

21 Quick & Easy Ways **to Make a Real Change** **in Your Business & Your Life**

Get Free. Get Focused. Go Far

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It's really quite simple. If you want to ***Make a Real Change*** in your life, I know a surefire 7-Step Strategy that works every time. Well, it works if you do! Empowering people to change their lives--and change the world in the process--has been my life's work.

If we spend time together and you walk away unchanged, I've failed you. Right now, you're reading these words because you want to ***Make a Real Change*** in your life. So let's get right to it, shall we?

We both know there's nothing quite like the incredible feeling of accomplishment. You conquer a project...and in that moment, you feel like we can conquer the world. Whether it's finishing a book (I've done that 29 times) or crossing a finish-line (half-marathon, marathon, triathlon, I've done `em all), few things compare to the joy and self-satisfaction of *doing* what you set out to do. Goal-setting is fun. Goal-getting? Now ***that's*** exhilarating! Far from being exhausted by our achievements, we are energized by them.

The flip side is true, too. Few things are more draining than the pile of unfinished tasks and unkept promises that surround us. You see, every time we set a vow to ***Make a Real Change*** and don't, we have broken a promise we made to ourselves. And deep inside, we know it.

Our energy is sapped, not by the work we do and what we accomplish...but by those things we set out to do, but then fail to finish. That's what has us tossing and turning at night, rather than celebrating throughout the day. Regret saps more strength than hard work ever could.

Having accomplished virtually every major life goal I've ever set (including attending an Ivy League university, becoming a best-selling author, international speaker, proud parent and medal-

winning triathlete), I've learned quite a bit about what it takes to **Make a Real Change** in my life...and in the world.

Let's get started. And when this ebook brings about a real change in your life, I'd love to hear from you. Come visit me on [Facebook](#) and share YOUR real change story.

Empowering You,

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Step One: Clarify Your VISION

#1 - Begin With a Powerful Vision of the Ultimate You.

This is The Ultimate You. Take pen and paper and write this sentence: "I see a person who....." Then proceed to describe the Ultimate You in vivid detail. Cover every area of your life, each time beginning anew with the words, "I see a person who..."

Example:

Spiritually - "I see a person who....knows she is profoundly and unconditionally loved by God; who walks with her head held high, knowing she is fully forgiven, fully free. I see a person of prayer and wisdom who walks daily in the gifts, fruit and power of God, practicing His presence moment by moment."

Financially -- "I see a person who....is financially free through multiple streams of internet income, able to travel the world in service to God and humanity."

Physically -- "I see a person who stays physically fit by eating God's foods and exercising daily, who takes on new adventures and tough challenges (like climbing mountains!) to stay vibrant throughout her lifetime."

And so on, with each area of your life: finances, career, health, relationships, etc.

It's your turn:

I see a person who...

I see a person who...

I see a person who...

I see a person who...

I see a person who...

I see a person who...

I see a person who...

#2 - Envision Your Ultimate Day

Now you know what you want your life to look like...what kind of person you want to be. But your life is comprised of a collection of days. So now, paint a vivid picture of your Ultimate Day. Again with pen and paper (not on a computer keyboard, because research has shown far more brain activity occurs when pen and paper intersect), finish this sentence, "In my Ultimate Life, I....." Then walk through every detail of your day, including vivid descriptions of your surroundings.

Example:

In my Ultimate Life, I awake to watch the sunrise from my deck overlooking the ocean. Then I enjoy a lovely breakfast of fresh fruit, lean protein and whole carbohydrates before spending two or more hours enjoying my Quiet Time with God.

In my Ultimate Life, I enjoy a vigorous swim in the ocean, followed by a long walk on the beach. I'll do a more intense workout later in the day because I'm training to climb Mt. Kilimanjaro in Tanzania.

In my Ultimate Life, I devote four focused hours to writing books and preparing training modules for [Women's Empowerment University](#). The exercise of my gifts in service to others is a top priority. I focus on those tasks above all others, using cutting-edge technology to deliver the best possible content in the most effective way for my clients.

And the LORD answered me: 'Write the vision; make it plain on tablets, so he may run who reads it' -- Habakkuk 2:2

It's your turn:

In my Ultimate Life, I...

In my Ultimate Life, I...

In my Ultimate Life, I...

In my Ultimate Life, I...

In my Ultimate Life, I...

