



*more*  
**MAGIC**  
**ALL THE TIME**

**20 WAYS TO CREATE  
YOUR BEST LIFE EVER**

RACHEL MACDONALD | IN SPACES BETWEEN  
[inspacesbetween.com](https://inspacesbetween.com)

**There's a fire in your belly. I love that. I feel it too. I want to help you burn even brighter, beautiful.**

But first, let me introduce myself properly. I'm Rachel MacDonald. I'm a writer, coach, speaker, seeker. I guide passion-fuelled women out of fear and uncertainty, and into lives, blogs and businesses they love (and truly desire).

I believe in truth, freedom and following the trail of our curiosities. I'm all for leaning into life. And then, leaning in some more.

This eBook serves as an entrée for the ideas, conversations, support and feel-it-in-your-bones wisdom I share on my online digs, [In Spaces Between](#), and my hope is that it will leave you with a desire for more – that it sparks something in you, tickles a tucked away dream and kickstarts an avalanche of inspiration.

My dream is that it lights you up and reminds you that total happiness and total fulfillment are just a thought away.

There's a big, beautiful In Spaces Between community [here](#), on [Facebook](#), and [Instagram](#) and [Twitter](#), and we'd love to welcome you with open arms, so come join us.

But until then, grab yourself a cuppa and tuck in. Soak up the words on the pages that follow. Enjoy.

With love and gratitude always,

Rach x





01

## *Surround yourself with passionate people.*


Raise your vibration. When you spend time with people whose mojo cup overfloweth — people who are out there shaking it like you want to — you subconsciously harness that big energy to bolster your own dreams.

Hang out with the best — bright sparks who endlessly motivate and support you and give you the 'Hell yeah it's possible!' spiel, especially when you're faltering.

I know it's unnerving but whether online or in person, a sure-fire way to expand your circle of movers and shakers is to take a deep breath, throw your shoulders back and reach out to those smart souls you've been admiring from afar. Drop them a line. Walk up and say hi. Tell them you dig their stuff and you'd love to chat sometime.

**I've met some of the coolest people I know that way – people who are totally in line with my passions and gigantic dreams – and it's really brought home that we're all equal, we're all working through the same challenges, and we're all simply doing our best.**

Your tribe is waiting gorgeous. Go join 'em.



**“We are all longing to go home to some place we have never been — a place half-remembered and half-envisioned we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Somewhere where we can be free.”**

MIRIAM SIMOS



02

## *Get shiny-diamond clear on exactly what you want.*

Razor-sharp clarity is like a jolt of electricity for the soul. When you're clear about what you want more of (as well as what you don't want) life will always rise up to meet you in that place of exquisite knowing. It's a glorious little cycle and the good news is that getting there is super simple.

**STEP 1: Declare your dreams and desires.** Write them down (with specifics), create a vision board, tape them to your mirror, stuff them in your purse...

**STEP 2: Wrap yourself up in those desires every day.** Visualise them while you take shower, feel them as you sit at the traffic lights, see yourself there as you drift off to sleep each night (this is the clever part where your everyday thoughts graciously shift to support your intentions).

"Where the mind goes, energy flows." Clarity opens the floodgates to affluence.

**The right people show up just when you need them, that awesome new client comes along just as you let go of the one that has been draining your joy stocks, the money you need flows in and everything lifts.**

I can't tell you how many times I've witnessed this in action and it's my number one tip for creating the life of your dreams.

You know what they say about diamonds...

03

## *Remember that fear is a goldmine for growth.*

Doing new things can be hold-on-tight scary. What if I get it wrong? What if I disappoint? Embarrass myself? What if I fail?


Fear forces you out of the warm and safe confines of your comfort zone ("but it's so cosy in here!") and it is guaranteed to bring up all your resistance.

Before I terrify the pants off you, I'm here to tell you **that's a good thing**. When you're moving toward your soul's calling, challenges are inevitable, so put yourself on the front foot by expecting them. You'll probably make mistakes. You may even have to leap over a few obstacles, blind faith tucked in your back pocket. And when you do, you'll know you're on the right path.

