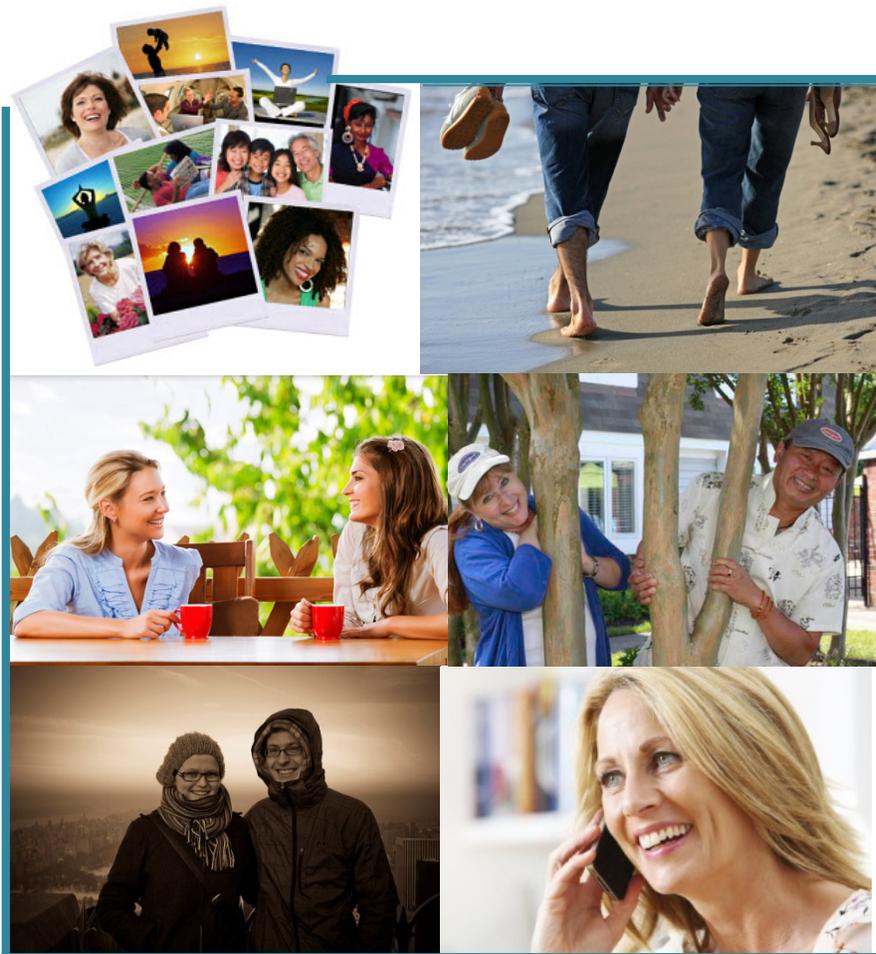


# How to Create a Powerful Awesomeness Buddy Partnership



***You're Awesome, Claim It!***

*Elari Onawa*

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# Powerful New Possibilities

Hi I'm Elari Onawa, I'm so glad you've decided to join the *Celebrating Our Awesomeness Community!* Few people see how amazing they truly are, but you are about to shift that for yourself, and your



Awesomeness Buddy!

Augustine Aurelius one wrote; "People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and yet they pass by themselves without wondering."

We stand in awe of things outside ourselves, but I rarely meet people who are comfortable proclaiming their own awesomeness. And those who do so, are often judged for that. *And this is a mistake of epic proportions!* For who are we, if not a miracle? *Who are we, if not brilliant expressions of divine potential?*

If we cannot see how amazing we are, we cannot create from that brilliant light that so wants to shine forth in all of us! And this is why I do what I do, and why I am so excited that we're connecting in this way! My work as an author and program leader is all about helping you embrace the beauty and magnificence of who you truly are. From here freedom, joy and *true Self-expression* are possible. And that leads to an exciting adventure of living life *as you truly want it to be*, from your beauty and power!



The idea of Awesomeness Buddies came to me one afternoon, when I was walking around the lake in our neighborhood with my beloved partner Alex. As we walked, we were sharing what we appreciated about ourselves and our lives, a daily practice I introduced on a walk one day. On this particular day I happened to start my appreciation share with; *let me tell you what amazes me about myself!* We both started to laugh, really enjoying the light-hearted energy that conversation created. I had just finished my book *Just Believe: How Faith in Yourself Shifts Everything*, so I was feeling especially lit up! That uplifting feeling stayed with us throughout the day, and we still laugh about it! We've also been using that, or some variation of the "celebrating our awesomeness" conversations ever since.