In my Ultimate Life, I...

In my Ultimate Life, I...

#3 - Record the Vision in Pictures and Audio

Buy a poster board and either draw a picture of the Ultimate You or cut out pictures that represent it. Then record the vision using your smartphone or online recording tools like Audacity. You believe your own voice more than any other. Listen to the recording every day, at least once a day and preferably more often.

Example:

I recorded my Ultimate Day Vision using the VoiceNotes feature on my iPhone. The first thing I do on my daily walk is press play to get inspired to give it all I've got. I return feeling energized in both mind and body.

It's your turn:

Note what resource you will use to record your vision and when you'll listen to it each day.

Where there is no vision, the people perish. Proverbs 29:18

Step Two: PLAN Based On Your Pre-Determined Priorities

#4 - Turn your Vision into a Personal Mission Statement¹

The simplest and most powerful tool I've found for writing a Personal Mission Statement is found in the remarkable book, ***The Success Principles*** by Jack Canfield.

1. List two of your unique personal qualities. (What do people remark about you?)
2. List one or two ways you enjoy expressing those qualities when interacting with others.
3. Assume you are living in the Ultimate World. In the Ultimate World, what is everybody doing?

Example:

1. My two qualities are: powerful and energetic communicator
2. The two ways I enjoy using those gifts: writing and teaching
3. In the Ultimate World, everyone is using their gifts to serve God and humanity.

My mission statement is to use my powerful, energetic communication style to write and speak messages that equip people to use their gifts to serve God and humanity.

¹ adapted from *The Success Principles* by Mark Victor Hanson

It's your turn:

1. List two of your unique personal qualities (what do people remark about you?):

2. List one or two ways you enjoy expressing those qualities when interacting with others:

3. Assume you are living in the Ultimate World. In the Ultimate World, what is everybody doing?

Combine your 3 responses into one Person Mission Statement:

#5 - Turn your Ultimate You Vision and Personal Mission Statement into a Plan by Setting SMART Goals

A SMART goal is:

Specific
Measurable
Achievable
Reward
Timetable

Example:

I'm going to weigh my ideal weight of 129 by losing 10 pounds over the next 90 days. I will reward myself with a day of pampering at my favorite spa.

It's Your Turn:

List your Top 5 SMART Goals in sentence form, being certain to incorporate all elements:

1. _____

2. _____

3. _____

4. _____

5. _____

Do not despise these small beginnings, for the LORD rejoices to see the work begin. -- Zechariah 4:10

#6 - Prioritize!

Focus changes everything. One of my chief mottos is, "You can't wage battles on all fronts." You have your Ultimate You Vision and your Personal Mission Statement. You keep those always before you. But when it comes time to take action, it's critical to prioritize and turn your laser-focused attention on just one item at a time.

Example:

I wrote my #1 bestselling book, ***Becoming a Vessel God Can Use***, in just four days of totally-focused activity. During that timeframe, I wasn't trying to learn to speak a foreign language! Conversely, I did not attempt to write a book while training three hours a day for a Triathlon. By tackling projects one at a time, you can accomplish anything you set your mind to.

So here's the process.

Look at the Top 5 list you just created. Ask yourself, in the next 90 days, if I could only accomplish #1 or #2...which would it be? The answer becomes the winner of the first round of elimination or #W1.

#W1 = Goal # ____

If I could only accomplish #W1 or #3....which would it be?

#W2 = Goal # ____

If I could only accomplish #W2 or #4 on my list.....which would it be?

#W3 = Goal # ____

Again. If I could only accomplish #W3 or #5....which would it be.

#W4 = Goal # ____

Okay! Now you have your FOCUS. #W4.

You can go through this process to ruthlessly re-order your list. You might be very surprised at the outcome!

Example:

My Top 5 list list right now:

1. Lose 10 pounds
2. Re-organize the garage
3. Write an ebook on **Quick & Easy Ways to Make a Real Change**
4. Finish memorizing the Book of James
5. Plant a vegetable garden

If I could only lose 10 pounds (#1) or re-organize the garage (#2), I would lose 10 pounds.

#W1 = Goal #1

If I could only lose 10 pounds (#W1) or Write an ebook (#3), I would write the ebook.

#W2 = Goal #3

If I could only write the ebook (#W2) or finish memorizing the Book of James (#4), I would write the ebook.