**Fear is a goldmine for growth and the only time we stagnate is when the cushiness of our comfort zone becomes our reality for too long and we stop looking out beyond what feels possible.**

Lean into your fear, take action, screw up every now and then and celebrate the fact you're grabbing the life you were born to live with both hands.





**"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.**

**We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us.**

**It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."**

MARIANNE WILLIAMSON



04

## *Write your success script.*

Keeping score of your wins – big, small or otherwise – reinforces positive behaviour, which subconsciously spurs you on to create more magic, more delicious success, all the time.

Whether it's a couple of minutes every Sunday night before the week begins, or a more structured 3, 6 or 12 month review (bonus points for all of the above) give yourself space to reflect on what's going on in your life and write the words of your success script.

### **Ask yourself:**

- 1. What happened this week?**
- 2. When did I kick ass?**
- 3. What did I learn?**
- 4. What's still in motion?**
- 5. What are my challenges?**
- 6. Who can help me?**
- 7. What am I looking most forward to this week?**

Like Anthony Robbins says: "Success leaves clues," so trawl your own success script regularly for shimmery insights, shiny nuggets of wisdom and better yet, shortcuts for next time.



05

## *Honour your word.*

I try my best not to 'flake' and have learnt over the years that the best way to ensure that doesn't happen is to listen to the little voice in the back of my head. If it's saying "No, no, NO" I take heed. And politely decline the request/ reschedule the commitment.

There's a difference between being a full-on flake (you know the type — reliably unreliable, hard to get in touch with, make plans they never keep) and having to change plans because of {insert awesome reason here}, but as a general rule, remember how wonderful it feels to be appreciated by others, and apply that integrity to your interactions and the way you approach your work.

**"Do what you say you're  
going to do."**

DANIELLE LAPORTE

06

## *Reframe your relationships.*

Think about the people you attract into your life and why. Who pushes your buttons? Who makes you feel the most “you?”

Ever since I got my first job at 14 scooping ice-cream, I’ve always had male bosses and I’m not going to lie, there have definitely been times where I’ve thrown my hands up in the air and thought “Why can’t I just work with a female for once?!”

Thing is, I’ve attracted these men into my life for good reason. My current boss and boss from my previous job are both young (35) but accomplished men – the former being CEO of a (very successful) global company by age 30 and the latter, the Communications Director for one of the largest tourism bureaus in the country (a job he also scored around age 30).

Both men are highly articulate, highly driven, well respected, take no bullsh\*t kinda guys, and they’ve taught me a lot about business (and life) including how to value my worth, how to trust my instincts in the business arena, and that ultimately, age is irrelevant when it comes to chasing your dreams.

With both, I’ve also always felt like they’re gunning for me to succeed and I’d like to think that perhaps I brought/bring to the dynamic a sense that positivity, personality and hard work can co-exist quite beautifully in the corporate world. Along with motivational quotes and neon notepads.

**Take a look around you.** What can you learn about the people you’ve attracted into your life? Your partner, boss, best friend, biggest competitor?

**Look at everyone as a luminary you can learn something from. It’s seriously enlightening – and one of the best ways I know to not only connect with people, but to magnetise more of the right people into your life.**



07

## *Celebrate other people's "bigness."*

William Hazlitt said: "Just as much as we see in others, we have in ourselves." As you applaud the achievements of others, you're inviting that same energy into your own life. This is a glimpse of what can be possible for you.

**What we notice and celebrate in others always shows up more often in our own world.**

Unshackle that stream of heart-warming praise. Comment/ retweet/ high five people for their awesome work. Send a handwritten note or drop a sweet email and count your blessings that the world is filled with so many talented people that continually inspire you to rise up and S H I N E.

08

## *Invest in yourself.*

Schedule that trip of a lifetime. Learn a language. Enlist the expertise of a life coach/ co-conspirator to help you live up to your true potential. Book a health retreat trip on a whim to reset and recalibrate. Get a massage to nix tension and create energetic spaciousness. Use acupuncture or Reiki for alignment. Attend seminars, mastermind workshops, night courses.

Spending money on haircuts and new clothes satisfies an urge in the short-term, but give yourself the biggest gift of all by pursuing lifelong growth.

