



## YOUR PATH TO RAPID CHANGE & MAKING SPACE FOR THE LIFE OF YOUR DREAMS

Strong, successful women like you who are ready to restore and reinvent themselves, engage me so they can connect to their untamed hearts and create renewed magic and impact in their life and work. Here are 5 tools for rapid change that will enable you to design a life you love - starting right now.

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Speaker | Author |  
Coach

# Your Guide to Rapid Change & Making Space for the Life of Your Dreams

You're about to discover 5 secrets that will make things happen faster and easier.

We have been so thoroughly tamed, we have lost contact with our wild, untamed heart. The word *wild* scares most people. Why? Because we've been told for most of our lives, we are too sensitive, too intense, too passionate, too intelligent - well - just too much!



To add to all that, we have been taking care of everyone else for years. Now it's your turn to make the changes you want and design a life that is profoundly fulfilling.

In this special report, you'll learn five wise and wild secrets to make the change you've been seeking in your life quickly, once and for all!

Creating rapid, lasting change can be extremely challenging. If you've been trying for some time to lose weight, find a relationship, start a business, or change something else in your life, you know just how frustrating this process can be. You might feel totally stuck, discouraged, or even wonder if it's just not going to happen for you.

It's totally understandable to feel this kind of frustration. **Most of us have never been taught that there are a few simple and incredibly effective steps we can take to completely transform and simplify the process of making changes** -- the steps I'm about to share with you here.

In fact, you may have seen other people in your life struggle with making changes as well, and you might have wondered if this unsuccessful struggle is only normal – just “how it is.” Sometimes, we unconsciously start to accept the idea that change is really hard, not fun, or even, in some cases, impossible.

Strong, high achieving women like you, engage me to help break free from feeling undervalued and unseen, despite your outstanding accomplishments. My framework empowers you to reclaim your powerful feminine essence and connect to your untamed heart so you can speak your truth and reinvent your life to create magic and impact.

I, too, struggled to move forward and make changes in my life for many years. I was frustrated, discouraged, and considered giving up on the goals and dreams I had – like creating my coaching career – until I discovered and put into practice the five secrets I’m about to share with you here.

Now, I’m a successful speaker, author, and coach, and I’ve used this formula to achieve many other goals in my life, too.

I want you to know that change can, in fact, happen easily and effortlessly. And the feeling of achieving those goals and changes is deeply satisfying – it feels great! I want you to experience that same sense of happiness, fulfillment, and satisfaction when you make the change you really want in your life.

You’ve achieved a lot, but your heart is asking, “Is that all there is?” That’s why I’m sharing these secrets here, so that you can **get started right now to create the fulfilling life you want and deserve**. Let’s jump in!

## Design a Life You Love: #1 What Do You Really Want?

Often, **part of the problem people have when trying to make a change is that they’re not 100% clear** about exactly what it is that they want to change.

What is your exact goal? What does it look like? What does it feel like? Do you want to “lose weight,” or do you want to lose five pounds a month until you are down to a certain weight? Do you want to “start a business,” or create an online business that brings in \$100,000+ annually?

It’s also important to realize that any change you want is not written in stone. You have the power to create a new goal. The magic happens when we commit to something and begin to move. The pilot of an airplane makes many small shifts in direction to arrive at a destination. She may even have to land somewhere else first.



It's tougher (and a lot less fun!) to track your successes when the goal is unclear. Take the time to sit down and refine your vision. Most people spend more time planning a two-week vacation! This is your *life* we're talking about.

**So, grab a pen right now and without judgement start writing. What is it that you really want to change or create in your life?** Go wild, dream, imagine. Play. Write it down. Don't censor yourself! Let your vision be wild and big. Let go of the how-am-I-going-to-do-this – start! Ask yourself, if I knew what I needed to do, what would I do first? Make a goal that is part of your vision. If you have many goals, pick a horse, and ride it!



Then ask yourself, how can I achieve this goal? Break it down into steps and use the SMART goal process. Check out your steps and make sure they are:

- **Specific**
- **Measurable**
- **Action-oriented**
- **Realistic** (even though your vision may seem outrageous)
- **Time-oriented**

**As you continue to get even more clarity and focus, you will refine your goals and add new ones.** You'll hit your target with much more ease.

One of the wonderful things that happens when you do this is that this process frees up your energy and focus and allows you to set and achieve even bigger goals! Imagining a situation or a place that lights you up is the fuel that ignites your journey.

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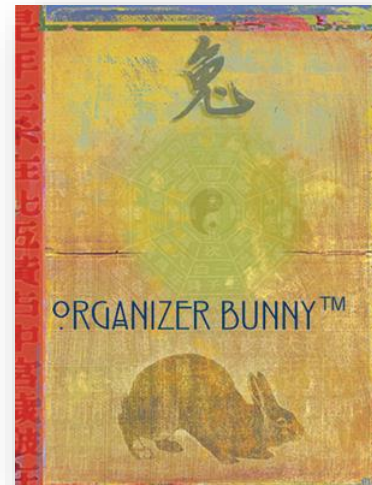
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## Design a Life You Love: #2 Does Your Space Support You?

**What could you take out of your environment that detracts from your ability to achieve success with ease and joy?** If you're trying to start a business, but your workspace is so loaded with clutter that it takes you an hour to find a place to get down to work, that's not so supportive.

I own a business called *Organizer Bunny* and I am a certified Clutter Clearing Bunny! I know how clutter can stop you in your tracks and I know how to clear it. Watch for lots of tips and tricks in emails from me. Get rid of the clutter and watch your business and your life get unstuck!