#W3 = Goal # 3

Again. If I could only write the ebook (#W3) or plant a vegetable garden (#5), I would still choose the ebook.

#W4 = Goal #3

Okay! Now I have my total FOCUS. Goal #3. So right now, I am forgetting about the extra 10 pounds that have snuck back on since finishing the Triathlon nine months ago. I'm ignoring the garage, putting the memorization project and gardening on hold. I'm not even going to *think* about those things until this ebook is finished. Scattered energy is the enemy.

And since I'm pretty excited about some of those other projects, I have extra incentive to get this done and move on! (Aren't you thankful for my focused efforts?)

It's Your Turn:

Top 5 List

1. _____
2. _____
3. _____
4. _____
5. _____

#1 or #2...which would it be? The answer becomes the winner of the first round of elimination or #W1.

#W1 = Goal # _____

If I could only accomplish #W1 or #3....which would it be?

#W2 = Goal # _____

If I could only accomplish #W2 or #4 on my list.....which would it be?

#W3 = Goal # _____

Again. If I could only accomplish #W3 or #5....which would it be.

#W4 = Goal # _____

Okay! Now you have your FOCUS. #W4.

Step Three: Create a MEASURING SYSTEM to Track Your Progress

#7 - Focus on Implementation Rather than Information

Now that you have your Focus, let me predict the next thing that will happen. You'll be tempted to gather information...which is okay to a certain point. The problem is this. You probably already know a simple strategy that will enable you to achieve your objective. So what you are really doing is avoiding the hard emotional work involved with putting yourself out there, taking your best shot at it.

Instead, you gather more information. Then some more. You will spend endless hours in the Ready and Aim stages of Ready, Aim, Fire.

Don't do it! Ready, Aim, FIRE FIRE FIRE!!!

Let your motto be this: An ounce of implementation is worth a pound of information gathering. Better to pick one aspect of your project and fully implement it, rather than reading enough books to fill a library and searching enough websites to single-handedly keep Google busy.

Enough! If your goal is to lose weight, go put on a pair of sneakers and take a walk around the block. You don't need to spend hours searching the internet, then going to Barnes & Noble to buy three more weight loss and fitness books. Eat less and exercise more.

Keep it simple. Implementation beats information gathering!

8 - Break Plans into Projects to Tackle and/or Habits to Develop

Take a look at the focus item you selected; your #1 SMART Goal. Is it a one-time project to complete? Or does it represent a new habit you'd like to incorporate? For example, this ebook is a one-time project but it also represents the habit of creating new content for the internet. Your focus Smart Goal might be to lose 20 pounds in 90 days. That's a project, but clearly, you will be developing new habits you'll need to carry forward to sustain the accomplishment.

Describe the project you plan to tackle:

Now make note of the habits that will be required to accomplish it on time...and which of those habits you'd like to carry forward:

Example:

Writing this ebook has required me to develop the habit of writing at least 1-2 hours a day, every afternoon after teaching my live **Women's Empowerment University** class at 1pmET. I've developed a routine of sitting on my back patio with my laptop and a tall glass of an all-natural energy drink, with my cats, dog and a never-ending array of local birds keeping me company. (We had a visiting turtle today.)

This is a habit (writing web content for an hour a day) that I'd like to carry forward even after completion of the project.

It's Your Turn:

9 - Use Measuring Tools to Monitor Forward Progress

Now I am revealing one of my Top Secret weapons! I'm passionate about the process of Charting my Course then Measuring My Progress. This can be accomplished a variety of ways and I have used many different methods:

- Break the Project into blocks on a poster board. Put check marks (or color in the blocks) upon completion. For example, I could have drawn 21 blocks on a poster board and each time I finished one of the 21 Quick & Easy tips, check it off or color it in. I'm a very visual person, so I love this approach. Seeing my progress spurs me on.
- Outline the project, in list format, in a Word document. As each item is completed, either delete the line so the document becomes shorter and shorter or highlight so the page becomes brighter and brighter. Again, I have used both approaches to great effect.
- Print the aforementioned document and pin it to a cork board above your desk. Take it down each day and use a highlighter pen to showcase the work you completed so far. (I've done this with several of my books, which I rarely write in order. I outline them in great detail, down to sub-chapters, then just write whatever portion feels like it's flowing.)
- Stickies on a Mac are a recent discovery. I like to use the disappearing outline approach with this tool. The less text on the Sticker, the more progress I know I'm making.
- Google Documents are my current favorite, especially if my goal involves doing something every day (i.e. workouts). I create a spreadsheet with daily objectives then use the paint bucket

feature to brightly color in days when the goal is achieved and turn missed days black. With a glance, I can see how things are progressing and whether I need to step up my game.

