



Get Unstuck, Get your Life Back and Make Change Easy

3 Unconventional Ways to Start Living a Life that Makes You Happy NOW!

You're a smart and capable woman who puts your all into everything you do. You work crazy hard, at your career and at life - attending to demanding clients, being an awesome wife or partner, a great Mom, a good friend, volunteering and taking care of aging parents. You do everything for everyone!

Except yourself.

So, you're stressed, overwhelmed, frustrated and sad.

• You may be saying to yourself:

"I know that if I could just lose this weight and get in shape, my life would be great. All of my problems revolve around my weight. I feel terrible about the way I look and feel. I've just GOT to lose this weight!"

It seems to be impossible to get inspired enough to begin, though. You've tried again and again and the thought of yet another diet that deprives you of your favorite foods and punishes you with exercise that you hate, drives you to the cookie jar! Besides, when will you have enough time to get organized enough to prepare all that special food and what on earth IS healthy eating these days - Low fat, high protein, gluten-free, vegetarian, grass-fed, organic? It's so confusing! And, you feel like you have SO much weight to lose that it's just too big of a hump to get over. Ugh, maybe NEXT Monday. You want to give up before you even get started.

• You feel like life is passing you by:

"I'm not sure what's next for me. My life is half over and I still don't feel like I'm living my purpose. I feel like my life's dreams have been on hold. Now, I feel the clock ticking! What the hell have I been waiting for?"

Now that you've had time to think about it, you realize that you've been scared to death to be honest with yourself about what you really want. What will people think if I let my real self shine? What if I want something too big? What happens when you lose the excuse that you hide behind to become all that you are? Who will hate you if you're

thin and you love your life? What if you have to work too hard? What if you are unable to handle the new expectations? What if you're...GULP...happy?

• **You think to yourself:**

“Everyone around me owns a piece of me - my family, my job, my church, the PTA - everyone BUT me. I don't even have time to think! I don't remember the things I used to love to do - I only know that I'm on a treadmill, doing the things that have to be done. I'm sick and tired of living this way, but I don't see a solution without disappointing others. I need to start taking care of ME.”

You feel stuck because you are asked by society, our families, our friends to fill so many roles and wear so many hats, that you often don't know who you are anymore. You know something isn't right – you're unhappy – but you just don't know why.

And, then you feel guilty that you're unhappy, because you SHOULD be happy, because you seem to have it all - a great husband/partner, a perfect house in the right neighborhood, kids are doing well in school, an exciting career that pays well. Still, you ask yourself if this is all there is? Is this what life is about?

You KNOW your life could be different and...happier. You **WANT** to take better care of yourself and you keep trying to do just that. You've tried so many times before and you're angry and confused that you've been unable to keep promises to yourself, because you are able to keep your promises to EVERYONE else around you. And, you're scared to think of “failing” again or taking a risk and leaving behind the familiar, even if you want something different. Oh, yeah, I forgot – it's **selfish**, too. So, you're tempted to just put all of your hopes and dreams aside and just get on with your routine, because things will **NEVER** change.

Of course, this makes you feel **EVEN MORE** stressed, overwhelmed, frustrated and sad.

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That's Where I Come In...

So, it sounds like I know you pretty well, right? I do, because I've been in your shoes before. I remember a time in my life when my son was much younger that I was immersed up to my eyeballs in community service at his school and at our church to the point that I was neglecting the very reason I was involved with this volunteer work to begin with - our family! I realized this fact just as I had agreed very publicly to a major leadership role in our church. I knew that I had to resign from the position. It was one of the hardest, most embarrassing things I ever had to do, but it was the right thing to do for me and my family, and I've never regretted it.

I've also worked with women like you for 20 years, so I've heard it all. From my own experience and from hearing the stories of many women over the years, I've developed a philosophy that is quite different from what you may have heard in the past.

You see, most of us come from a place of wanting to fight against the things in our life that we dislike and are unhappy about.

“Life has done this to me!”

“It's not fair!”

