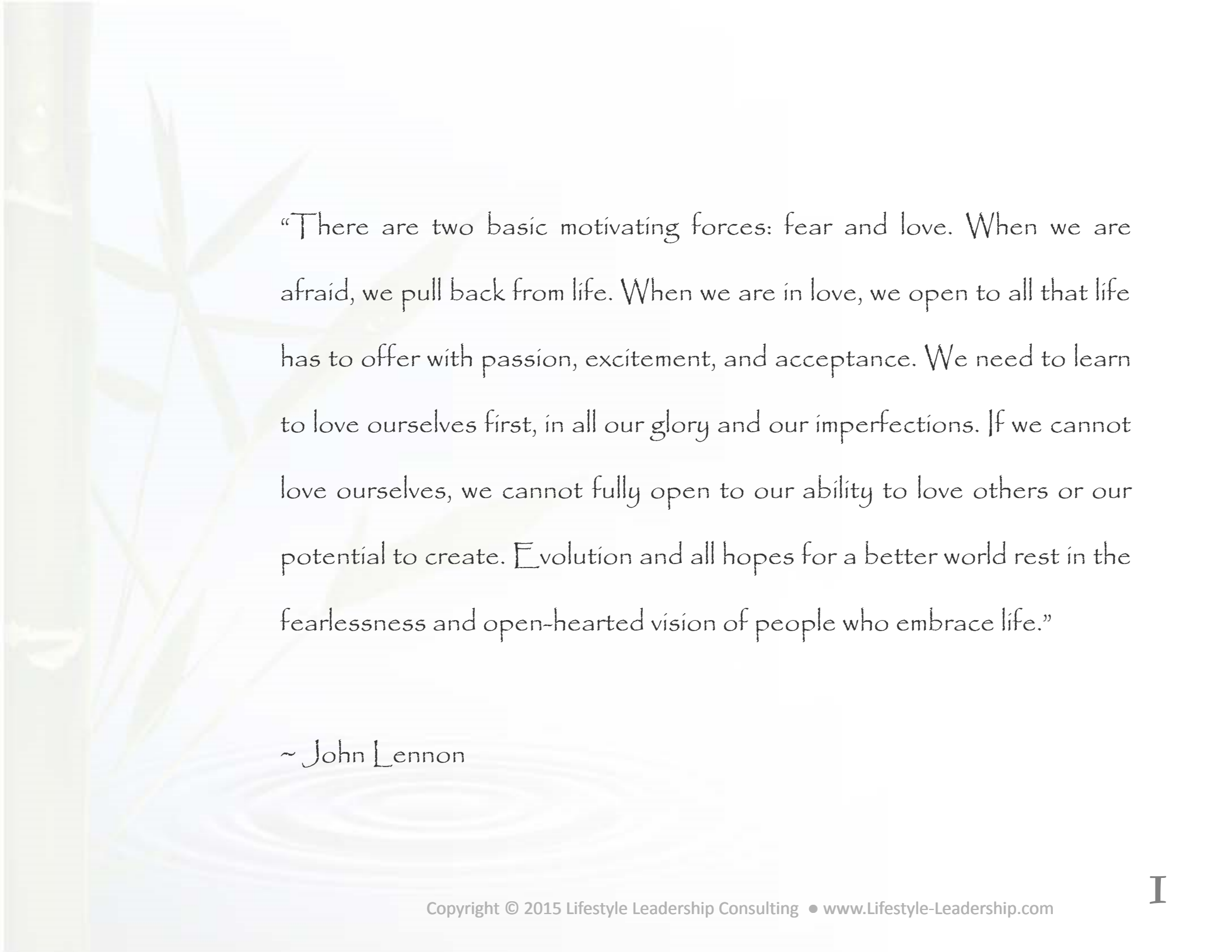




LIFESTYLE  
LEADERSHIP CONSULTING

# YOUR LIFE IS NOW

*"When I let go of who I am,  
I become what I might be." ~Lau Tzu*

The background features a soft-focus image of a bamboo plant on the left side, with its leaves extending towards the center. Below the plant, there are several concentric ripples on a light-colored surface, possibly water, creating a sense of movement and depth. The overall color palette is light and airy, with shades of pale green, yellow, and white.

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.”