- White Board. I used to be a white board fanatic until my teenager snatched them all and put them in her room. She is truly obsessed and probably needs professional care. (Joking, of course!) You can chart your course using various colored markers, then erase or check off completed items.

Step Four: Establish ACCOUNTABILITY

#10 - Pursue Accountability Relationships

Successful people pro-actively pursue relationships that empower and propel them onward. One of the primary reasons I founded **Women's Empowerment University** was to create an environment where women with a strong sense of mission could come to be empowered through teaching *coupled with* accountability.

Perhaps the most significant problem in many of our lives is the vast chasm between what we know and how we live. Our commitment is to walk with you, motivating you step-by-step, until you reach the pinnacle of personal and professional achievement. My motto is this: *I'll be your coach, not your friend.*

If you really want to Make a Real Change in your life, you've got to be intentional about seeking out accountability.

It's Your Turn:

Who holds you accountable?

#11 - Have These Four People in Your Life

Cheerleader:

We all need an upbeat encouraging person who will celebrate our successes. They'll even cheer for us when we fall short. This is the person who thinks it's amazing that you showed up and gave it a try.

Who is the cheerleader in your life?

Accountability Partner:

It's also vital to have someone who is reaching for goals, so you can spur one another on. There's nothing like an exercise partner to help you get fit or a business partner to challenge you to reach for the next level. The key is updating one another on a routine basis. Daily is ideal, but at least weekly, depending on your schedule and level of commitment.

Who will be your Accountability Partner as you work together your #1 Smart Goal?

Mentor:

This person is above the level of success you desire, whether that success is spiritual, relational, financial or personal. A great place to look for a mentor is your local church or business networking meeting, because it should be someone you can meet with face-to-face on a routine basis.

Who can you ask to Mentor you as you pursue your Goal?

Coach:

This is a paid professional who can bring an objective perspective and empower you to reach your goals. Your coach is not your friend!!! And don't expect a friend to be your coach.

If you are serious about making a real change in your life, be sure to check out the coaching options available through **Women's Empowerment University**.

It's Your Turn:

Who coaches you?

#12 - Don't Hide From Hard Questions or Painful Truths

The role of accountability is to empower us to achieve our best intentions; to help us **Make a Real Change** in our lives. But it will not work if we refuse to give anyone permission to ask us hard questions. Or if we run away any time someone speaks painful truth into our lives.

Of course, we need balance. If you give the whole world permission to waltz into your life and tell you everything that's wrong with you and every area they think you need to change, you'll have a nervous breakdown in a week.

But if no one is permitted in, you'll never change...unless it's a change for the worse.

What hard questions do you need someone to ask you on a routine basis? Make a list...then give it to someone with full permission to ask you at any time.

Example:

I have two women who can ask me, any time: Are you taking care of yourself? That means, specifically, am I eating right...or carb-loading? Am I being a workaholic again...or staying well-balanced? Am I getting to bed at a reasonable hour...or surfing political websites until after midnight?

It's Your Turn:

What questions do you need to give 1 or 2 people permission to ask you:

Step Five: **MONITOR** Your Milestones

#13 - Know Your Milestones

Change never happens overnight, but it does happen every day. Every day, we're either moving closer to or further from the change we want to see in our lives.

When I trained for a Marathon, I knew I wasn't going to be able to run 26.2 miles on Day 1. But I also knew that I had better be able to run at least 20 miles one week before the scheduled event. So I worked with a coach and we identified the major Milestones along the way.

Example:

My goal was to complete a 5k within the first month. Then I moved on to training for and competing in a 10k. Next was a half-marathon. Then we moved on to the longer runs: 16 miles, then 18 miles. We knew that as long as I hit these Milestones on time, I had a very strong chance of achieving my ultimate goal.

So in addition to tracking my daily training activity, I Monitored the Milestones along the way.