I started sharing that practice with people in my programs, much to their delight too! This is such a powerful conversation to have and here's why! When we declare what we find amazing about ourselves, and then share that with someone, *magic happens!* As we claim what we love and appreciate about ourselves, instead of focusing on what we think we have to fix, we build genuine confidence and

joy! And [the more we believe in, and love ourselves](#), the happier we become, and the more we see as truly possible. The more we allow ourselves to celebrate our awesomeness, the more we become *who we truly are* ... the more love and joy we feel!

So as you explore these guidelines for creating a Powerful Awesomeness Buddy Partnership, consider that almost everyone is, or has strived for some idea of perfection, that's not even their own! We're born into conversations about how life works, and who we're supposed to be. It isn't anyone's fault, that's just part of the "Road to Self-Realization". We all have to start somewhere. And now let's claim ownership of our ability to create who we are, and how we truly want to live our beautiful lives!

*You have the power!*

*So let's celebrate our awesomeness together!*



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Author of "Just Believe: How Faith In Yourself Shifts Everything"



YOU are amazing!  
It's Time to Claim

# Tips for Creating a Powerful Awesomeness Buddy Partnership

## 1. It's About the Awe!

Your Awesomeness Buddy Connection is your time to step out of everyday conversations, which are all too often, are focused on fixing something, or someone. Your Awesomeness Buddy Connections are respites from all of that, and are beautiful opportunities to nourish your soul, as you uplift yourself, and someone you love! So as you connect, remember the awe in awesome! Awe is a deep feeling of reverence, and admiration. In this case, *you'll be directing the awe toward yourself*. Because, as you claim and celebrate what you find amazing about yourself and your life, you deepen your sense of *who you truly are*. You are cultivating belief in yourself, and wrapping yourself in an empowering blanket of self-love. As I explain in my book, [Just Believe: How Faith In Yourself Shifts Everything](#), the ability to be your own source of approval, is the foundation of genuine confidence, the kind that comes from within. It's unshakable, and the foundation of peace.



Imagine if we cultivated self-belief, and made that a priority in our conversations? This world would be a very peaceful, and empowering place to be! Your Awesomeness Buddy Connection is the time to do just that, and you'll be part of a powerful community, who's spreading this uplifting *way of being*, one Awesomeness Buddy Connection at a time! Congratulations for celebrating yourself and your life, while making a difference!

## 2. Know What Being an Awesomeness Buddy Is

An Awesomeness Buddy is someone you partner with, who shares your enthusiasm for celebrating one another's magnificence. It's a conversation that really makes a difference! She will listen to you, and encourage you to celebrate yourself, while also being willing to claim her own beauty and power! It's a lot like a personal cheerleader, who loves the idea of hearing *you* share how amazing you are! You will be doing the same for your partner—listening with celebratory attentiveness!

So an Awesomeness Buddy is not a coach, counselor, or accountability buddy that's keeping track of what you did, or did not do. That requires a different skill set, and also misses the point of the Awesomeness Buddy Connection!

Both partners are agreeing to express what they find amazing *about themselves, and their lives*, and then listening attentively, and without interruption, while their partner shares their own awesomeness.

The power resides in claiming your awesomeness *for yourself*, and on a regular basis, while someone holds the space for you in a beautiful, uplifting and safe way.

### 3. Use Empowering Language and Have Fun!

Okay the sky is not even the limit here, but we have to start somewhere! A great place to begin is with a 10 to 20 minute connection with your Awesomeness Buddy, on the phone or in person. You'll take turns



sharing what you find amazing, or awesome about yourself and your life, while the other person listens with awe and admiration (of course)! As you're listening, hold that uplifting space for the other, *believe in them!* In the shared enthusiasm, you might be tempted to jump in to interrupt, but just smile and let the magic unfold for your partner. Remember it's especially powerful, when we claim our awesomeness for ourselves!

