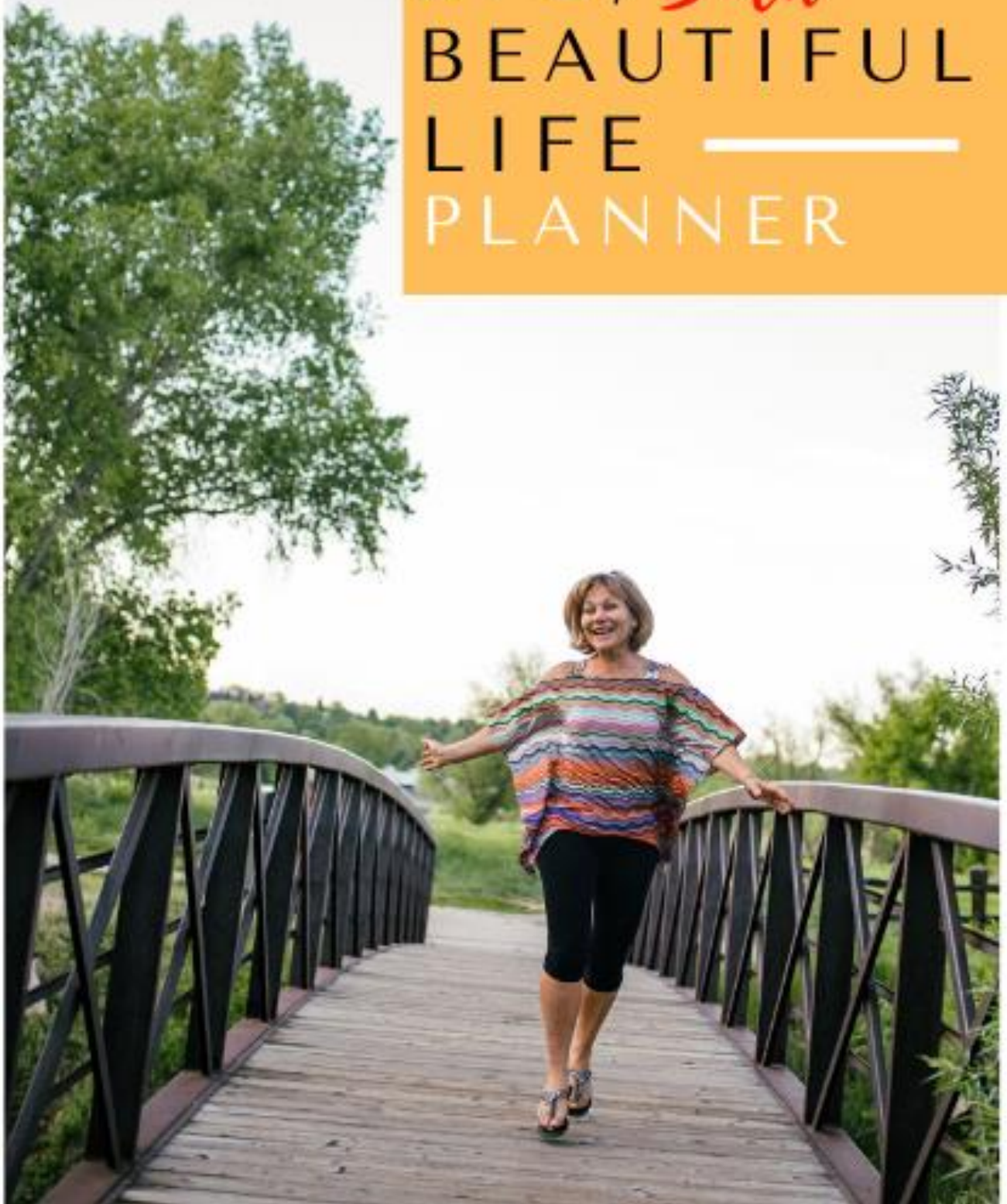


— YOUR  
BIG, *Bold*  
BEAUTIFUL  
LIFE —  
PLANNER



## Welcome

So delighted you've found your way here and you're seeking a change in your life, a way to up-level and attune to your inner calling that it's time for something "more".