For example, we wage a war against our bodies, depriving them of our favorite foods and punishing with exercise. We hate being fat, yet the more we resist the fact that we are, the more miserable we become and the more power those pounds have over us; we become the victim of our own story.

We say we SHOULD change the things that we see as WRONG because we think if we fix the wrong stuff, we'll be happy then.

And, it doesn't work.

Why?

Because, we're not addressing the real issues.

Why?

Because it's so much easier and less scary and feels less selfish to distract ourselves with all this external crap than it is to embrace and accept our own internal wants and needs. We're not listening to the little voice telling us to live our deepest desires - we're covering our ears with all the STUFF we're keeping ourselves busy with.

And, we're afraid to allow change, because we are uncomfortable living in the unknown, the untried - it stresses us out. We have a problem trusting the process and understanding that we will be okay. We want our life to be different right this minute AND we want things to remain the same, all at the same time.

Wow, quandary...

So, what I do is ask you to (R)Evolutionize Your Life, so that it excites and inspires you. What I mean by **revolutionizing** your life is that I **challenge** you to think of change from a new and radically different perspective.

We've Got This All Backwards, Ladies!

Nothing can be different in your life by fighting what's WRONG or by resisting the past or hating what IS. Things can ONLY be different if you're able to see things from a different perspective, are open to new ideas and can believe in the possibilities of the unknown.

It only takes a change of heart to change your mind.

And, when you can change your mind and accept that what you've been doing in the past hasn't worked, you have taken the first step to taking charge of your life, because you come to realize that you're the one in power. Your life is different and better by allowing those old habits to be replaced by new habits that are more in harmony with who you are and what you want.

The reason you're unhappy is because you've abandoned your own authentic life to be an image of what you've been told you should be; you've given up being YOU.

Hear this:

“You don't need to change; you need simply to return to YOURSELF.”

Now, you have hints of what the authentic you and your happy life might look like. Maybe it IS finally allowing yourself to shed those extra pounds or that job that is crushing your spirit. Maybe you want to start your own business or start an exercise program that fits your lifestyle. Perhaps you want to clean the clutter from your home by committing to get organized or clean the clutter from your mind by developing a daily spiritual practice. And, perhaps you're ready to pick up that sketchbook again that you abandoned so long ago or travel the world like you always promised yourself you would.

Well, what if I told you that your life *can* be **different...happier...better**? And, what if that could happen, like, well...

...Now.

Really.

What I have found is that when you can know, accept and love yourself from where you are today and give up being a victim, you liberate yourself to make choices that change your life NOW and forever.

- **Forget dieting and punishing yourself with exercise!** Losing weight is simple and easier once you begin to trust your body's needs and use food as fuel to power your

life, instead of using it for comfort and to stuff down your emotions. Your new relationship with food includes all your favorites that you thought you'd never be able to eat again and you have a clear understanding of healthy foods, without obsessing. Exercise becomes second nature; you find yourself walking more and enjoying physical activity, instead of worrying how many calories you're burning. Taking care of yourself is something you look forward to - a welcome mini-retreat from the noise of life.

- **Life is now simple and uncomplicated** because you remember what's important to you and begin to make choices from a new perspective. You are the one in charge of your life and YOU make the decisions. Your list of values and priorities makes it easy to say "Yes" to your life's purpose and even easier to say "No" to the conflicting purposes of others. The stress, overwhelm, frustration and sadness melts away. What a relief to stop "keeping up with the Joneses" and worrying about what others think you should do! What a relief to trust yourself and to have faith that everything truly does work out in your best interest! Oh, and what a relief to do what your heart tells you instead of what you feel you're obligated to do!
- **You can stop beating up on yourself** for all the things you think you're not doing and start congratulating yourself for all that you do!

Sustained by trust in your inner wisdom, you are braver and stronger than you ever thought and you're able to stand up for yourself and courageously proclaim to the world:

"I don't care what the rest of the world thinks, because it's my turn to have the life I want, to put MYSELF first, without apology or compromise, to follow MY values and priorities & live MY highest purpose, to take care of MYSELF with love and compassion. I will know and accept ME, and refuse to conform to conventional thought or hide behind the vows of loyalty that I've made to my tribes of origin! I will walk my talk, regardless of fear or consequences because I owe it to myself and the world to be and share the truth of me."