If your call is to become an established expert in your field, some of the major Milestones would include:

- Launch a website
- Add a Blog to it
- Write your first info product
- Launch an ezine
- Write a book
- Land your first radio interview
- Land your first TV interview.
- etc.

The process might take quite a number of years, but you can maintain forward momentum as long as you establish then Monitor Your Milestones.

It's Your Turn:

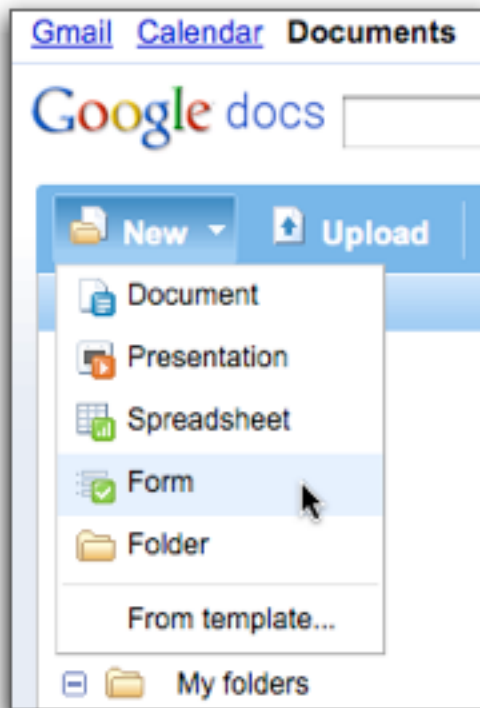
What are some significant Milestones to aim for on your journey to your Ultimate Vision:

#14 - Chart Your Progress

Every once in awhile a tool comes along that's a real game changer in the area of personal management and self-mastery. Google Forms is such a tool.

You can quantify your Milestones (projects, goals, habits, etc) then Monitor them on an Annual, Quarterly, Weekly and Daily basis. Google Forms' powerful analytical tools enable you to literally chart and see your progress over the course of time.

You can access your chart from your laptop, smart phone or any other device that connects with Google Drive. Best of all, you can grant your Accountability Partner(s) full permission to check on your diligence at any time, day or night.



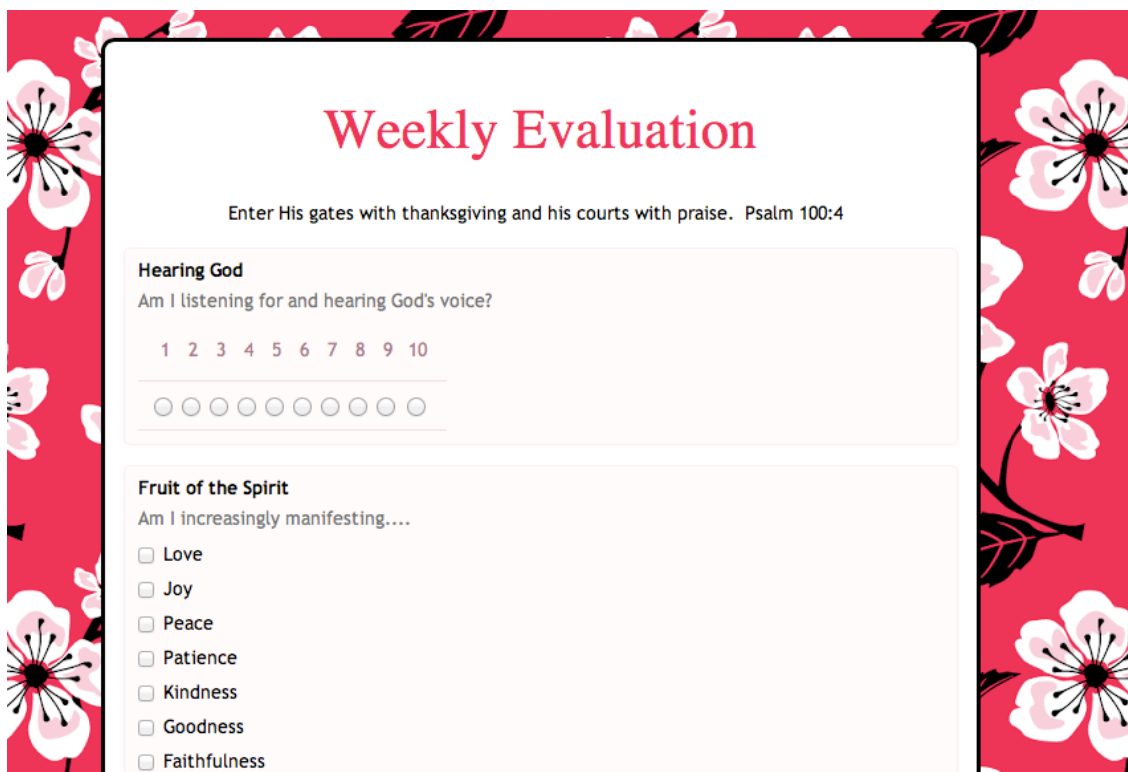
Here are simple instructions on how to create your own [Google Form](#) (not that you need them; it's pretty intuitive).