A scintillating life is yours for the taking, you little powerhouse, you!

**“Man’s mind stretched to a new idea never goes back to its original dimensions.”**

OLIVER WENDELL HOLMES



09

## Give freely.

Learning is a forward motion. I can tell you with 100% confidence that the golden idea you think is your best right now will be overshadowed by something better – far better – as your star shines brighter and the parts of yourself that are currently untapped are liberated.

**Give your bright ideas away. Help people. Open your heart. Quit holding back for fear you'll be "copied" or someone might "take credit."**

I love this passage from Paul Arden's book **It's Not How Good You Are, It's How Good You Want to Be:**

*"The problem with hoarding (your ideas) is that you end up living off your reserves. Eventually you'll become stale. If you give away everything you have, you are left with nothing. This forces you to look, to be aware, to replenish. Somehow the more you give away the more comes back to you. Ideas are open knowledge. Don't claim ownership. They're not your ideas anyway, they're someone else's. They're out there floating by on the ether. You just have to put yourself in a frame of mind to pick them up."*

Think bigger. Free up space for the next grand idea — your next OHMYFREAKINGGOD! moment — to come along and blow your mind. There's more than enough for everyone, and generous people always have more to give. Truth.

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## *Practice radical acts of gratitude.*

The more you start flexing your gratitude muscle, the more it will weave its way into your days and you'll find you'll unconsciously attract more to be grateful for (that's a fact).


Make today the day that you find 5 things to give thanks for and either scribble them down in a journal or when you're going to sleep tonight, run through them in your head or with your partner.

Give your gratitude context by thinking about WHY you're so thankful. "I'm grateful that I have a job that provides me with regular income so I can treat myself to a new outfit, like I did this week." It can be as small or as huge as you like.

### **Extra tidbit:**

**I publicly pronounce my bliss in my Making Me Happy posts every Wednesday on In Spaces Between so why don't you join me there to expand the power of your gratitude?**





**“In the end, though, maybe we must all give up trying to pay back the people in this world who sustain our lives. In the end, maybe it’s wiser to surrender before the miraculous scope of human generosity and to just keep saying thank you, forever and sincerely, for as long as we have voices.”**

ELIZABETH GILBERT

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## *Make time for positive reminiscing.*

Ever sat around with your friends the day after a fun night out, or a wedding or special event, and played through the “highlights reel?” This is one of my favourite things to do, whether it’s with my girlfriends or my husband, and just reliving the moments can bring me as much – if not more – joy than when they actually happened.

### **Think about ways you can incorporate more positive reminiscing into your life.**

Go through old photos and create slideshows or movies out of your favourite memories, turn a funny story into a blog post or randomly text your bestie an “Ohmygod, remember that time....?” message. Share a belly-laugh. Make someone’s day. One giant hit of joy, straight to the soul. *Thankyouverymuch.*



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## *Run your own race.*

Guess what, beautiful? There's no one in the world just like you and that is beyond exciting.

That certain j'ne sais qoui you have? **All yours.**

The super special way YOU do it? **Owned and honed.**


The next time you feel the two evil C's creep in – that energy-thieving duo Competition and Comparison – write yourself a glowing testimonial and focus on what is astounding, unique, revolutionary, downright genius about you (delightful quirks and all).

**Out beyond 'Nice Stuff' and 'Money' and 'Love' and 'Success,' an even bigger desire is smouldering away and you know what it is? The desire to be you. To bravely front up to the world and say without hesitation: "This is who I am."**

Looking around at what everyone else is doing and measuring yourself up against their success is totally counterproductive so let's call an end to that right now, shall we? You're here to run your own race and *not to put the pressure on or anything*, but we're all counting on you to unleash your own potent brand of magic. The stuff that has never been done just the way you do it.

Take this as your permission slip to step into the limelight and live freakin' LARGE.





**“Don’t step into lives that aren’t yours, make choices that aren’t nourishing, or dance stiffly for years with the wrong partner, or parts of yourself.”**

SARK



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## *Overwhelmed? Apply the Inverted Pyramid Principle.*

When I studied journalism, one of the basic tenets we were taught was the Inverted Pyramid Principle – that is, when you're writing a news story, lead with the information that's of highest importance (the top of the pyramid) and flow down from there to the pointy bit. The idea is that if the story gets cut to fit column inches, it's only the superfluous and unimportant details at the bottom that will be chopped.