And, once you begin to live your own life instead of the one that others expect, you become free, brave, happy...and, yes, you even lose the weight!

Here are three ways to start your (R)Evolution NOW!

- **Unconventional Way #1: Create a New Relationship with Food**

"The key to resolving your struggle with weight and food does not lie in a magical, or even logical, combination of eating and exercise." - Dr. Michelle May

We live in a time where there is so much conflicting weight loss information that it's hard to know what the best way to lose weight and get in shape, so women keep going back to calorie-restricting diets that are impossible to stick with and they keep getting

the same disappointing results. These diets are like a dysfunctional relationship that you can't seem to break free from. They lure you back time and time again with the promise of quick results and 'it'll be different this time,' but it never is. Sure, you may lose some weight, but the moment you allow yourself your favorite foods (and fall off the exercise wagon at the same time), the weight comes right back on and you feel crappy about yourself.

What I suggest is a new way to lose weight without depriving yourself of foods you love and without having to follow some "expert's" rules. It's called Mindful or Intuitive Eating. In my eight-week Mindful Eating Workshops, I guide you to remember how to trust your body to tell you what foods to eat, when to eat them and how much to eat, all without measuring, weighing or keeping track of "points." You were born knowing how to eat intuitively and mindfully and you can return to this knowing, so you can be in charge of your eating and lose the weight.

Now, one of the great things about dumping that old relationship with dieting and deprivation and developing a healthy new relationship with food is that you'll begin to realize that food isn't really the problem and has never been the enemy. Food is simply fuel. When you eat too much, your body is doing what it was designed to do - to store excess food (calories) as fat for the famine, so you won't starve. Of course, in our food-rich society, the famine never comes, so we don't burn that excess food. C'mon, give your body a break; it's just doing its job!

Dieting is big business in our modern society and it reveals a major myth about losing weight: The myth is that if you lose the weight and get thin enough, it will change everything that's wrong with your life and make you happy. However, that's not true; there are lots of skinny, unhappy women running around out here. So, the issue boils down to: WHY am I eating when I'm not hungry? The reason you're overweight is because you're eating for other reasons besides hunger - stress, anger, sadness, happiness, boredom, anxiety, procrastination - you name it!

Hit the Pause Button and Ponder for a Moment: Are you buying into the myth? Do you think if you're thin, you'll be happy? What problems, issues or challenges will still be present even if you were wearing a Size 6 today?

My client, Allison, realized through our work together that food was her go-to way of comforting herself for just about everything. Old messages from her childhood made her feel that she wasn't enough and that her gentle, giving way of being was somehow wrong. Once she became aware of this pattern and chose to eat for hunger and meet her true emotional needs in another way besides food, she now enjoys a new relationship with food and with herself:

"When I began working with Lisa, I felt like I was at a crossroads in my life. For years, I allowed myself to be controlled by food – either via binge-eating or extreme dieting. Food was the primary focus of my life. My weight was out of control, although I was fortunate not to have the health issues that are often associated with obesity. Still, I

hated the way I looked and the way I felt about myself. As expected, that self-loathing affected other areas of my life – my relationships, my work (or lack thereof), my purpose.

In less than a year's time, I've lost more than 50 pounds with Lisa's assistance. I'm over halfway to my final goal and have no doubt that I'll reach it with Lisa cheering me on. Perhaps even more important, though, is that her coaching has given me a better vision of who I am as a woman, as a person. This program is far more than simply about weight loss. It is about discovering myself in way that feels true, comfortable and exciting all at once. Lisa has been the perfect guide for the journey. Every time we talk, I tell her she's my hero!! I owe her more than she'll ever know!"

