

TRISHA TRIxie PRESENTS...

CREATE A LIFE
YOU FALL IN
LOVE WITH

Fall in Love with Your life




TALKING POINTS

- Self Care/Self-Awareness
- Self-Control/Boundaries
- Business/Career
- Courage/Bravery
- Health/Stress/Anxiety/Body Image/Toxicity
- Time/Money/Financial Stability
- Organization/Drive/Discipline
- Mindfulness/Boundaries/Authenticity
- Spirituality/Purpose/Passion/Potential
- Joy/Happiness/Bliss/Contentment
- Connection/Friendship



Discover
Create
Transform



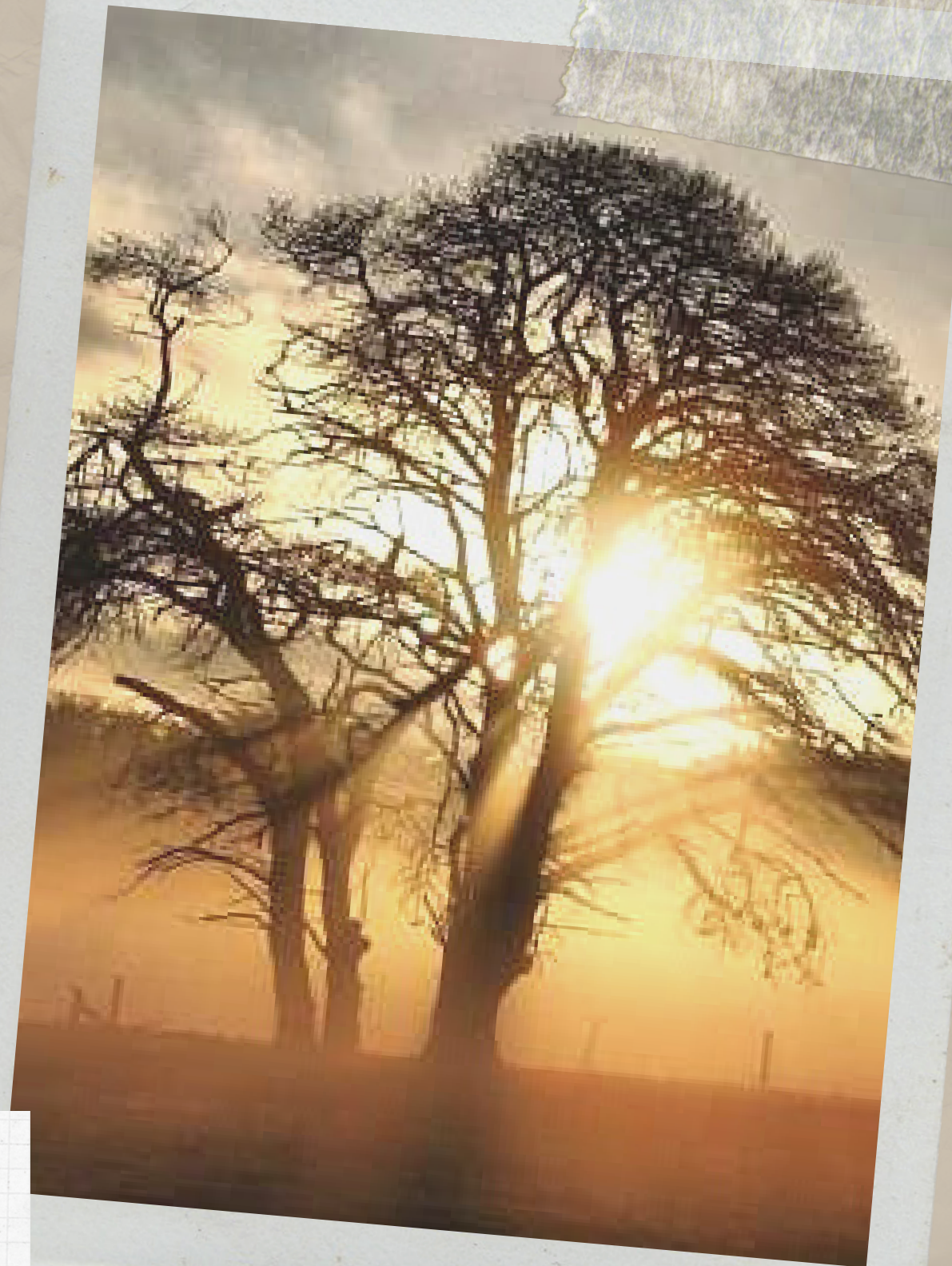
WHY "FALL IN LOVE" WITH YOUR LIFE?

