



*Hello...and welcome!*

I am thrilled that you have invested time and money in yourself to follow my LIFE EDIT personal development programme-you are going to love it!

*What is the LIFE EDIT...?*

This is the ultimate 21 day life edit and has been designed to give you clarity, enable you to take back control and create a fabulous life that you love using this unique 8 step daily journaling life coaching programme.

*The 8 steps of the Life Edit...*

**L**ET GO! LOVE YOUR LIFE! GET LIMITLESS!

**I**NSPIRATION. IDEAS

**F**OCUS. FEAR. FUTURE

**E**DIT. EXPLORE. EVALUATE

**E**MBRACE EMPOWERMENT

**D**ELETE. DECIDE. DEFINE

**I**NTENTIONS AND INTEGRITY

**T**IME TO TRANSFORM

My passion, energy, belief and most importantly my own personal life experiences have created my LIFE EDIT programme. I used it. It works. END OF!

Maybe you are experiencing some of these feelings right now:

- 🌀 Do you fear **the next stage of your life** and want to make changes but have no idea where or how to start?
- 🌀 Do you feel **invisible and as if your life is on pause?**
- 🌀 Is it time to re-evaluate who you are right now and **who you want to become.**
- 🌀 Do you need to **rebuild your self-confidence and self-esteem?**

*How will The LIFE EDIT help you...?*

You will discover how transformational life coaching is when combined with daily journaling and writing and how it can harness the power of your life-at any stage and any age!

- 🌀 Use daily writing to make inspired and intentional life choices
- 🌀 Embrace your life wisdom and celebrate your contribution
- 🌀 Stop feeling invisible and be seen and heard by writing the next chapter of your life.
- 🌀 Be clear, confident and in control!

## *What can the LIFE EDIT be used for...?*

THE LIFE EDIT formula, can be used to manage, plan and sort out a whole range of topics, ideas and challenges from re working your wardrobe to re working your career and everything in between such as:

- 🌀 Returning to work/changing our career path
- 🌀 Divorce
- 🌀 Dating (again)
- 🌀 Single parenting
- 🌀 Bereavement
- 🌀 Financial challenges
- 🌀 Health and wellbeing challenges
- 🌀 Empty nest syndrome
- 🌀 Updating your home and garden
- 🌀 Becoming a step parent
- 🌀 Working from home/becoming self employed/starting a business
- 🌀 Improving self-confidence and self esteem
- 🌀 Updating your look
- 🌀 Gaining better self-belief

**AND CRUCIALLY EXPLOITING YOUR TRUE POTENTIAL!**

It will come as no surprise to any of you that I have been through ALL of these and (by some miracle!) I am still here to tell the tale! I am a journalist and an accredited and experienced personal development coach and mentor. I also have loads of direct life and lived experience AND a bullet proof way to navigate through all of it, survive it, thrive on it and come out the other side with a life designed and created by ME for ME the way I want to live it. And you know what? YOU can have all that too.

My LIFE EDIT programme was created to help you make significant changes to your life and to change your outlook and mindset in just 8 fast steps by acquiring new, positive habits every day that will help you to reach your goals.

*"Together we will edit and write a new life that YOU design!"*

However, before you go any further on this exciting journey of self discovery and self improvement, I urge you to pause and see if you can answer these questions:

- 🕒 Are you ready to change your current life and move towards something new and exciting?
- 🕒 Are you ready to take responsibility for setting your goals?
- 🕒 Do you know if you don't take action then nothing will change?
- 🕒 Do you want to move from talking about your plans to actively taking the steps to pursue them?
- 🕒 Are you ready to put yourself high on your priority and values list?
- 🕒 Are you committed to living a more purposeful life?

If you answered "yes" these questions, then you're ready to start achieving your goals-I am thrilled that you are here and best of luck!

## *Daily Writing Instructions...*

To get the most out of this programme, it is important that you complete each writing task asked of you and crucially that you adopt the first new habit asked of you, which is to:

Commit to writing for 20 minutes each day for the next 21 days.

## *Writing Exercises...*

Every day you will need to write down in detail the following:

1. Your thoughts and feelings about what your life is like now and what you would like to change and why.

2. Your ideas and any fears you may have about midlife and what the future holds.
3. All you are grateful for **THAT YOU ALREADY HAVE IN YOUR LIFE**

There are also specific writing exercises in each section off the course that will supercharge the process of making creative space to move forward.

This is a process that should stay with you for life and has been created to help people just like you to reach important goals and achieve a positive balance in your life. It is a way to make a fresh start and to get the life that **YOU** really want.

What has happened in the past is now over and we can't change that. However, it is time for you to learn from it, move forward with some positive plans to shape your future and become the best possible version of yourself that you can be, and write your life the way you want it to be-your ideas, your script and your vision for **YOUR** future-and all through the mighty power of the pen!

