

## **Are you *really* ready to reinvent your life?**

For some time now, you've heard the voice inside you calling you toward your own personal transformation.

Whether it's the pandemic, a personal crisis or simply a whisper inside reminding you that there must be more . . . you've likely been contemplating a change but aren't sure if you're *really* ready.

Perhaps you've spent *hours* imagining what your life *could* be, but have been held back by fears, responsibilities or doubts that you truly have it in you to do what it takes to reinvent your life.

If you're being honest, as enticing as reinvention sounds, it also sounds risky. You worry about who you might become and how it could impact the people in your life if you follow your own true north.

I get it.

At the same time, life keeps slipping by as you watch others grab hold of their dreams. The truth is you've already been waiting far too long and your soul can no longer wait.

So, where do you start? How do you find the courage and confidence to take the first steps?

Let me first share with you that I've been exactly where you are now.

I've felt the deep desire to live more authentically and speak my truth - but like you, I spent years putting others' needs before my own. I waited thinking that my turn would come.

The one thing I now know? Waiting won't make it happen. It's time to take action.

If you're here, it's likely you've reached the point where you're:

- Ready to take the leap with both feet in (you just might not be sure of the best path)
- Eager, but still have fear and limiting beliefs holding you back

- Wondering how as a people-pleasing overgiver you can follow your own dreams when it feels completely foreign (trust me, I've been there)
- Tired of living a half-baked life where you never experience the true joy you know exists inside you.

But rather than leaping before you're ready - or staying in regret about not taking the leap - I've pulled together this quick tool to help gauge your reinvention readiness plus a few simple steps to move from desire to fruition.

For me, finding courage and confidence was essential so I could trust the unknown, and do my own personal excavation to reconnect to myself and reinvent my life the way I had always wanted.

Everything in this guide is how I finally took action and now I'm sharing it with you so you can feel fully ready today!

## The Transformation Equation

Some years back, I discovered the work of best-selling author and Master Life Coach, Nancy Levin. Nancy's work transformed my life and gave me the courage to be the person I am today (not to mention the life coach certification I proudly hold as a Reinvention Coach).

If you've read her books or attended a workshop, then you might already be familiar with her Transformation Equation to support reinventing your life with intention.

**Change = Vision + Choice + Action**

And as simple as it sounds, the hardest part of implementing the transformation equation is actually starting - because you have to move past the stories you tell yourself and overcome the beliefs that prevent real, measurable action.

Scientists estimate that 95% of the mind's activity is unconscious. This means that the majority of your emotions and behaviors are driven by the unconscious, rather than consciously aware, part of your mind.

Is it any surprise, then, that no matter how often you've promised yourself to live a different life you fall short of your goals? And why you so frequently ignore choices you *know* would benefit you, favoring those that cause you trouble?

Before you can begin to take the leap then - it's important to excavate the unconscious mind's material and bring it into conscious awareness - so it becomes easier to implement the transformation equation, and take conscious control of asserting what you want and need.

The following guide and exercises will help you excavate some of the unconscious blocks that keep you from reinventing with intention in three key areas: 1) The story You Tell Yourself 2) People Pleasing and 3) Building Confidence

Use this to help you break free from some of your fears and doubts so you can start to feel more confident about the actions you take!

### **Step One: The Story You Tell Yourself**

When it comes to feeling ready to reinvent yourself or your life, it's likely your struggle comes from the stories you tell yourself.

How many times have you accepted that "this is the way I am" or "it's too late for me"?

Your unconscious mind brings forth these stories as a way to protect you from getting hurt.

Often called limiting beliefs or in the work I do with clients "shadow beliefs," your unconscious mind stores a number of these that hold you back from taking the action you want.

Here's what some of them might sound like:

- I'm too old (or too young!)
- I can't change
- I have no time to focus on transformation - I'm too busy!
- My family and friends will reject me if I reinvent myself
- I've invested so much in my career, I can't change now
- People rely on me so I can't afford to reinvent myself

Any of these sound familiar?

Most shadow beliefs are rooted in absolutes and were likely formed at a time when we were too young to understand or remember.

The beliefs were based on decisions and conclusions you made in order to protect yourself, avoid pain or rejection that got buried in your subconscious brain - only to show up whenever you're about to push the edges of your personal comfort zone (like with reinvention).