#15 - Take Time for Reflection

Monitor: (verb) to listen to transmitted signals on a receiving set in order to check the quality of the transmission; to keep tuned in.

That's what Monitor Your Milestones is all about. Tuning in to God and tuning in to what's happening in your own life! So many of us live in a haze of noise; we need to take time, at least once a week (daily would be better) to listen for the transmitted signals that tell us whether or not we are heading in the right direction.

Below is a partial snapshot of the Google Form I've created to track my spiritual progress, something I've endeavored to do each Sunday for several decades. Few things are more powerful for those of us who want to Make a Real Change in our lives...and in this world. Stop. Reflect. Course correct.



Weekly Evaluation

Enter His gates with thanksgiving and his courts with praise. Psalm 100:4

Hearing God
Am I listening for and hearing God's voice?

1 2 3 4 5 6 7 8 9 10

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Fruit of the Spirit
Am I increasingly manifesting....

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness

It's Your Turn:

Make a list of questions you need to ask yourself during a time of quiet reflection once per week. Questions that will empower you to tune in to God, tune into your life, and course correct as needed each week, rather than waiting until you are at the end of your life to realize: I was on the wrong track all along.

Once you've compiled your list, be sure to turn it into a Google Form.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Step Six: CELEBRATE Your Achievements

#16 - Embrace the Greatest Management Principle in the World

The Greatest Management Principle in the world is this: "Behavior that gets rewarded, gets repeated." It's also the greatest self-management principle. Unfortunately, many of us reward all the wrong behaviors...and often with all the wrong rewards.

Example:

You work from home in your own business and woke up with a specific list of tasks to tackle. But rather than getting things accomplished, you wasted the day on pointless phone calls, Facebooking and idle internet surfing. At the end of the day, you're frustrated. So you treat yourself to ice cream to cheer yourself up and make yourself feel better.

What did you just do? You rewarded yourself for all the wrong behavior. And behavior that gets rewarded, gets repeated. That's how the habit of wasting endless days internet surfing develops. Not only that, you rewarded yourself with something that, unless you are ultra ultra fit, is probably the last thing you need!

One of the cornerstones of [Women's Empowerment University](http://www.donnapartow.com) is training people to identify and reward the right behavior...with rewards that are truly rewarding and genuinely good for you.

#17 - Plan Your Rewards

In order to make this principle work for you, rather than against you, it's important to identify the key behaviors that are absolutely critical to your success. Then decide, in advance, how and when you will reward yourself for consistently engaging in those behaviors.

Example:

As an author and founder of Women's Empowerment University, few things are more critical to my success. The key behavior I need to reward is writing; specifically, finishing writing projects. (Lots of people have reams of paper or harddrives filled with unfinished writing projects; that's of no use!) So that's the behavior I absolutely need to reward so it will repeat.

Then I need to decide what rewards I would most enjoy; that would truly motivate me. Pampering is my favorite. So my reward will be a pedicure. My second favorite thing is travel. So I've purchased a travel book that I'm not allowed to touch until I'm kicking back, enjoying my pedicure. I'm in serious need of a pedicure. (You really don't want to see my feet at this moment and it's June in Florida -- folks, this is a problem!) And I am just dying to sneak a peek at this new travel guide. I am motivated!

It's Your Turn:

List the key behaviors you need to reward so they will be repeated:

_____	_____
_____	_____
_____	_____

Now make a list of good-for-you rewards you enjoy:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The key is this. Only reward good behavior. And only reward good behavior with rewards that are good for you!

