

LIFE IS A JOURNEY PROGRAM

Program Summary

We all know that unhealthy eating patterns can cause mood swings. Blood sugar fluctuations and nutritional imbalances are often to blame. Without a steady source of fuel from the foods we eat, our mind and bodies don't function well. We should say it's okay not to have a good day but instead we often indulge in foods when there are feelings of depression, lonely, guilt or just a bad day. In this program, together we will work on getting to the "why under the why." This program will gracefully help you get breakthroughs needed to bring you to being the very best "you." And remember, we cannot conquer what we do not confront.

Life is not easy for anyone. It takes work as time is always evolving with personal lives changing. Many think that money is the answer. All the money cannot make you happy nor make life worth living. Why? Your happiness would then be dependent on something external vs. internal. You will then begin to plan your life around happiness based on what will happen one day. It is possible that the "one day" never becomes a reality and you will have only set yourself up to another disappointment.

It comes down to what you have heard most of your life, happiness is a choice. Truth is that happiness is a choice and it does not just happen no matter what you do or don't do. The one common way of creating happiness within is being grateful. I do not believe in the cliché that a man without shoes felt happy when he saw another man without feet. No, I agree that this does nothing for you nor for me. However, here is a simple daily act that does create a psychological shift within and that is to note three things that you are grateful for each morning. Did you know that it only takes 21 days to retrain your brain?

Accumulated disappointments in life will distort your perception and then you will be unable to see or think clearly. When there is disappointment after disappointment, you tell yourself that everything is going to be okay. And you say this with confidence when you do not have any idea what okay looks like. You then wait for everything to be back as it was before, and this never happens because time has passed changing what was once normal.

You can fill empty holes in your life with material things and, in time, the hole will only become bigger. You may even run out of things to put in the holes of life.

You will live in a stressful state all the time if you do not take the steps to be the best version of you. If you just look at the step-in front of you instead of all the steps that lead to your journey, then you will see the possibilities. You will not be overwhelmed when you allow yourself to acknowledge the small steps that will lead to big journeys. If you focus on all the steps that lead to your journey, you will feel as though you are standing at the foot of Mt. Everest looking up.

What is the answer? One answer is to cross over the yellow tape around the uninvited places of your life. Yes, the yellow tape used at crime scenes and which you carefully placed. The place that has been too hard for even you to visit. You do not know that even if you were to build a wall around these uninvited places in your life, these places still exist. You cannot change what has or has not happened, but you can change the experience. Yes, you can change the memories of these events.

You begin with owning your story which is one of the hardest things you may ever do in life. Why? You will need to love yourself through the process. However, the outcome is worth it as you will become the best version of you. The heaviness will no longer exist.

The greatest outcome is that you will live a transparent life when you have no hidden parts to your life.

The reason you have not owned your story is there may be associated shame. If there is shame, the shame is not yours to own. It takes forgiveness to others so you can move forward. You will see that forgiveness is easy to extend and so much harder to forgive yourself.

Register for our program "Life Is A Journey" which provides you with an action step after each session. This action step allows you to put into practice a lifestyle change