FALLING IN LOVE

Falling in love is fun. It's juicy. It feels good. Falling in love makes us giddy, excited, and elated. The term is metaphorical, emphasizing that the process, like the physical act of falling, is sudden, uncontrollable, vulnerable.

Create a life you fall
in love with. Devour
the experiences.
Savor the
memories. Love your
life so much you fall
in love with it
regularly

TRISHA TRIXIE



YOUR TRIBE

10: THE NUMBER OF FRIENDS IT
TAKES TO GIVE YOUR WELL-BEING
A BIG BOOST



25%

WHEN A FRIEND WHO LIVES LESS
THAN A MILE FROM YOU BECOMES
HAPPY, YOUR CHANCE OF GETTING
HAPPIER INCREASES BY 25%



33%

ONLY 33% OF AMERICANS
SURVEYED SAID THEY WERE HAPPY
WITH THEIR LIFE

BENEFITS OF LOVING YOUR LIFE



LOWER CHOLESTEROL

When you love your life you are happier with it. Happiness breeds healthiness. Healthier people have lower cholesterol

MORE RESTFUL SLEEP

When you have had a full day, living breathing, experiencing, devouring and savoring life, the end of the day is a welcome sight instead of a dreaded experience.

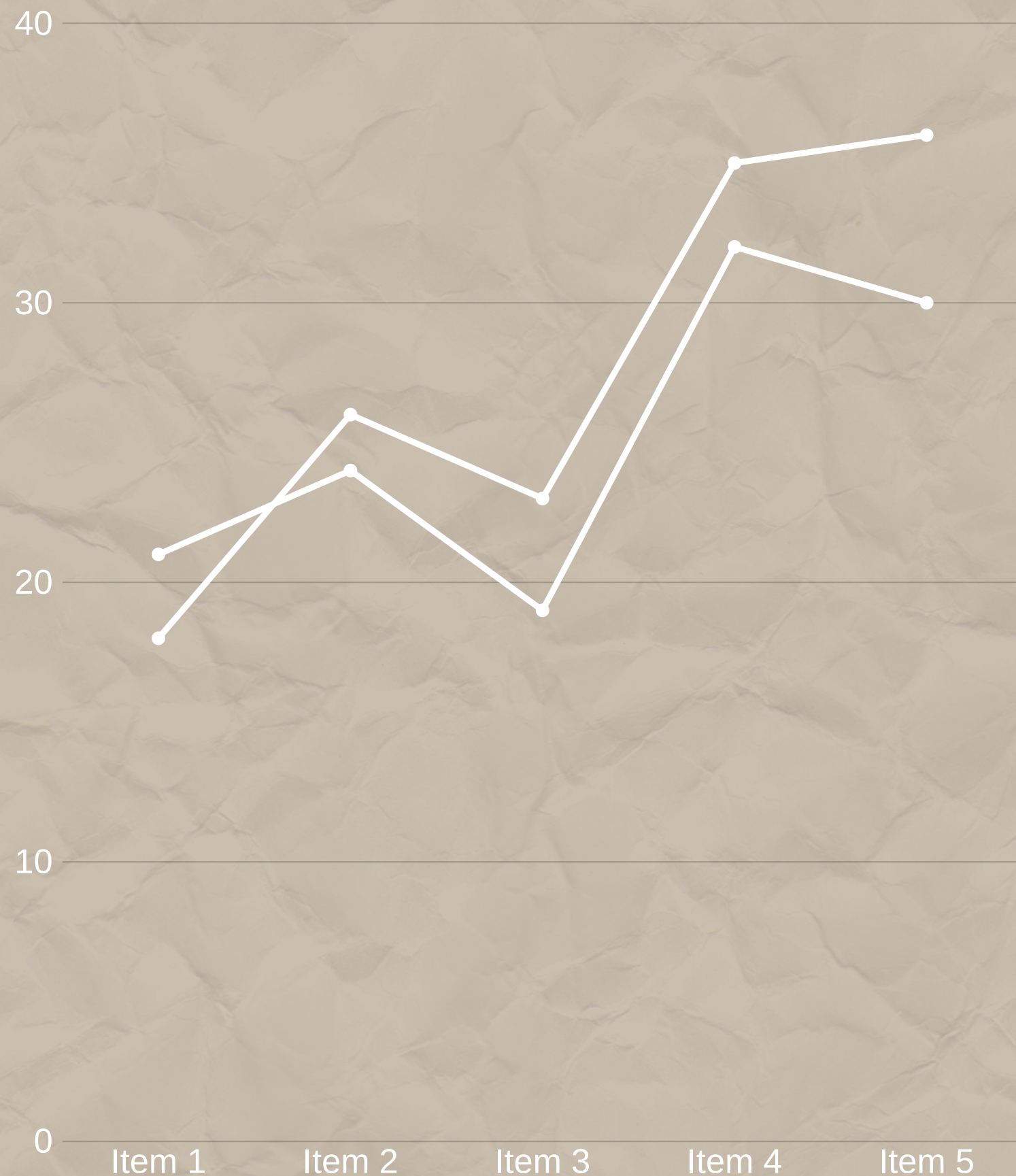
DECREASED BLOOD PRESSURE

When you are less stressed, you handle life differently. By doing so, your blood pressure is not always on the rise. High intensity jobs, drama filled families, toxic relationships, all drain you and pull you away from the happiness you seek. Decrease your stress, decrease your blood pressure, increase enjoyment in your life

MINDFULNESS MATTERS

OVERALL RISE IN PEOPLE GETTING INTERESTED IN MINDFULNESS

Everywhere you turn you see mindfulness showing up more and more. Mindfulness in preschoolers taught to meditate instead take naps. Mindfulness in how to eat our food, spend time with others, talk about ourselves. Mindfulness can help you achieve the happiness you seek . Mindfulness tools, tips and traits with some fun mind hacks will help you to create a life you fall in love with



