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Decluttering Your Relationship with Yourself

Learning to Love and Like Who You Really Are



WHOLEHEARTED
L I V I N G

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Decluttering Your Relationship with God

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Introduction

Working your way through this book could be compared to going on a soul-searching trip to the beach. The purpose of your trip will be to get to know the truth about who you are. It's been said that we don't often see things as they really are, including ourselves. Chances are good that you, like most of us women, believe certain things about yourself that simply aren't true. On this journey, you'll get acquainted with the woman you're created to be.

When embarking on any trip, many people like to have an itinerary; they like to know where they are going. Your destination is a place where you can fully embrace the person you really are. It is a place where you can enjoy a healthy, supportive relationship with yourself. Consequently, you can enjoy a sense of freedom and peace unlike any you've ever known.

It's not enough just to know where you are going, however; you need to know how to get there. **Your Relationship With Yourself and Your Past** will be your travel guide. It'll provide the required supplies and directions for each stop along the way.

To get the most out of this journey, you'll need to bring a few things with you. First, you'll need a willingness to leave your comfort zone. Next, you will need an open mind to consider new things you discover about yourself. Finally, you will need the courage to leave behind the misconception that it's selfish to spend time and money tending to your own needs.

This transformational trip will require both your head and your heart. All too often as women, we've gotten used to being disconnected from our own hearts. It's become normal for us to be disengaged. We numb out with overeating, overworking, excessive shopping, exercising or overscheduling our lives. This journey, however, will require you to slow down and focus. By doing so, you can prepare the way for awareness of yourself and your surroundings.

At each stopping point, you'll find yourself leaving behind things like shame and guilt from your past. You'll let go of critical, damaging self-talk and faulty beliefs that no longer serve you well. By the end of your trip you'll have learned how to identify and discard your heart-bashing behaviors.

The first book in ***The Wholehearted Living*** series is about connecting with the right person at the right time. That person is you, and the time is now. ***Your Relationship with Yourself and Your Past*** provides steps that are simple to understand and if implemented, will produce life-changing results. I want to encourage you to give it your all, for as with so many things in life, the more you put into it, the more you'll get out of it.

- ***Alicia Economos***

Chapter 1: Becoming an Ally

In the simplest of terms, wholehearted living means living your best life. However, each of us must define what that personally means to us. As the founder of the Wholehearted Living program, accompanied by my work as a life coach for the past 24 years, I've developed a variety of ways to describe what it means to live *wholeheartedly*. Here are a few descriptions that may resonate with you:



- Knowing who you are, knowing who you aren't and being okay with both.
- Living with an inner sense of peace, confidence and joy - despite any circumstances.
- Discovering and celebrating who you are, and fulfilling your life's purpose by using your talents and gifts to have your greatest impact on others.
- If you're a person of faith, Loving God, yourself and others with *all* your heart.

Regardless of the definition you choose, keep in mind that wholehearted living is not a destination that you reach some day in the future, instead, it's a way of living your daily life. Also, the first step toward living that life is to learn to develop and maintain a healthy relationship with yourself.

Here's what past participants have said:

*Completing the Wholehearted Living decluttering program was **one of the best things I've ever done for myself**. I was able to lay down heavy burdens of past guilt and shame and as a result, **feel lighter and freer** than I could have imagined. I'm experiencing a **newfound freedom and joy** from learning to love myself – and to fully embrace God's love for me. Give yourself the gift of Wholehearted Living. You won't be sorry. – Gloria M.*

***Wholehearted Living changed my life**. Through each coaching session, I was able to identify and shed layers of self-protection. In the process, **I found my voice** and am now **feeling empowered to pursue the life I've always wanted**. – Cheryl H.*