I recommend you, and your partner have *at least* one uninterrupted share, by completing an empowering statement, or answering an uplifting question posed by your partner. You might enjoy rotating two to three times each, and then having a "free-form exchange" toward the end of your connection time. The key to a successful connection is giving each other equal time to do an uninterrupted awesomeness share. In this way, each partner has an opportunity to claim their own awesomeness, and to be heard in a powerful, uplifting way. As you listen to you partner, *believe in them!*

Here are some statements, and questions to get you and your partner started. As you discover other questions or statements you find powerful, feel free to share that with the [Celebrating Our Awesomeness Facebook Community](#).

#### ***Awesomeness Conversation Starters***

- Let me tell you what amazes me about myself/my life ...
- I am so proud of myself because I am ....
- Here's what I really love and appreciate about my life today...
- I am in awe of myself because ....
- What amazes you about yourself today?
- Why are you so amazing/awesome?
- What is awesome about your life right now?
- What are the most delightful characteristics you've discovered about yourself (or your life) this week?

- What takes your breath away when you get present to it?
- Why are you so incredibly beautiful?

**Have fun with this as you celebrate your awesomeness!**

#### 4. Set a Consistent Awesomeness Connection Time



In your first Awesomeness Connection, decide how often you'll connect and how. The Awesomeness Buddy Connection works in person, or on the phone. You may want to schedule 10 to 20 minutes once or twice a week to get started. You could also have more frequent connections, but make them shorter, if you prefer. *It's entirely up to you and your partner.* The key point is that *this is something that feels really good, because it uplifts and empowers you, as you're claiming and celebrating your awesomeness with someone you know and care about!* And

you're both contributing to each other by holding an upbeat, loving space, as you listen attentively to the other. How awesome is that!??

#### 5. Specifics Shared in the Awesomeness Connection ... *Stay in the Awesomeness Connection!*

Many people are taught that "tooting your own horn" or bragging is in poor taste, so it's extremely important to *let that idea go* in your first Awesomeness Buddy Conversation. Then discuss what confidentiality means to each of you. You want to create a connection that feels safe and empowering. So here are some suggestions you can use to get the conversation started. Confidentiality means that *no specifics* shared by your partner are repeated to *anyone*, without your partner's permission.

You, of course, can share whatever you want about the details of your own awesomeness, and feel free to celebrate, or express admiration and respect for your partner. An example of celebrating your partner might be; *I think my Awesomeness Buddy is amazing; she's so creative!* So sharing qualities you admire and respect are great, the details are

not, unless otherwise agreed upon. An example of sharing inappropriate details might look something like this. "My partner told me that she loves and appreciates how smart and funny she is." You and I will think that's worthy of high-fives, and cheer her on, but without the appropriate context, people will most likely miss the power in this.



If you want to show someone how to create their own Awesomeness Buddy Partnership, send them the link to: [www.ElariOnawa.com/awesome/](http://www.ElariOnawa.com/awesome/). They'll get this download, the link to the Facebook Community, and additional updates to *celebrate their awesomeness!*

## 6. Extend an Awesome Invitation

When you invite someone to be your Awesomeness Buddy, tell them *why* the idea of this feels so powerful to you! Then tell them *why* you think *they're so awesome!* The energy that gets created from this conversation is very powerful! To get off to a powerful start, schedule your first Awesomeness Buddy Connection after you, and your partner both have an opportunity to look through this *How to Create a Powerful Awesomeness Buddy Partnership* guide. That way you're both on the same page before your first Awesomeness Connection!

## Your Easy Breezy Awesomeness Buddy Conversation Checklist

\_\_\_\_ 1. Choose someone you'd like to invite to be your awesomeness buddy. (If you're in one of my programs, you can skip the first two steps and go directly to step 3.)

\_\_\_\_ 2. Tell your future buddy that you're inviting her to be your Awesomeness Buddy, because she's *awesome too*. If she *doesn't* already have this guide, email it to her. That way you can both review this, before your first Awesomeness Buddy Connection.

\_\_\_\_ 3. Set up a time when you can meet in person, or on the phone.

\_\_\_\_ 4. Join the Celebrate Your Awesomeness Page on Facebook here: <http://www.facebook.com/celebratingourawesomeness> You'll find uplifting conversations there, plus tips for claiming awesomeness, when you *Follow* and *Like* the page!

**You're amazing, claim it!**  
**Celebrate your awesomeness!**