WHAT YOU NEED TO KNOW

All the things we are talking about and will be discussing in the future are based on mindfulness. We will go softly and slow. Mindful of our actions. We will open, share and discuss, how our journey has affected each one of us. By sharing of our lives we help ourselves by helping others, by connecting with others who are going through the same journey.

STARTING WITH MINDFULNESS





Change will not happen overnight. Growth takes time. However, my wish for you is that you are open and have the desire and will to do the things I share with you and ask you to try. One thing may not work for everyone. One thing may work for all, who knows. How you feel during the process, how it affects you and how it resonates or doesn't resonate with you, helps me to be better able to help you. Open your heart center and let's see what magic we can bring into our lives.

A COMFORTABLE SPOT

Find yourself a comfortable spot. It can be in a room, in front of the fire, in a rocking chair, whatever that spot that feels good is for you.

TIME

Give yourself time to read and go through the readings and worksheets. For some it may take more time as you might need to think more. for some you may only have 15 minutes. Do what works for you.

A QUIET SPACE

It is best to have a spot that is quiet and without distraction. These are things we will be thinking about and we want to give our self a space to use the best of abilities to think and ponder.



WHAT YOU NEED



MAILING ADDRESS

Trisha Trixie
8547 E Arapahoe Road, Suite J Box 320
Greenwood Village, Co 80111

EMAIL ADDRESS

TRISHA@TRISHATRIXIE.COM

WEB ADDRESS

FALLINLOVEWITHYOURLIFE.ORG

DONATIONS

<https://www.patreon.com/mylegacyoflove>

GET IN TOUCH

FOR QUESTIONS AND FEEDBACK