



WELCOME TO  
**YOUR LIFE DESIGNED**

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**I A M S O G L A D Y O U A R E H E R E !**

Life is not about waiting for the storm to pass.

It is about learning to dance in the rain.

# START WITH LOVE

*Come with me. Let's dance in the rain.*

Welcome to Your Life Designed 2018. I am so glad you are there!

This moment right now marks a new opportunity to step up, show up and create the life you desire.

You can be grateful for what you have and still aspire to more.

This program is a space where you never have to apologise for your ambition, your aspiration and your dreams. Ever.

Your Life Designed is a coach program that goes far beyond goals, resolutions and ideas. It is a program about action, taking action, every single day, that moves you forward.

This year you will learn to manage your mind, harness your emotions, designing your life for optimal wellbeing and learn how to perform at a high level in all areas of life, long term.

Welcome to the wilderness my friends.

Many of you have started this program because you want to feel better.

Maybe you want to work out what it is you truly want in life, or you want to move toward a goal or vision you have for yourself, for your future.

Perhaps you want to get a handle on overwhelm, on your emotions.

Maybe you want to improve your relationships, grow your business, progress your career, feel better about your parenting or improve your health.

What I know for certain is that you want to create momentum in your life, feel better and grow into your potential. You want to take your life to the next level. You want to design a way of living that ensures your optimal wellbeing and ability to perform at a high level in all areas of your life.

I know this because everyone comes to coaching wanting more out of life.

You are high functioning, achieving, an, 'I'll do it all' kind of person. You want to do more, be more, get better, grow.

This is fantastic, I LOVE growth and self-development. I believe that the point of our existence, of this life we have, is to grow, experience, learn, love and be fully alive.

But before we do anything I want you to really think about where this drive for self-development is coming from.

Consider for a moment...

## WHY DO YOU WANT TO GROW?

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**WHAT DO YOU THINK ABOUT YOURSELF RIGHT NOW?**

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**HOW DO YOU TREAT YOURSELF?**

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*How you treat yourself is a reflection of your thoughts about yourself.*

**DO YOU GIVE YOURSELF ATTENTION?**

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**DO YOU JUDGE YOURSELF? ABOUT WHAT?**

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**DO YOU FOCUS ON YOUR BAD HABITS OR WHERE YOU THINK YOU ARE LACKING? OR ON WHERE THERE IS LACK, LIMITED OPPORTUNITY? NOTE WHERE YOU DO THIS IN YOUR LIFE.**

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So many you have self-talk about what you, 'should' do or, 'need' to do. You worry you are, 'not good enough', or are 'not spending enough time with family or on your work?' or, 'should I be contributing more?'

When we spend so much time judging ourselves, we have little energy left to love ourselves, to feel good about ourselves and our lives.

Many of you think that you just need to 'fix' yourself and your life in order to feel happy and fulfilled all of the time. You think that then, finally, once you achieve this, you will be free to relax and enjoy your life.

But here is the truth.

We never arrive, there is no destination. Living every day in the hope of something better saving you from here and now is a sure way to miss the whole point of our existence. There will never be endless days of bliss. Not in this universe anyway.

Life is not about waiting for the storm to pass.

It's about learning to dance in the rain.

*What if all that time spent judging yourself, arguing with yourself and putting yourself down was refocused on loving and encouraging yourself?*

**WHAT WOULD THAT LOOK LIKE?**

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**HOW WOULD THAT FEEL?**

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It's crazy when you think about it! We love and encourage our partners, friends, family, our children. But we don't do the same for ourselves.

Consider how we treat a small child. We love them deeply, and it is from this place of love that we set boundaries, expectations and discipline. It is because we love them that we want them to grow and evolve, to explore and create. We want them to try, fail, learn and try again.

Then something happens. We grow up and instead of growing and developing ourselves from a place of love, we try to do it from a place of judgement, fear and lack.

We think we are not enough the way we are. We think that we have to get that job, house, car, partner, kid, holiday and promotion in order to be complete, happy and fulfilled.

**WHAT IF YOU ARE ENOUGH RIGHT NOW? WHAT THEN?**

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*What if the whole point of growing and developing ourselves is because, when we come from a place of love, when we truly love ourselves, it is just natural to take care of ourselves, to nurture and nourish our body and mind, to learn new things, manage our time, honour our self and explore our potential and possibility?*

**WHAT IF THIS YEAR WAS ABOUT MOVING TOWARD YOUR POTENTIAL AND POSSIBILITY? WHAT WOULD THAT LOOK LIKE?**

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**WHAT WOULD YOUR LIFE LOOK LIKE IF YOU COMMITTED TO LIVING EVERY DAY, FULLY ALIVE?**

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**WHAT WOULD THE YEAR BE LIKE IF YOU MAKE YOUR FOCUS YOUR PERSONAL GROWTH AND DEVELOPMENT. ABOUT NEW TERRITORY, NEW PROBLEMS, NEW STUFF TO LOOK AT, DIG INTO, EXPERIENCE?**

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## WHAT IF 2018 WAS ABOUT LOVING YOURSELF ENOUGH TO WANT TO HONOUR YOURSELF?

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You see I think we have it right with our children and we have messed it up in adulthood!

There is a tendency to see coaching and self-development work to be about, 'where I am lacking'.

This program is NOT about growth and development from a place of lack, of beating ourselves up or pushing ourselves to excel, it's not about struggle and resistance.

This program is about learning to love and accept yourself, to be happy RIGHT NOW and then deciding to build a business, develop yourself personally and improve your physical and mental health. You decide to do these things not because they will complete you, not because they will guarantee you 100% happiness, because nothing and no one can ever give you that, but simply because you want to.

Because love and happiness drive us to grow.

Growth and evolving is the whole point of our existence.

Don't spend your life waiting for the storm to pass.

I am so glad you are here.

Come with me.

Let's dance in the rain.

What do you want to double down on in 2018?

Your health?

Your relationship?

Your business?

Your parenting?

Your career?

Where do you want to get extraordinary results?

Pick one. Just one.

Don't over think it.

Don't over complicate it.

Just decide.

Know that in achieving the result you set out for, you turn up as a better person in all areas of your life.

Trying to do everything at once means we are average at everything.

Average is exhausting.

Extraordinary is energising.

WHERE ARE YOU COMMITTED TO EXTRAORDINARY RESULTS IN 2018?

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x *Laura*



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