So how can we take that concept and apply it to our lives? Pretty simply, actually.

**When life gets crazy and overwhelm kicks into overdrive, start with a big ol' brain dump. Write down everything you have on your plate and then divide it up into *the stuff you have control over* and *the stuff you have no control over (that stuff can go immediately)*.**

To drill down even further, put a number priority beside each item on your 'keep' list – with 1 obviously being the **Most Important Thing** and 10 the **Can Probably Wait** stuff – and start trimming the fat from the bottom until you're left with a super tight and highly refined list of things you actually want to do (different from the things that "sound good to do.")

Holy illumination. This one's a game-changer.

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## *Cultivate 'next level' confidence.*

Confidence by the truckload means taking the game inside. When an athlete prepares to blitz a race, they psyche themselves up with positive self-talk and pump-me-the-hell-up mantras that help them explode out of the blocks. Before bestselling author and soulful speaker Danielle LaPorte hits the stage, she pulls her energy into to her centre with a simple pre-show pep-talk: "Help us shine."


We all get nervous. Insecurity doesn't discriminate and putting yourself out there can strike fear in even the boldest of dames.

**The next time self-doubt creeps in, turn your attention away from your own expectations and instead think about how what you're saying/ selling/ doing will be received.**

Think about the contribution you're making and how others will benefit; how sharing your genius will make their life easier and sweeter.

Weak knees and shaky hands and those moments where you freeze up and question if you're doing the right thing are par for the course. Draw comfort from the fact that we're all on the same team and all that really matters is that you align with your purpose and rock out with your good self (like you know you want to).





**“Remember that  
everyone you meet is  
afraid of something,  
loves something, and  
has lost something.”**

H. JACKSON BROWN JR.

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## *Ask for help (+ outsource the sucky stuff).*

Here's a truth bomb: you don't have to go it alone. Yep, really.

**Learning how to ask for help or delegate to make your life easier is profoundly liberating and means you can spend more time on the fun, soul-stretchy, heart pitter-patterly things that matter, while someone more suited looks after the things that drain your time.**

If your house is in a perpetual state of chaos and you loathe cleaning, hire a cleaner. Employ a virtual assistant to look after everything from your website back-end to making travel arrangements. Fork out on a decent accountant (it'll mean more moolah for you in the long run, I promise).

If you need further convincing on the effectiveness of outsourcing, I highly recommend Tim Ferriss's book **The 4 Hour Workweek** (full of tremendous resources). Simplify to amplify.



## *Reject rejection, or, trust that everything will work out as it's meant to.*

Who are you afraid of being rejected by? Your parents? Your friends? Your boss, colleagues or clients?

We often put the idea of rejection into the hands of others, and the heartbreaking news is that doing so only serves to validate our own insecurities and doubts.

**Insecurity tells us:** If no one gives me the job, comments on my blog, invites me to dinner, tells me they love me, approves my work, I'm not good enough.


**It says:** I suck. I'm unlikeable. Something is wrong with me.

When you're observing from the outside, of course, with perspective in tow, it's a different story.

**I truly believe what is for you in this life won't pass you by and when you show up from a place of authenticity, the fear of rejection is replaced with a deep faith that everything happens for a reason and everything will work out as it's meant to – even if it doesn't seem that way at the time.**

Put yourself out there. Lean in. Ask questions (many questions). Remind yourself that you are just as worthy of receiving as the sweet sista beside you. You are more than enough.





**“This manuscript of yours that has just come back from another editor is a precious package. Don’t consider it rejected. Consider that you’ve addressed it ‘To the editor who can appreciate my work’ and it has simply come back stamped ‘Not at this address’. Just keep looking for the right address.”**

BARBARA KINGSOLVER



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## *Turn jealousy into inspiration.*

Your psyche sends insightful messages continually and one of the ways it tells you that you're not truly connecting to your power is when the ol' green-eyed monster rears its ugly head.