### Supportive people

Have you ever noticed how great you feel after spending time in your favorite place, or with your favorite people? Our environment is a huge factor in our success. I know, for example, that I am enthusiastic, focused and motivated after spending time with other successful coaches who are as excited about helping people create amazing results as I am.

And, on the flip side, it's pretty tough to create powerful changes in your life when you're in an environment that doesn't support you.

If you're trying to lose weight, but you have a freezer full of Ben and Jerry's, well, losing weight will be a huge struggle. If you quit buying Ben and Jerry's and chocolate chip cookies, you're already a whole lot closer to being automatically set up for success.

A few things to consider when optimizing your environment:

**Take a look at the people you surround yourself with. Do they support, motivate, and inspire you, or do they bring you down?** What can you do to more consistently be in environments where you're surrounded with people who support you and inspire you toward success?

**What could you add to your environment to make success easy, fun, and inevitable?** If you hate going to bars or Meetups to meet people, why not sign up for an online dating program? It might be the perfect thing to set you up for relationship success.

**Make a list of things you could add to your environment to support you, and things you could take away that would make you more successful.**

# Design a Life You Love: #3 What is Your Strategy?

Now that you are crystal clear on exactly what you want to achieve, **you'll get there easily when you create a step-by-step plan.**

Without a strategy, going for your goal is like trying to get from New York to Los Angeles without a map or GPS – murky, confusing, and frustrating. With a map, it's clear, easy, and fun – take this turn, then this one, then the next. Makes sense, right?



So again, **grab that pen and paper, and sketch out a plan to get to your goal.** What are some things you might want to try that will help you? For example, if your goal is to lose 5 pounds this month, your strategy might include first joining Weight Watchers and then getting an exercise buddy.

**Strategizing your actions makes it manageable, enjoyable, and simple to move forward, step by step on your goals.** As you achieve each step, you build momentum to keep cruising forward effortlessly.

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## Design a Life You Love: #4 Do You Need New Skills?

If you've had trouble achieving your goals in the past, it might simply be because you need to learn or brush up some key skills.

For example, you left your job and you keep getting stuck when starting a new business, it might just be that you need to build some solid marketing skills. Then you'll be ready to hit it out of the park. Maybe you need a virtual assistant? How about a coach to keep you on track? Stuck in your dating game? Might be time to read that book on the secrets of flirting.



**Stop right now and make a list of the skills you might need to achieve your particular goal.** And here's another thought. What about learning a skill because you like it – for no other reason? I became a Master Level Oracle Card Reader. Why? Because it delights me, not because I wanted to hang out a shingle. We need to pay attention to the clamoring of our hearts. Ironically, every skill I've ever learned has served my clients, my students, and my colleagues.

As you take a look, you might see that you're strong in some areas, but you could definitely use support in some others. Is that where you could use a skills upgrade? How might you start those skills? **Once you have the necessary skills in place, feeling frustrated and stuck will melt away. Your new skills will propel you into success!**

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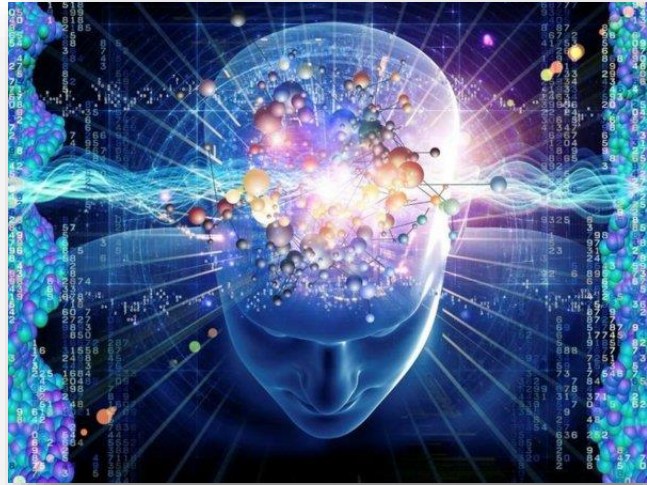
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## Design a Life You Love: #5 Your Mindset is Powerful

Putting any one of the secrets I've shared to work in your life, will make an enormous difference for you, without a doubt. And, with that said, this element of the formula might just be the most powerful one of all.

Sometimes, no matter what you do to create a change, something underneath it all can still hold you back. **It's completely normal to encounter fears, doubts, and limiting beliefs when you're going for your goals.**



There are a lot of great ways to work with these psychological factors, so they no longer have any power over you or your success. **Number one is; become aware of them.** Notice how a certain doubt creeps up every time you consider taking the next step.

Knowledge is power. **Once you bring these hangups out of hiding and into the light of your awareness, you can work with them, and release them!**

In my coaching programs and courses, **I offer my clients many powerful strategies for mastering their mindset once and for all.** I support you through the process of releasing fears, doubts and limiting beliefs that have been holding you back. It makes a dramatic difference!

In fact, hiring a coach was one of the single most important steps I took to help me master my own psychology and go for my goals. **You can support yourself by becoming aware of the “inner game” issues that creep up and threaten to hold you back.**

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If you work the system, this system works. It has transformed so many of my clients' lives and it can transform yours too.

As you put these modalities to work, I'll be emailing you to see if you have any questions or if I can support you in any way.

Are you ready to restore and reinvent yourself? Contact me now. I hope this report helps, but if you're anything like me, it's better to talk to each other. Together, we'll discover what works best for you. We can set up a Breakthrough session, with the link below. I look forward to meeting you.

You absolutely deserve a happy, successful, and profoundly fulfilling life. Start now!

Here's to your success,

*Adria Firestone*

<http://adriafirestone.com>

Book your free Breakthrough Session Now:

<https://bookmycoachingnow.as.me/breakthrough30>