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What I've seen is that once you begin to live life on your own terms, you eat to fuel your body and take care of your overall health instead of eating to comfort yourself or stuffing down emotions, and the weight begins to drop off. We're going to address this idea of how to live life by your own rules later in this report. In the meantime, let's look at some quick and simple tips to get started on your new Mindful and Intuitive Relationship with Food.

- **Start to be aware of why you want to eat** - If you're not hungry, what emotion or situation is causing you to head to the kitchen? If you're mad at your husband, is eating that package of Oreos gonna make it better? What could you do instead of eating? How can you resolve the conflict? If you hate your job, the pint of Ben and Jerry's won't keep you from having to get up tomorrow and go to work. What tough decision about your career are you avoiding? When you eat for reasons other than hunger, no amount of food is going to cure the problem you're trying to solve.
- **Get rid of the "GOOD food" and "BAD food" labels** - When we label foods as bad, they become a 'forbidden fruit' and we want them even more. And, when we don't allow ourselves to have them, then we feel deprived and we get resentful and we want that damn brownie even more! And, by gosh, we DESERVE it! Who the heck wants broccoli when you can have a brownie? Getting rid of the rules about food frees you to eat what you love to eat. And, when you know you can have a favorite food, whether it's a brownie or broccoli, whenever you want, you won't crave it or feel guilty about eating it. You'll ENJOY it! Thoroughly.
- **Use nutrition information as a tool instead of a weapon** - We've been so brainwashed by the diet industry that helpful nutritional tools such as calorie counts, food portion measurements and the nutritional value of foods have been turned into weapons that make you feel bad about yourself and that encourage you deprive yourself of foods you love. Here's how to turn it back around!
- Instead of weighing and measuring your portions based on some arbitrary diet, use your fist as your guide. Your fist?! Yep! Your fist is about the size of your stomach, so when you prepare to serve your food, think about the total portions as the size of your

fist. If you follow “Lisa’s Fist Philosophy,” you’ll eat just the right amount to feel satisfied. No measuring cups or scales needed!

- Instead of counting calories to stick to a prescribed diet, use it as an awareness tool, perhaps along with a food journal, to determine what amount of calories is supporting your current weight. Over a week or so, you may gain some insight into whether you’re eating more than you’re truly hungry for and whether you’re eating for emotional reasons or out of habit.
- Instead of tracking fat grams, carbohydrate grams and protein grams on a “point” system or for the latest online app, know the nutritional value of foods so you can understand what your body likes best for fuel. Foods high in protein and fat, though dense in calories, will satisfy better and keep you from getting hungry for several hours, because your blood sugar level stays more stable. Foods high in carbohydrates often raise your blood sugar levels and then drop sharply, causing you to get hungry much more quickly. Choose a variety of foods based on your daily needs.

• **Unconventional Way #2: Know What’s Important to You and Take a Stand for it**

“Every ‘Yes’ to my life’s purpose requires a corresponding chorus of ‘No’s’ to the conflicting purposes of others.” - Pam Shaw, Mary Kay National Sales Director

Now, you may wonder how defining what’s important to you can make you happy right now. You may also wonder how in the world defining what’s important to you can help you lose weight, too! Stick with me and you’ll soon have some clarity on this idea. I ask every client I work with to develop her list of values and priorities. Why? Well, very often clients tell me that they’re lost about what they want - they sure as hell know what they **DON’T** want - but not what they **DO** want. Or, maybe they think they know what they want, but they’re still unhappy. You must have a grasp of what is important to you, or you have no basis on which to make decisions about how to spend your time, your energy, your talents, your love, your money, your everything.

If you’re like one of my clients, Penny, you’re probably so busy with all the things you have to do on a daily basis that making a list of your values and priorities may be something that’s totally off your radar. Once this idea was introduced to her, her life changed for the better. Read what she has to say about the rewards of making choices based on her priorities:

“At the time I began working with Lisa, I knew I was unhappy and I blamed it on a lot of things - my weight, my husband, the demands that others put on me and the ones I put on myself. So, I guess the first time I realized that the unhappiness was not caused by something that simple was when she asked me to make a list of my values and priorities. I was confident that I knew what mine were. That exercise ended up being the most difficult thing I had to do!!! I made my list and realized that what I always said were my priorities were not what I was living. I had to reevaluate my life and I found that the reason I was unhappy was because my values and priorities were not in the order that they should have been.

