

Thought Leaders
BUSINESS LAB

EPISODE 261

Reconnecting To Your Inner Power

WITH LISA WINNEKE

SAMANTHARILEY.GLOBAL

S | R
SAMANTHA
RILEY



Building a well of courage

▽ Lisa Winneke is the host of The Good News Guide. It is a YouTube Channel and podcast where she shares information, ideas, and concepts in order to connect others with information to expand our minds and connect us with our hearts. Her inspiration and her WHY is to support people in reconnecting with the immense power that resides within them and from this place bring their dreams and visions to life.

▽ Lisa's platform is a way for her to:

- Help people have a deep trust in the wisdom that resides in ourselves
- Speak with change makers and thought leaders to share their message
- To help people who want to experience real transformation,
- Connect with thought leaders and get to know them
- Ensure that the guests in her show are those that she trusts and aligns with

▽ Lisa's journey on building a well of courage

- Lisa stepped into the unknown in 2019 as her 20-year marriage ended.
- She chose to use this time to create a platform where people could leave them less afraid than the traditional news outlets.

▽ From conceptualization to execution

- Birthing her project, The Good News Guide, Lisa firstly looked for guidance and support.
- She used an intuitive process by building from a different place - the vision as if it's already done.
- She got out of her way by removing her limiting thoughts and beliefs.

Seeing beyond the limited self

▽ Removing limiting beliefs is a process.

- First accept the limiting thoughts and beliefs that come up.
- See beyond the limited state by soothing that side of yourself.
- Choose to take one step closer to your fuller self.
- Align your thoughts, feelings, and actions to reach your fuller self and your vision.
- Choose to keep moving forward.



Being in your future self

- Step beyond the fear.
- Allow yourself to go beyond your thoughts and feelings.
- Constantly step into your future vision and your future self.

Trusting your intuition



The wrong question to ask:

- “How am I going to get there?”
 - This question holds you back.
 - We can become disconnected to the resources by asking ourselves this disempowering question.



The key is to come back and connect to something greater - your intuition.

- Stand in the vision of yourself being in your preferred outcome.
- Trust in the flow and your intuition.
- Honor and celebrate each time you trust your inner knowing and inner guidance.
- It's all being worked out for you.

Building your audience



The people you work with impacts your results.



How to build your audience:

- Following your heart and knowing your why will attract the right people in your life. To find your why, first honor your intuition and why, then choose people who align with your why.
- Have heart-felt and vulnerable conversations with the right people.
- Be outwardly-focused and give from the overflow of your cup.



Sharing your message to build your audience:

- Sometimes you can say random things and share them on your platforms that greatly influence other people.
- If our words, actions, and energy are aligned, the right people will move towards you.



How to ensure your message is being shared with the right people



It's one thing to share your story, it's another thing to ensure that your message is being shared with the right people.

— Connect with the right people by not focusing on the numbers, but focusing on touching hearts and giving value.

Detach yourself from the outcome



Attachment is the form of all suffering.

— This is our ego mind taking control.



Don't attach yourself to your vision or the outcome.

— Don't attach yourself to timing.

— Don't attach yourself to the way things should be.

— Detach from what you think the answers should be.

— Become conscious when you start attaching yourself to an outcome.

— Detaching yourself brings more freedom and joy.



Trust your higher self.



There is space for action and execution, but there is also space to detach from the outcome.

We live in an ever-expanding universe



We are ever-expanding and ever-changing.



Take life less seriously and remember that this is all a game.

— Choose a game that is effortless and creates joy for yourself and the world.

— Don't force anything.

— Don't get caught up in judging yourself. Look at your past self with a deeper well of love.

— The more you love yourself, the more authentic you can be.



Final advice



“Don’t die with the music still in you.”

— We have been led to believe that we all have everything inside of us and the only thing that stops us is the stories we tell ourselves.

— When we can get beyond the story and ask what it is that you want to experience, go do it. Go live it. Go be it. Go experience it.

Resources

[Dr. Joe Dispenza’s GOLOVE Meditation](#)

[Returning Home: A Meditation to Connect You Back to You](#)

**Set yourself up for strong business growth in 2021 with
a membership to The Experts Collective**

JOIN NOW