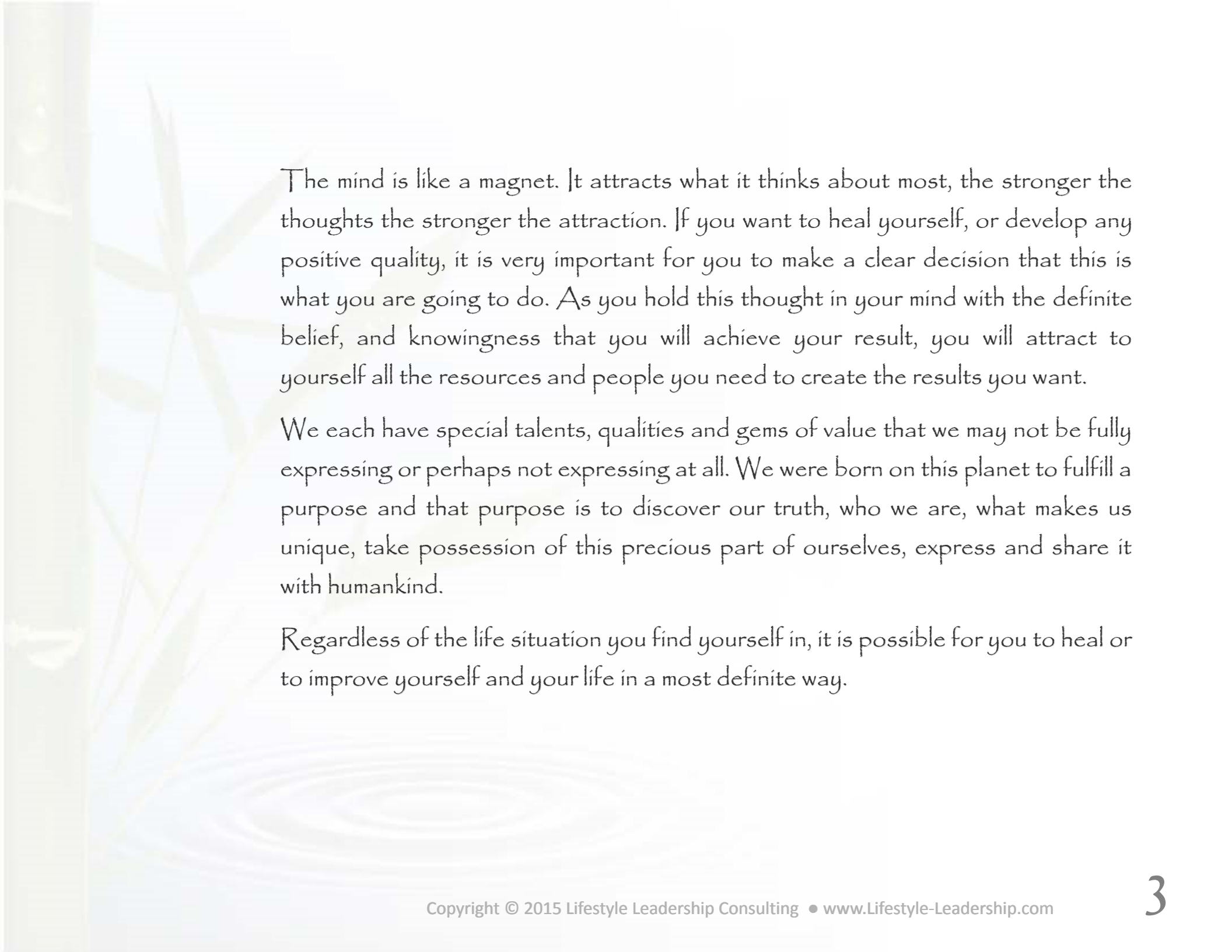
~ John Lennon

# INTRODUCTION

Each of us comes into this existence with a unique set of personal qualities that include aptitudes that can develop into skills and abilities. Also there are often challenging situations that affect us. Like the rudder on a boat, our choices determine what direction we take in life and what possibilities we explore and develop. When we are confronted with difficulties, as well as opportunities, it is how we deal with them that determines how they affect us. A life well lived is a life of growth, a life of healing and development.