I had never really sat down and written down my values. I have always said my family is a priority, but looking back, I did not live that. I had to look at my priorities and values and see where they really landed in my day-to-day life. It realized that I needed to reorganize events and even people in my life. I had to make some hard decisions about things I thought I liked to do and even people I thought I had to have in my life.

I learned that the person on the inside of me was not what people saw on the outside. I let my emotions take over much too often and that would lead to hurt feelings, mine and others. It brought feelings of guilt and regret for saying and/or doing things that I said about others or to others. My unhappiness was eating me alive. I have learned when to take control and when to walk away from situations and people who make me unhappy, sad or cause me stress.

Lisa's coaching helped me so much. She has such a way of talking to people. She listens so well and made me feel as though, no matter what I said, it was okay and the right thing to say. I felt very comfortable talking to her. And, after I figured out what was important and starting making my priorities just that - priorities. My actions began to change. It is still hard with all the demands that life places on me but sometimes I just have to pull out that list and focus."

Penny brings up an interesting point and a little catch here. You can list your values and priorities until the cows come home. Yet, in order for you to live the life you envision and want, your **behaviors** must reflect those values and priorities a **BIG** percentage of the time. However, once you make a commitment to yourself, taking the action becomes easier and something that you **WANT** to do.

Here's what I'm talking about. Now, let me say, I'm far from perfect, yet, let's look at one of my priorities and the corresponding behaviors as an example:

- **To take good care of myself physically, emotionally, intellectually and spiritually, so I can serve my highest purpose.**

I strive to support this priority by eating healthy, doing exercise several times per week and getting adequate sleep. I spend about one hour early each morning with a cup of coffee and my gratitude journal and/or reading inspirational works or simply being quiet. Do I do these things because I **have** to? No, I do them because I **want** to and they define to who I am.

Here's another:

- **To live a simple, authentic life and make as little environmental impact on the Earth as possible.**

I've been called the "rabid recycler" because I recycle EVERYTHING! This year I plan to have a compost pile to support my goal to eventually have zero garbage going to the

landfill. I choose to drive a car with a 4-cylinder engine to get better gas mileage. I choose to clean with vinegar and baking soda, instead of chemicals. I strive to eat locally sourced produce, meat, chicken, eggs and dairy to support my local farmer and to remove support from “Big Agriculture,” which embraces practices that are **incongruent** with my values.

Does it require some thought to define your values & priorities and then to behave and take action in ways that are **congruent** with them? Yes, it does. Is it inconvenient and difficult to do so sometimes? Yep. Is it worth it? **Yes!**

Hit the Pause Button and Ponder for a Moment: Do you have some ideas about who and/or what might make your values and priorities list? Are your behaviors congruent with what you say is important to you? Ask yourself these questions:

- What do I stand for? What issues am I passionate about?
- Why is it important for me to live where I live and drive what I drive?
- What is important to me about the possessions I own?
- Why do I have the job I have or do the work I do?
- Take a look at your calendar and your checkbook register. Where are you spending time and money? Do the events and the items reflect your values and priorities? What can you eliminate?
- Are these things making me feel joy in my life or do I feel anxiety, anger, frustration or burden?

This is a key - Possessions in and of themselves are not the problem - McMansions or a Lamborghini or the latest electronic gadget. I think that stuff is great, if it brings you true joy. However, if you're stressed about the house payment, frustrated because you'd rather be a stay-at-home Mom instead of slaving away in a job that sucks your soul in order to pay for the Lamborghini, then there's a disconnect. Look at your calendar. What events listed truly make your heart sing? Okay, I know the dentist never makes your heart sing, but what about supper with the Smiths? Yea! How about that date for the opera with the Browns? Oh, you hate opera and you're really not that crazy about the Browns? **Then, WHY are you going?**

These types of questions help you discover your values and priorities and are the beginning steps to learning what you really want out of life and the way in which you want to live your life. And, once you know what you really want from life and how you want to live, you quit doing all the stuff you dislike and that is unimportant. And, once you quit doing all the stuff you dislike and that is unimportant, you'll stop feeling so stressed. And, once you stop feeling so stressed, you're happy and relaxed. And, when you're happy and relaxed, you feel connected and at peace and life has meaning. Oh, I almost forgot, when you feel this way, you'll be eating to fuel your life instead of for comfort, so you'll begin to shed those pounds, little by little!