Jealousy crops up when you feel 'separate' – when it seems like there is a big, gaping divide between where you are and where you wish you were – but the awesome news is it brings with it a great opportunity to look at the areas of your life that might need a bit of a spruce up.

### **When you're feeling triggered, ask yourself:**

- + Is there something I wanted to accomplish and didn't act on?
- + Am I playing too small?
- + What are the obstacles holding me back?

The answers might just blow your socks off.

In the age of social media and fancy blogs and internet celeb-ness, it's easy to get caught up thinking that someone else's (well-edited) life is so much better than your own (it ain't), but remember that there's always a tonne of hard work going on behind the scenes.

**To turn dispiriting jealousy into a shiny positive, be thankful to the person you're feeling envious of for modelling 'their way' of doing it – then go out and sprinkle your own special flavour.**

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## *Don't burn energy trying to assume how people will perceive you.*


We all know in our heart of hearts that pleasing everyone is impossible. What some people will brand "enthusiastic go-getter," others will interpret as "over-achieving pain in the butt." What one inspired soul will see as a bold move towards their full potential, another cautious character will deem a foolish risk.

Let 'your right people' make up their mind about you. Confidently show up, guns-ablazing, passion and all, and let people buy in to that passion – if they want to.

**Tripping yourself up worrying about how you'll be perceived takes energy away from actually getting out there and rocking it, and ultimately, the only thoughts you can control are your own.**

**A little aside:** The funny thing is, most of the time, nobody's even analysing what you're doing because they're too busy worrying about what you're thinking about them. Less time assuming = more time actualising. Sing it!





**“Everyone has this giant, luminous being that is their true self... Everyone is a sleeping giant, so to speak, waiting to hear the call, waiting to surrender to it, waiting to act on it. We’ve gotten caught up in thinking we are what we look like, the physical, the exterior. We think we’re the lamp shade. We’ve forgotten that we are the light—the electricity and the luminosity that lights up every man, woman, and child. The light is who we truly are.”**

MICHAEL BERNARD BECKWITH

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## *Make 'me time' an essential.*

Whether it's exercising, cooking an amazing meal bursting with nutrients, meditating, journalling, stretching out on the yoga mat, beauty blitzing, or whatever else replenishes your energy stores and brings harmony to your life, make it happen.

**Block out some time, set a reminder in your phone and refuse to compromise. That beautiful body and spirit of yours depends on it.**

Extreme self-care has a flow-on effect to the way you live the rest of your life – from your relationships to your happiness – so pay yourself the same respect you pay others by sowing the seeds of gentle self-love in your own green garden.



## *Start now.*

In closing, I'm going to serve up a big ol' a dose of tough love (delivered with pink peonies and bear hugs, of course).

When it comes to claiming the life you were put here to live, to stepping into your power, to making sh\*t happen:

**Just start.**

**Stop procrastinating, making excuses, perfectionising (made-up word), dilly dallying, umming and ahing.**

**Get amongst it.**

**Plunge in headfirst.**


**Learn as you go.**

**Birth it.**

**Start before you're ready.**

There will never be a 'perfect time' – so what are you waiting for?





**"Whatever you do, or  
dream you can, begin it.  
Boldness has genius and  
power and magic in it."**

GOETHE



## About the Author



Hey there, I'm Rachel.

I'm a life and blog coach, soul-centred writer and inspirational speaker, and was selected as one of ProBlogger's 'Top 15 Bloggers to Watch in 2013.' I'm also the co-author of *Spirited: Soulful Lessons on Clarity, Connection + Coming Home (to You)* and the *Spirited 2014 Companion: Spirited Solutions to What's Holding You Back*.

With unwavering enthusiasm, electric insights and a whole lotta heart, I guide passion-fuelled women out of fear and uncertainty, and into lives and businesses they love (and truly desire).

Clarity meets creativity, intention meets inspired action. That's my special brand of magic.

To enquire about life coaching or blog coaching with me, drop me a line on [rachel@inspacesbetween.com](mailto:rachel@inspacesbetween.com). I'd love to hear from you.

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*SHINE ON.*

*Rach*