

E.X.P.L.O.R.E

You are about to start a 21 day challenge to start using daily writing as a way to make exciting changes to your life-I want to share with you a quick formula that will really help prepare you for this

The E.X.P.L.O.R.E formula.

This fast formula breaks down the first stage of your life coaching and daily writing journey into seven simple, quick and easy steps, and enables you to prepare for embedding a daily writing habit into your schedule.

E MBRACE DAILY WRITING AS A VERY EFFECTIVE SELF-DEVELOPMENT TOOL

GET **E**XCITED ABOUT THE POSSIBILITIES THAT LIE AHEAD

P LAN TO WRITE EVERY DAY AND ADOPT A POSITIVE ATTITUDE

L ET GO OF SELF-LIMITING BELIEFS-YOU'VE GOT THIS!

O WN THIS PROCESS

RELAX AND WRITE TO CLEAR YOUR MIND AND MAKE YOUR PLANS

ENJOY IT!

Let's now look at each part of the **EXPLORE** process in a bit more detail so that you fully understand how important preparation is to the success of this programme.

EMBRACE daily writing and make this non-negotiable. It is a scientifically proven way to make effective and long-lasting change. The time you spend on your daily writing exercises will never be wasted. Remember this is an important investment in the way **YOU** want to experience mid-life and beyond.

You owe it to yourself to invest in your future and everyone can **PLAN** to find ten minutes a day to make a start. Commitment is crucial. If you really want to make changes and live your **BEST** life then you will **IF** you commit to it. A daily or weekly planning session will really help you to get on top of anything that needs to be dealt with and it will give you a regular routine to stick to.

PLAN TO WIN

PREPARE TO WIN

EXPECT TO WIN

It doesn't matter how much I tell you or your friends tell you that you are capable of achieving greatness, happiness and a life filled with abundance if **YOU** don't believe it is possible then it will not happen!

LET go of any self-limiting beliefs that are hanging around and tell yourself that you can do whatever it is you plan to do. Adopt a positive approach to this process and you will see astonishing results. Mid life gives us all power and strength to make progress-I guarantee that you are a master at telling other people how brilliant they are and yet when it comes to YOU it doesn't work in quite the same way! How do I know this? Because I can be just like that too!

Dedicating and committing specific time to work through the LIFE EDIT programme will have great impact and it is really important that you OWN this right from the get-go. This means making it part of your life and adopting as a crucial part of how you are going to move forward. Being scared or sceptical, having doubts or disbeliefs around how the process works or whether it works at all, will not serve you well. This is YOUR time for change! You have worked hard, possibly raised a family and now as you approach this new and exciting phase it is so important to remember that you ARE ALLOWED to do this!

Being able to RELAX while you write every day will foster a healthy attitude and approach to your new regime. If it starts to get stressful then you are unlikely to feel the benefits so make sure you approach your daily writing time in the right way-every day.

If you ENJOY something then it makes sense that you not only look forward to it, but you will become good at it very quickly, will want to do it more frequently AND you will see results faster.

I have not created this programme to be a chore! In fact the exact opposite is true. I created it so that anyone can participate and see results from it fast. This is not about slaving for hours in a dark corner with only the flickering light of a single candle

for company in the style of authors from hundreds of years ago! Writing each day should not feel like a punishment! The programme has been created to clear self-limiting beliefs, enthuse planning and encourage change.

- **WRITE...**

Spend some time now working through the EXPLORE process to make sure that you have the right mindset to make a positive start.

WRITE in your journal how you feel about taking part in the process and be honest about how ready you really are!

Fear of failure is a big stumbling block for many people. Talk can be seen as cheap-throwaway-disposable and we can always decide that our memory of a particular conversation needs to be manipulated to cover our tracks, change opinion or protect our dignity! Of course, as soon as we commit to writing our ideas down there is a record-it is there in black and white. The action of transferring the messages from our heads and our hearts to a notebook is powerful and that is why The LIFE EDIT works so effectively.