And, that's what I mean by (R)Evolutionizing Your Life!

• Unconventional Way #3: Live Your Own Life Instead of the One Everyone Wants You to Live

“The more you care about what YOU think, the less you care about what OTHERS think.” - Cheryl Richardson

Once you have defined what is important and you start on the path to your true and authentic self, you wake up and see through the lie that you need to meet anyone's expectations except your own. You discover that you're unhappy because you are living someone else's life instead of your own - the life your parents wanted for you, the life that conventional thought expects, the life that strives to “keep up with the Joneses,” the life that your religion demands of you, the life of an outdated and worn-out belief system where your definitions have become your limitations, the life that hides your natural talents and prevents you from co-creating with the divine.

It's time to live your own life.

I'm not gonna lead you down the primrose path; this will be challenging, but oh, so worth it.

My client, Brooke, grew up in a small community with a family steeped in traditional values. She was married at a young age because that's what was expected. Being the “good girl” was her highest priority and it made her miserable because she knew she was hiding her authentic self. Here's what she has to say about living by her own rules now:

“I came to Lisa for coaching at the lowest point in my whole life. I was in the process of ending my marriage and taking steps to start a new career. Within just a few weeks, I could already feel myself gaining control of my future. The biggest eye-opener for me was that I really could make it on my own and I was actually happy being alone.

I feel like I did let loose my Inner Rebel more than anything. I don't apologize anymore for doing things that are right for ME. I probably don't seem like I'm that much of a different person to outsiders, but when I look back to who I was three years ago and compare that to who I am now, I am definitely a stronger person. ‘Breaking the bonds of conventional thought and the vows of loyalty to my tribe of origin’ has been the hardest for me. I used to think that the only way I could be happy is if everyone else around me was happy and I was exactly the person that everyone else wanted me to be. My whole thought process has changed and that is the craziest thing of all!

My life has forever been changed for the better. I feel much stronger and I am more at peace. I know that I still have a great deal to learn about life and about myself, but I feel like this process has helped me figure out how to be the best ME possible. The biggest thing I have learned about myself is that I really don't have to be dependent on anyone else. I feel such a sense of power and control in my life. This is something I have

NEVER felt before. I am glad that I didn't give up on myself and I do think that I knew the ME I am now was there all along. And, I like her! I am not going to say that I am giddy with happiness all day, everyday, but I have a new contentment and confidence in myself.

I needed someone to coach me without telling me what was right for me. Lisa was exactly that person for me. I never once felt like I was being told what to do. I always felt like she was just motivating me to be who I want/need to be. Mostly, she let me know I wasn't crazy for feeling the way I did about my life. Lisa helped me gain the courage and understanding that I needed to begin the journey toward being who I really am meant to be. This process is something you have to experience to really be able to grasp how powerful it is. I will forever be grateful for the time I spent working with Lisa."

So, how do you begin living your own life? Start with the one thing that's resonating with you the strongest. Maybe it's deciding to change your career or look for a new job or launch your own business. Perhaps it's spending more time with your creative endeavors or hobbies. If you're a working Mom and you want to stay at home to raise your kids, you begin to figure out how to make that work. Or, perhaps you are longing to express your spirituality in a different way than you have. Start with tiny baby steps in the direction you wish to go instead of attempting to change everything at once to avoid being overwhelmed.