#18 - Plot Dire Consequences

We've talked about the power of rewards. And they are powerful. But humans are often even more motivated by the fear of loss than the hope of gain; more driven to avoid pain even than to seek pleasure!

Here's how to put that to work for you: Think of something you hate to do...then, if you fail to achieve your Smart Goal on time, go do it for someone else.

Can't stand washing your car? Great, your Dire Consequence will be to wash five cars in your neighborhood on one Saturday afternoon. Dislike house cleaning? Volunteer to spend a day scrubbing the bathrooms at a homeless shelter. Dislike cooking? Doing dishes? That's what Soup Kitchens are for! You'll be spending a full day at one.

Public humiliation is another great motivator. Would you be mortified to be seen in public in a bathing suit at your current weight? The perfect Dire Consequence might be posting a photo of yourself in a swimsuit on Facebook if you don't lose the weight you commit to losing within the planned timeframe.

You get the idea! My students at [Women's Empowerment University](#) claim I have the "Dire Consequence Anointing" because I'm great at coming up with things they absolutely, positively do NOT want to do. And frankly, that's often a bigger motivation than the planned reward.

Example:

If I don't finish this ebook within the next 48 hours (the deadline I committed to as part of my current [WEU](#) Module), I will post a horrifying photo of my make-up-less face on Facebook. Yes, I already have the photo and it is truly dreadful. It's all the motivation I need, trust me!

It's Your Turn:

List some things that would constitute Dire Consequences for you!

Step Seven: IMPART Your Gifts to Impact The World

#19 - Live for the Last Day of Your Life

There's no higher level of personal fulfillment on earth that reaching a position in life where you know you have something of great value to contribute to the world--and you are joyfully making that contribution.

A life of contribution is one we can all celebrate. Imagine you have come to the end of your days, and people from every facet of your life are gathered around you...what do you want each of them to say in tribute to your life

It's Your Turn:

Family:

Friends:

Church:

Community:

Career:

#20 - Look for Opportunities Every Day

It's not enough to think about the last day of your life, hoping for the best. You have to live in such a way that you will be remembered as you hope to be. Use this exercise as a lifelong planning tool.

Example:

I wrote that I want my daughters to say, "Our mom put us first. She never lost sight of what matters most. She taught us to love and live with passion--to love God and serve others." I want my friends and members of my church and community to say, "Donna treated everyone with love and generosity. She was gracious at all times, even under pressure."

Obviously, if I expect people to say those things, I'm going to have to live them out first. That will require prayer, planning and action. I'll have to routinely substitute what I know I should do for what I "feel like" doing.

It's Your Turn:

If the tributes you've just written are to be spoken from the heart by those you've touched, you'll have to do the same. You'll have to live each day with the end in mind. Be intentional about looking for opportunities to **Make a Real Change**, not just in your own life, but in the lives of those around you.

Take a moment to think of just one small thing you can do on a daily (or at least weekly basis) that will make a difference in each area. Keep it simple. Make sure it's measurable.

Family:

Friends:

Church:

Community:

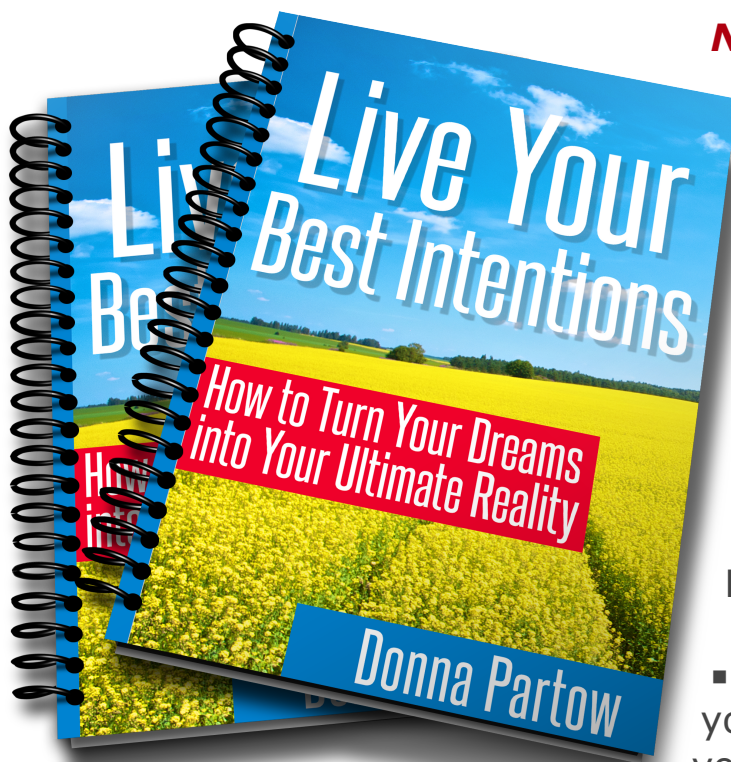
Career:

#21 - Be Intentional About Continuous Personal and Professional Development

If you want to **Make a Real Change**, one of the most vital decisions you can ever make is a decision I'd like to invite you to make right now:

Decide to commit yourself to continuous personal and professional development.

You've just taken a quick walk through my **7-Step System** which serves as the foundation of [Women's Empowerment University](#). Our mission is clear. We help you: Get Free. Get Focused. And Go Far. If this ebook on **21 Quick & Easy Ways to Make a Real Change** has motivated you, I'd love your feedback. Stop by my [Facebook page](#) and let me know how you plan to **Make a Real Change** in your life.

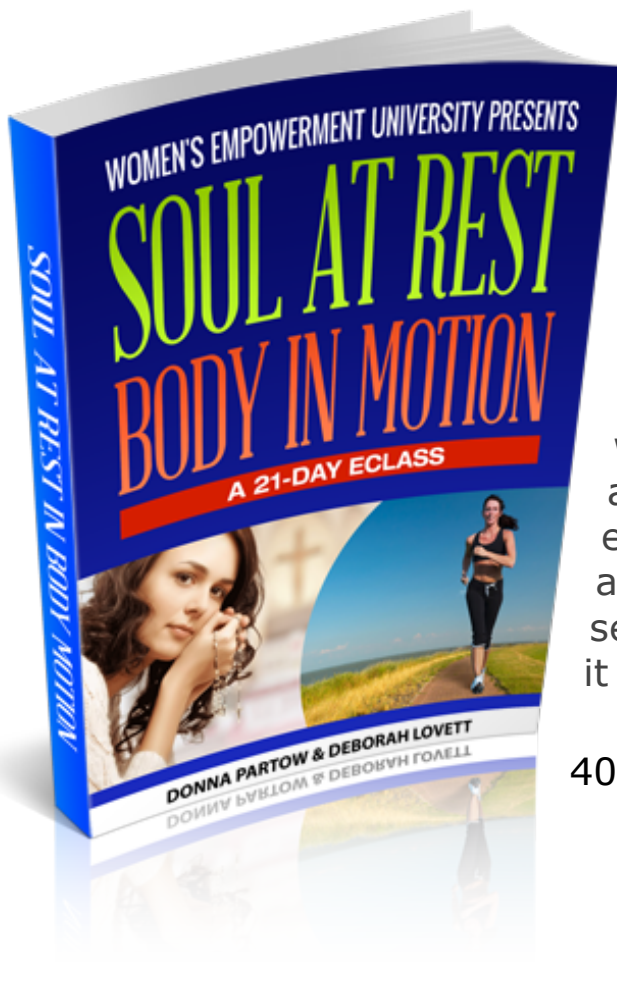


Need Further Help to Make a Real Change?

You might just benefit from WEU Coaching....if this sounds like you:

- Suffering from information overload (you can tell because there's a huge gap between what you "know" and what you are actually "doing"! Frustrating, right?)
- Feeling like you're spinning your wheels, working as hard as you can but not making as much progress as you'd like.

- Struggling to stay FOCUSED -- distracted by a never-ending parade of "bright shiny objects" that seem promising but end up disappointing.
- Pulled in 100 directions. Exhausted at the end of every day...but what did you actually accomplish?!?
- Great at getting started...but lose the motivation to finish.
- Aware that you're working harder....rather than working smarter, in many areas of your life.



You're not alone. Not by a long shot. I've been there. In fact, that's why I created Women's Empowerment University. If you've enjoyed this ebook, I invite you to enroll in one of our modules. A great place to begin is with **Soul at Rest, Body in Motion**, which expounds upon the principles and system set forth in this free ebook. Or **Live Your Best Intentions**, a module which will empower you to set one specific Smart Goal...and get it done in a 21 remarkable days.

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