As we look back on our lives, it is easy to see turning points where we made a choice that had a powerful effect on where our life went and who we became. By thinking about our past choices and where they have taken us, it is possible to learn from our experiences and improve our ability to choose. Life is filled with many possibilities, and it is important to realize that sometimes it is the more difficult decision that brings us the greatest benefit.

The universe is always in a state of balance. A problem, difficulty or challenging situation cannot exist unless its solution exists at the same time. If you want to solve a problem, the first thing you must do is to decide that you are going to find the solution.

The background of the page features a soft-focus image of a bamboo plant on the left side, with its leaves extending towards the center. Below the bamboo, there are several concentric ripples on a light-colored surface, possibly water, creating a sense of calm and reflection. The overall color palette is light and airy, with shades of pale green and white.

The mind is like a magnet. It attracts what it thinks about most, the stronger the thoughts the stronger the attraction. If you want to heal yourself, or develop any positive quality, it is very important for you to make a clear decision that this is what you are going to do. As you hold this thought in your mind with the definite belief, and knowingness that you will achieve your result, you will attract to yourself all the resources and people you need to create the results you want.

We each have special talents, qualities and gems of value that we may not be fully expressing or perhaps not expressing at all. We were born on this planet to fulfill a purpose and that purpose is to discover our truth, who we are, what makes us unique, take possession of this precious part of ourselves, express and share it with humankind.

Regardless of the life situation you find yourself in, it is possible for you to heal or to improve yourself and your life in a most definite way.

# COLLABORATION

Many of my clients are embarking on change and going into uncharted waters not knowing what to expect. Change is definitely one thing that we can count on in life. Change can be glorious and should not be feared.

I teach people to examine and look deeper into who they are being and to ask themselves the hard questions of why they work the way they do. Can things be done better that will make things easier for themselves, their colleagues, their family, their company or their customer? I truly believe that work doesn't have to be a chore and that it can have purpose and be joyful.

We spend time exploring patterns and perspectives. Looking at alternate choices and getting curious about what shows up. Self-reflection is a gift that we give to ourselves when looking at who we are becoming. Living in integrity. Honoring your soul's desires. Living your values. Consciously choosing who you are being while doing what you do determines the result and experience you receive.

# CHOICES

In an increasingly competitive, socially active and accelerated world, those who are willing to step out of their comfort zone and into the discomfort of uncertainty will be the ones who have the potential to reap the biggest rewards. We must be willing to get comfortable with the discomfort involved with taking risks and the possibility of success and even failure. Of course, being willing to take a risk doesn't mean everything you try will work out. It's only by being willing to make mistakes and try something new that you can ever accomplish more than what's been done before.

Throughout our careers we must continually assess whether we are letting our fear of failure or losing face keep us from taking the actions, and engaging in the conversations that will move us forward and make the impact we want. A client once shared "When I began to live life, I realized what not living fully was costing me."

Don't let your mistakes or setbacks define you! Dr. Martin Seligman, the founder of Positive Psychology once said, "It's not our failures that determine our future success, but how we explain them to ourselves."

# REBOOT EXERCISE

- To what is it time to say, “NO”?
- What is the most important thing you plan to learn?
- What habitual time waster will you eliminate?
- What conversations will you engage in that you’ve been putting off?
- Which relationships, personal and professional, will you focus on improving?
- If you knew that no matter what happened you could handle it, to what is it time to say, “YES”?
- What one thing will you do extraordinarily well to create the greatest success in your work?

## IN CLOSING

Don't allow old fears of failure to sabotage your current dreams by discouraging you before you even start. If you don't entertain your dreams, you'll never find out what is possible. ~ Gisele

I honor this opportunity to align with  
and be in service to your path.

Thank you for taking the time to engage in our  
“YOUR LIFE IS NOW”  
E-book and reboot exercise.

With gratitude,  
Gisele Pilling  
[Gisele@lifestyle-leadership.com](mailto:Gisele@lifestyle-leadership.com)  
919-809-6902

Live Inspired!



A bamboo plant with green leaves and water droplets on a blue background with ripples at the bottom.

YOUR LIFE IS NOW

[www.Lifestyle-Leadership.com](http://www.Lifestyle-Leadership.com)

Copyright © 2015 Lifestyle Leadership Consulting