Hit the Pause Button and Ponder for a Moment: Think about your priorities: Where are the priorities incongruent with your behaviors? An example of incongruence would be if you say that your health is a priority, yet you eat unhealthy foods and ignore your body's need for physical activity. What are your unmet needs? What are you complaining the most about? What in your life is causing you the most stress? In what areas of your life are you getting pressure from family, friends or society to be someone else other than you?

Cool! You've decided what part of your life needs some extra attention, self-compassion and self-love. Here are a couple of tips to help you stay strong and stand your ground!

- **Learn to Say 'No' and be Ready to be Called Selfish** - Realize that once you step into the life YOU want to live, others may take issue with it. They may accuse you of being selfish because you're no longer at their beck and call anymore. They may be envious that you're brave enough to step into your authentic self and you're revealing the fact that they continue to be a victim. Learn to say 'No' to those things and people who no longer serve your best interests. When you feel the guilt sneaking in and worry about what folks are thinking of you, remember that when you make promises to yourself, it shows that you value, accept and love yourself and it allows you to have the life you desire. And, when you take the responsibility to cultivate and share your natural gifts and talents, you are able to serve others as you live a life of passion and purpose and happiness.

- **You can't get to "there," if you're unwilling to leave "here"** - I've seen it with my clients many times over. We know we want something different, yet we don't want to leave the seeming safety of what we have now, even if it's not working! Our ego has a vested interest in us staying safe and how we "stay safe" is to remain exactly where we are in familiar territory. The minute we venture forth outside of our comfort zone, the natural reaction is to return to our safe place. **That's one of the reasons it's so hard to transition from one way of being to a different way of being.** So, what you're feeling is quite normal: We want things to be different, yet without changing anything about our life! There are a couple of things that can help you to break your death grip on the familiar, so that you can reach for a different experience. One, you must have enough faith and trust in yourself and the goodness of God/Universe to take the risk to leap. And, two, when your pain finally gets bad enough that you realize that nothing can be as bad or scary as what you have now, you will decide to embrace the untapped potential of the unknown.
- **Enlist Your Inner Rebel** - Living as our authentic selves can be tough and sometimes it feels like we're alone on the path. I'm happy to tell you, though, that you have a partner for the long haul as you do the important internal work that results in a you that you love. Your Inner Rebel is that part of you who remembers who you truly are and have always been. She's the protector of your dreams and she refuses to let you back down from what you know is right for you and to stand strong in the face of anything that threatens you being you. When the voices of everyone else get loud, you'll be able to hear her whispered encouragement. Your Inner Rebel is a quiet strength that helps you to overcome the inevitable challenges on your journey to make the best choices for you. Change happens in little, baby steps and we can sometimes get impatient that the external results of our commitment are too slow. She will remind you that "Practice *IS* Progress!"

YOU, too, can take the first baby step right this minute to **Start Living a Life that Makes You Happy Now!** These **Three Unconventional Ways** are just the beginning.

- **Are you ready to stop living based on obligations** - those things that are important to someone else and you feel you **HAVE** to spend time and energy on? And, begin to live based on your priorities - those things or people that you **WANT** to spend your time and energy on? Is it time to stop feeling guilt and resentment and replace those feelings with passion and joy?
- **Are you sick of setting goals?** You know, attempting to adhere to some arbitrary timetable to change something about you or your life that you dislike? Are you tired of gritting your teeth and trying to motivate yourself into doing what you think you **SHOULD** be doing, often dreading it every step of the way? Wouldn't it feel better to make promises to yourself instead? When you make a promise to yourself, you agree to treat yourself with respect and to only do things that benefit you. Keeping those promises shows that you value, accept and love yourself and you're inspired to make

better choices because they're backed by a purpose and passion - having the life you desire, even if it's hard sometimes.

- **Are you totally finished with dieting** and focusing on losing weight - addressing only one aspect of your overall wellness, a small piece of the physical aspect? Does the idea of getting healthy (and still losing the weight) feel better to you than deprivation? When you concentrate on the idea of getting healthy, you address ALL the aspects of overall wellness - the physical, the emotional, the intellectual and the spiritual aspects. You will begin to feel more powerful and positive as you make better choices in all areas of your life, such as eating healthier, getting more physical activity, setting boundaries around your time and energy, engaging in a daily "quiet time" and moving into work that is more satisfying. You know the best news? When you keep your focus on taking good care of yourself, your weight will naturally normalize.