We will look in detail at how you can take control and plan to make positive changes in the next stage of your life, while re-framing and re-focusing your life in a way that is enriching and ultimately life changing.

This is a great opportunity to invest time and energy in your greatest resource and asset-**YOU!** And this is going to be exciting, interesting and exhilarating, as we work together to create plans for whatever it is that you really want to achieve.

You will be given the skills, tools and guidance that you need to help you make a fresh start and significant changes to your life that will ultimately help you work towards your important goals, and change your life to one that has purpose and is fulfilled. You will learn how to value yourself as a priority and learn about the importance of making a valuable contribution to you, your family, friends and the wider community.

This method uses daily writing and journaling, which have been proven to support significant and long-lasting positive change and assist with setting achievable and realistic goals.

By the end of the eight steps you will have adopted the **LIFE EDIT** method to help you move forward and achieve your goals, and hopefully use this method for the rest of your life,

*"You will start to see changes really fast by embracing a daily writing routine."*

It won't always be easy-there will be awkward questions, pressure, tears-but it will work. It's time to stop feeling invisible, ignored, frustrated, scared, and hopeless, it's time to get out from under the duvet, put your big girl pants on, ditch the Netflix binge and live your best life. And the best bit...no naked moon gazing, tarot cards, mystical spells or chanting required (well...unless you want to!)...all you need is a lovely new notebook, a pen and an open mind-what's not to love?

*"Start to see changes...FAST!"*



## *Before we begin...*

For this process to work and bring you the maximum benefits, it is important to spend some time preparing yourself mentally and physically and emotionally before you start. Having a peaceful, calm and uncluttered creative clearing that you can use every day as you write in your journal

is crucial. In an ideal world you need a space that can be easily kept clear of clutter, has good natural light, is airy and spacious and peaceful and quiet. Of course, I readily acknowledge that we are not all lucky enough to have a Shepherds Hut at the bottom of the garden or a bespoke romany caravan parked in an orchard where we can squirrel ourselves away and let our creative juices flow without risk of any interruptions! However, for this process to be truly effective, a creative clearing or space is vital.

Maybe you can clear a corner of your favourite room in your home. All you need is a table and a comfortable chair so that you have somewhere to sit and rest your book. Add a vase of fresh flowers or a plant in a pot if you don't have a window and if it is a little gloomy then add some LED lights or a candle or two to cast a relaxing glow. A spare or unused bedroom can easily be converted into a creative space-and clearing anything whether it is physical 'stuff' or emotions is a critical first step in moving forward. Perhaps clearing an area of your home will be your very first step on this personal development journey. I urge you to take time to do this as you will find your

daily writing challenge very difficult without a clear space to do work in. If your own home really isn't an option because it is ALL in need of major de-cluttering then I recommend you deal with this first. I am not a professional de-clutterer but there are plenty of people out there who can help you with what can be a very emotional process and I suggest you enlist some help to do this.

Perhaps your life is in a bit of a state of flux at the moment and you are living in shared or temporary accommodation where peace and quiet are simply never going to happen. In that case make use of local coffee shops, libraries, parks (on a nice day obviously!) and other community spaces. Use earbuds to block out irrelevant noise and listen to calming music as you write.

The key to all this is to not let anything STOP you from doing this. Yes, there may be challenges especially around finding a physical space, but you must make every effort to find one.

This process will not work if you give in to difficulties and challenges-embrace them and find a solution, and do not put off this part of the process. You have invested your hard-earned cash in this book and your journaling equipment-you owe it to yourself and your future to do this properly and professionally. Procrastination is not your friend!

Preparation for anything new is key to making the most of it and getting the maximum benefits. There are certain things that you will need before you begin the process:

Check out this shopping list for all the things you need to gather together:

- A new hardbacked quality journal. Ideally with acid free pages that are blank. It should be hardbacked because this journal is going to get a LOT of use and



needs to be tough! Blank pages are good because it means your creativity can flow effortlessly. Make sure you LOVE it. Spend time choosing one, hold it in your hand, smell the paper, feel the cover. You are holding the next chapters of your life right there in your hand. The potential that the journal holds is MASSIVE! IT'S EXCITING!

- A supply of smaller, lightweight, soft-backed notebooks. These are useful for keeping in your bag/car to make notes throughout the day that you can then transfer to your journal later.
- A supply of good pens and pencils. You should choose a good pen as your journaling pen and keep it for that purpose. It is worth investing in a decent one. Try a few out before you buy one because it is really important that your primary pen is comfortable to hold and weighted properly. Again-it will be getting a lot of use and will become your new best friend!
- A selection of other pens and pencils for notetaking.
- A pencil case-ideally something sophisticated, grown up and good quality.
- A place in your home that you can allocate as a writing space.
- And finally....you will need an open, positive mindset and the determination to make change and write your way to a new life. You have already bought this course and read this far so I think it's fair to say:

*"You've Got This!"*

Notes & Ideas...