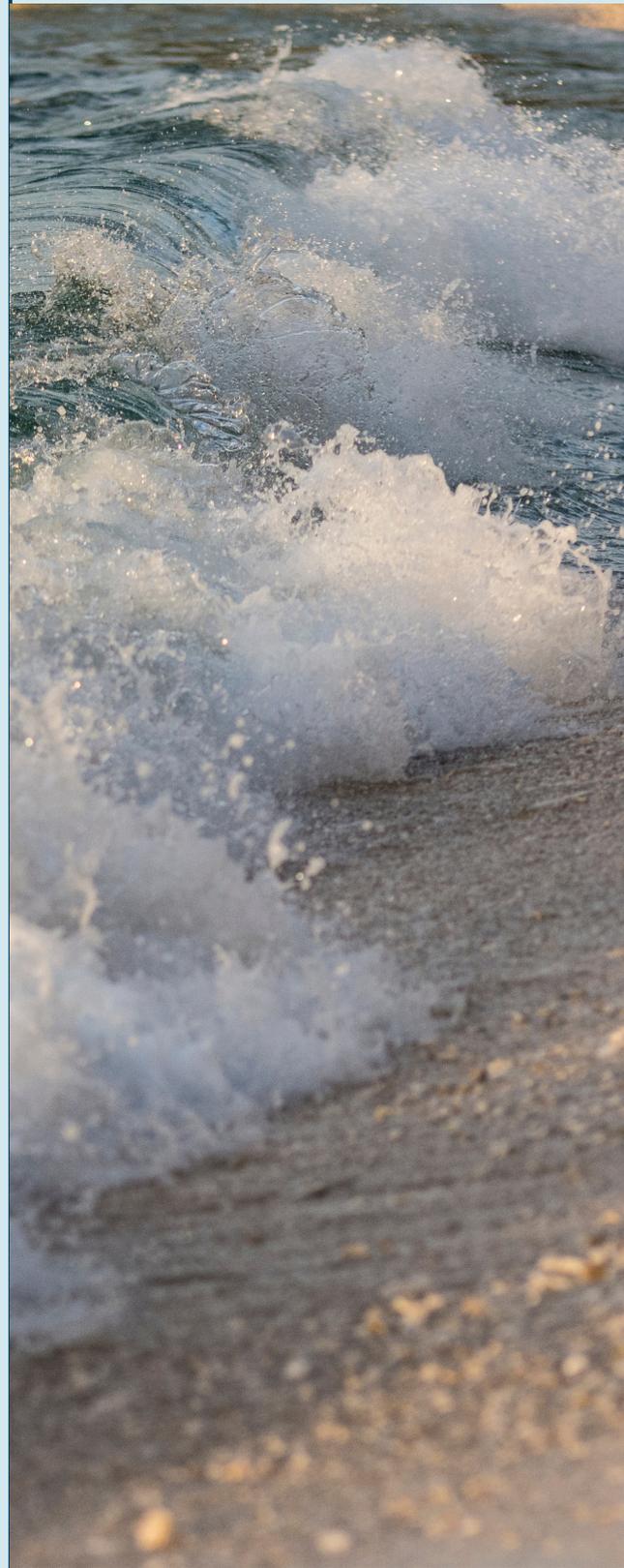
You will have no idea of the ripple you are able to create until you start to set it in motion.

That is the top tip for creating meaningful impact. Don't overthink it, just start. Until you take action, nothing is possible.

And once you start, you will build momentum as you become more inspired and build on those actions.

Only you can do what you were born to do, in the unique ways you are meant to do it.

Only YOU can lead as you are meant to lead. Start to take action today and BE a catalyst for the change you envision.



NOW, IT'S TIME TO GET TO WORK

98% of new knowledge is forgotten within a month if not applied. Sign-up for an upcoming free mastermind for encouragement, brainstorming and support.

DO NOT ALLOW TIME TO PASS AND
MOTIVATION TO WANE. JOIN A GROUP
AND AMPLIFY YOUR IMPACT NOW.

OUR WORLD NEEDS YOU.

[FREE MASTERMIND SIGN-UP](#)