If you answered "yes" to one or more of these questions, then you're ready to Follow your Heart, Find your Strength and (R)Evolutionize Your Life. You're ready to see things from a new perspective - YOURS - and embrace the possibilities of the unknown. You're ready to proclaim the Inner Rebel yell:

"I don't care what the rest of the world thinks, because it's my turn to have the life I want, to put MYSELF first, without apology or compromise, to follow MY values and priorities & live MY highest purpose, to take care of MYSELF with love and compassion. I will know and accept ME, and refuse to conform to conventional thought or hide behind the vows of loyalty that I've made to my tribes of origin! I will walk my talk, regardless of fear or consequences because I owe it to myself and the world to be and share the truth of me."

You're ready to understand that happiness is about living a life true to yourself.

Read what some other wonderful women who stopped making RESOLUTIONS and started their own (R)EVOLUTION have to say:

"When you're working with Lisa, you feel like you're her most important client. Even more than that, you feel like you have a friend who genuinely cares about your total well being: physically, emotionally, spiritually." - Cara Barineau, President & Creative Director, Blue Marble Media
Atlanta, GA, www.BlueMarbleMedia.com

"Talking with Lisa every week helped me to sharpen my goals and realize exactly where my weaknesses and strengths were. I was probably not the easiest client because I am not too conventional but she was able to quickly adapt and figure out what made me tick in order to guide me in the direction I needed to go. Overall, I have found it easier to change habits that I need to change and I no longer punish myself with guilt for not maintaining my incredibly high standards. I feel as if I can meet any challenge and do not worry about 'what if.'" - Tanya E., Sioux Falls, SD

“Lisa has helped me to define my long term goals and showed me how to break them down into manageable segments. She has inspired me when I needed to be inspired, pushed me a little when I needed a push, and redirected me when I strayed from my path. She is a great coach, weaving her warm personality throughout her professional guidance so that I always felt like I was talking to an old friend. Thank you Lisa. You have helped me to change my life!!!!!!!!!!!!!!”

- Lesa Stewart, Wilmington, OH

*“Lisa, I had a great experience with you. You put me on track for a great spiritual start and helped me gain the time and momentum to grow in a spiritual way. I have followed up this summer by reading *Invisible Acts of Power* by C. Myss and now I am helping others through my spirit. Thanks again.”* - Celine Quin, [Potato Hill Farm](#), Wyoming, OH

“Lisa’s coaching program had a very positive overall affect on my well being. Going into the program I felt “out there,” floating along on a day to day basis with no goals or aspirations of any kind. If someone were to ask me what I enjoyed or what I liked to do in my spare time, I couldn’t provide an answer. After the first week with Lisa’s coaching, I was moving forward in a direction versus treading water.” - Terri Raney, Lawton, OK

Come Work With Me!

If you’re a smart, capable woman is sick and tired of the way your life is today and are TRULY ready to make the leap into a new way of being, I’d love to work with you! Take the first step by taking advantage of my 30-minute “Get Acquainted” session. This is a time to chat about your dreams and how I might help you achieve them. There is no obligation and no pressure - just a chance to see if we make a good team. Contact me [here!](#)

When you choose to allow me to walk the path with you, I offer a safe, supportive, nonjudgmental place where you can do the work of (R)Evolutionizing Your Life. As you learn to unleash your Inner Rebel, I’ll guide you through the crucial elements in the journey and will be at your side as your accountability partner, a listening ear – like a best friend who wants only what is good and right for you. You can trust that I won’t tell you what to do; I will help you define what **YOU** want to do because I know you’re the expert on you! Together, we cultivate **immediate** changes from the inside out that last a lifetime. I’ll believe in you until you believe in yourself.

**I’ll help you Get Unstuck, Get Your Life Back
and Make Change Easy!**

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