I can assure you – it is ALL possible! **Your big, bold beautiful life is waiting!**

So what is it that brought you here? (check any & all that apply)

- To be more authentically ME!
- To enjoy loving, supportive relationships
- To be free from the old pain, trauma and crash-n-burns of my past
- Vibrant health in every way
- More energy, enthusiasm & joy
- Abundant financial flows
- Meaningful work
- Unshakeable personal confidence + radiance
- A body I love and trust
- Unbridled creative expression
- Feeling passion again (bonus: hot, juicy sex)
- Travel and adventure that sparks my soul
- Clarity on the exciting next chapter in life
- BE the powerful divine feminine female I've always known I can be
- Make my mark on the world + change it for the better

The great news is – **you are ready!** (You wouldn't be here if you weren't.) So let's dive in!

*Our task is not to seek for love.  
Our task is to seek and find the  
barriers we've built against it. - Rumi*

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The world is evolving, consciousness is quickening and we are so lucky to be living at this time now when the ability to shift and real\*ize whatever it is you desire can happen faster than ever before. **Change can happen at the speed of awareness.**

My goal is to be your guide, a catalyst to assist you in making this shift in the fastest and easiest way possible. I know it may sound too good to be true, and trust me when I say I cringe at the airy-fairy-promises of so many of the Manifestation gurus out there.

My approach is quite grounded, based on the best principles I've gathered in positive psychology, the amazing transformational processes of Tony Robbins, the world's best energy-healing and emotional release tools, epigenetics, holistic lifestyle design, spiritual principles and the Law of Attraction, and perhaps the most exciting of all, neuroscience that helps us to literally rewire our brains so we get LASTING transformation.

My simple 3-phase process begins right here in your **BIG, BOLD, BEAUTIFUL LIFE PLANNER.**

1. Create a crystal-clear & fully-charged vision, for the life you'd like to create next
2. Release what no longer serves you, what isn't aligned with that vision
3. Then move forward with inspired action laced with self-love, self-compassion and loads of nourishing self-care



**Simple and life-affirming, I assure you!**

*What will you do with this one wild  
and precious life? - Mary Oliver*

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Do you know the #1 reason why people don't get what they want? Simply because they haven't taken the time to get clear on what it is they really want. There's an actual stat that says it's only about 1 in 100 people who truly know what they desire.

Why don't we know?

We've been taught to squelch our desires, to be practical, be realistic, and to play it safe. We've been focused on previous roles that consumed our lives but now may have fallen away. And a big one I see every day, we're busy and caught up in our day-to-day's activities, living in reaction to the external demands of our society and forgetting to make ourselves the priority to ask ourselves the questions that truly matter.

**Step 1 in living life on our own terms begins with getting clear on what your big, bold, beautiful life looks like, in every juicy detail!!**

The process of getting clear is exciting! And the truth is you already know a lot more than you give yourself credit for!

So grab a cup of tea, put on your favorite focus music and indulge yourself in some "me" time. Exploring the real you is a gift you give yourself and ultimately your family and those around you.

Let's begin!

## FutureScaping

Let's get started with a practice I call FutureScaping. It's like water-painting, laying down in broad brushstrokes what the landscape of your wild and precious life will be like, feel like, taste like, once you have real\*ized it.

Let's jump one year into the future. It's been the BEST year of your life. Magical and truly incredible things have happened!

How would you describe what's happened?

*(describe every little juicy detail -- your health, body, self-care, relationships, play & life-balance, financial flow, home environment, travel and adventure, job or building a business, building a life I love, energy, emotions, freedom, purpose, vision, other.)*

*I figure if a girl wants to be a legend,  
she should just go ahead and be one.  
– Calamity Jane*

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TERRIFIC! Now that you're back to this present day perspective, let's play a bit with this...

**SENTENCE COMPLETION:**

The way I want to feel is....

In order for that to happen, I must step more fully into...

Some things I may have to release or let go are....

Some things I'll need to accept and receive are...

The reason why now is the perfect time is...

AWESOMENESS! You have just done more than you know to set this dream in motion!

**NEXT STEPS:**

The next step to having your big, bold, beautiful life is releasing what no longer serves you, what isn't aligned with your juicy new vision.

You might be ready for an **Emotion Code session** with me to release the trapped emotions and what I call the "improper prior programming" that has kept you in those limiting patterns, self-sabotage, and all-out struggle or pain up until now.

You may even know you're ready to go for it – and join **La Femme Salon: 10 Weeks to Find Your Freedom, Fire and Fulfillment**. This is a life-changer! Designed to move you forward with inspired action laced with self-love, self-compassion and loads of nourishing self-care.

If you'd like to discuss what these possibilities might be, I'm here for ya, sister!

[Go here>>](#) to schedule a complimentary **Big, Bold, Beautiful Life Discovery Call** or call 720-217-5692.

