

When Life Happens Excerpt

Are you uncertain? Stressed? Unfulfilled in your job? This book can help. Are you entering college, uncertain about degree choice or a recent graduate entering the corporate world? Then this book is for you. The strategies and tips presented are designed to awaken you to the hidden potential within you. It is filled with encouraging and xv insightful tools, that have been instrumental in helping me, as well as clients, to begin again, while learning and living with passion and purpose. When Life Happens, will help you to find the motivation to push your way to the top, to “stir-up the gifts” and recognize that you have power and unlimited possibilities available to you.

When Life Happens consists of five strategies. Each strategy will be a conduit for self-discovery and self-reflection, followed by a series of thought provoking questions and activities designed to help you become your best you, inspiring you to accept only the best in your relationships, the best in your finances, the best in your career--the best in whatever you desire.

Strategy One, Dare, consists of seven attributes that you must possess or develop if you want to get from where you are to where you want to be. If you desire to live life fully, you must understand the seven concepts in Strategy One to move forward and create the life you want. You will learn how to “let go” of things that are not working for you, to trust and believe in you and your power to turn your life into something more beautiful.

Strategy Two, Navigating Through Life’s Difficulties, focuses on changing your state-of-mind, embracing life on life’s terms, changing your perceptions and accepting and learning from life’s experiences. You will learn how to be good to yourself during difficult times, which is imperative if you are to move forward and realize your dreams.

Strategy Three, Find Your Place, addresses the importance of tapping into the inner you, to discover that Divine Design that Plato writes about in his poem of the same name. Our success and happiness depend on finding our purpose and “that something” that we have been predestined to do.

Strategy Four, Becoming Your Best, shares tips and insight on taking 100% responsibility for your life. When we complain about what we don’t have, we find ourselves becoming envious of others. We can have AND accomplish the same. Within this strategy you will be introduced to the concept of how to develop a strong will, and how to keep a level head during difficulties. You will learn how to set goals and develop a plan that will get you from point “A” to point “B.”

Strategy Five, Getting What You Want, is about knowing what you want, and what it takes to get it. James Brown talks about “that something” in his song, Super Bad. He called it soul. When Life Happens provides you with the tips to discover “that something” within you.

It took many years and challenges to get to where I am today. Would I change anything? At this moment, no! After the ups and downs in my career as an engineer, I was willing to let go and do something different. My work as a psychotherapist, life coach, speaker and entrepreneur is “that something” that was predestined before I was formed in my mother’s womb. I’m living a happy and fulfilled life.

After reading this book, I encourage you to do the work. Be pa tient. Stay the course. Hire a coach, get a mentor. Dare, Stretch and Prosper. Are you all-in? Let’s get started on you becoming your best.