But the truth is that most of your thoughts and beliefs are far worse than any reality you might experience!

Which is why, when it comes to the stories you tell yourself, it's important to separate the facts from the fictions you create based on the unresolved emotions of your past.

Here's a simple exercise you can do to help you start to see the stories holding you back and get ready to step into real change.

**Writing Exercise:** Start to dig up all the "what ifs" or reasoning why you absolutely cannot afford to reinvent your life now. Use this simple writing prompt to separate your fact from fiction so you can make clear choices based on your truth!

The story I tell myself why I can't reinvent my life right now is:

The objective truth is:

This happens if I stay rooted in my story:

This happens if I shift into possibility:

What did you notice as a result of doing this exercise?

Can you see how the things you tell yourself are really old stories pulling you back into the past rather than into your powerful future? The more you do this exercise, the more you'll be able to build the confidence you need to take the leap!

### **Step Two: Permission to Say No & Put Yourself First**

It's likely that one of the biggest things holding you back from taking the leap is that you've been told you have to put others' needs and wants before your own.

Chances are you've been doing this your whole life and now, when you contemplate taking your turn, it can bring up feelings of guilt, insecurity and doubt.

You might even struggle with being able to really identify what YOU want because you've spent so many years saying yes to everyone else.

So, when it comes to your own personal reinvention you might feel conflicted and unsure about whether *now* is the right time for you. Excavating your beliefs around putting others first, can help you separate out the habits and patterns that have kept you where you are versus your true desire to get started and put yourself first!

**Writing Exercise:** Start to dig up all the habits and patterns that have kept you saying yes to everyone else and no to what's really important to you! Use this to see how you've been holding yourself back from taking important steps forward.

The ways I prioritize others' need above my own are:

When it comes to saying no to others, the feelings that surface are:

The messages I received about prioritizing others needs was:

Prioritizing others' needs above my own has prevented me from:

If I put myself before others, I'm afraid this might happen:

This will happen if I shift into possibility and begin to prioritize myself:

What do you notice about the messages you received about putting others first? Chances are that you've had years of putting others' needs above your own and it's become a hard habit to break. You've probably spent hours focusing on the fears you have around saying no - but hardly imagined what becomes of your life when you say no to others and YES to you. The more you can settle into what truly becomes possible for you, the more likely you'll be able to map out a true road to reinvention success.

### **Step Three: Building Confidence**

When it comes to taking the reinvention leap, we *think* we need to have extraordinary confidence so we can take action. The problem is that confidence *comes* from taking action - not the other way around.

It's a mistake to think that confidence will suddenly show up and allow you to do what's necessary to reinvent your life. Especially since every single day you worry about risks, failure and being told you were stupid to think things could be different.

If you're waiting for confidence to show up *before* you take your leap, I have an important secret to share with you. You're going to keep waiting. Confidence comes from taking action and trusting that on the other side of your journey is the outcome you've been waiting for.

It comes from taking small simple steps that align with who you want to be. And believe it or not, if you're actually here reading this, I'm going to guess you already have the courage you need. You see, just admitting to yourself that you want things to be better is enough to begin with..

It takes more courage to step out of the denial of your life condition than it does to take the leap - so you're already exactly where you need to be.

**Writing Exercise:** Uncover the confidence that already exists inside of you. Use the following prompts to help you excavate your own courage and confidence to take action. Chances are, you already have everything you need to feel fully confident and ready - you simply need to be reminded.

A time when I truly owned my confidence was:

When I feel fully confident, I also feel these other feelings:

I will begin to cultivate these feelings in my life today by:

One thing I have the confidence to change in my life today is:

What do you notice after journaling? Can you see a simple step you can take today to build in the feelings and confidence you need to take action? Can you see the possibility of what will happen in your life when you do one simple thing?

I hope these writing prompts have supported you in beginning to uncover a new way through. The truth is that readiness for reinvention rises when you commit to moving past your stories and uncovering the confidence and courage inside you.

The only thing that reinvention really takes is a willingness to be different. And chances are, you've already reached that point!

### **So what comes next?**

Now that you've identified a single thing you *do* have the confidence to do, set a date by which you'll complete it - and take action! Just this one can lead to many!

Then I invite you to have a [free coaching session with me](#) so I can support you in taking more meaningful steps for your own personal growth and reinvention.

[See you soon.](#)

NAME