

**4 DAYS TO
START WORKING
TOWARDS YOUR
DREAM LIFE!**

A Living Your Truth Workbook!

WHY YOU AREN'T LIVING YOUR DREAM LIFE ??

In this era of woman grabbing life by the balls and Living their true authentic life, the question is why are you? The answer may surprise you. For most of us, the one thing stopping us is ourselves. Close that mouth because I know it dropped open. But that's the truth and it keeps us making mistakes and in stress and struggle.

The road to success is always under construction. It's an ongoing battle, but this workbook is designed to help you make a few simple changes that will really turn things around for you.

What have you got to lose? By recognizing the things that are not good and blocking you and implementing the simple changes that you need to make, people are going to need sunglasses to look at you because you will be glowing and your rocket ship to success will be taking off.

Do you want financial abundance?

Do you want the storybook romance kind of love?

Do you want a rocking body?

Do want a satisfying career or successful business?

Do you want to stop feeling so hopeless and blah and just be happy?

For some women, they may appear to have it all and are still not happy. Why do you ask? The answer is that you may be in the wrong place for the happiness that you desire. Like for example, you might be making great money in your business/career, but you hate it. So all the money in the world won't make you happy if you are not happy about making that money. See where I am getting at? Good, let's start. Out with the old and in with the new.

LESSON # 1: LETTING GO OF THE SELF-DOUBT.

DATE:

Why is it that so many of us think that we don't deserve all the good things that life has to offer? Well, some of it may be ingrained from childhood or from past relationships, where your partner did not make you feel worthy. Most of us have been hurt in some way when we were children. Not being heard by our parents, being made fun of by peers or emotional or physical abuse by family and friend. And because of this, you have been taught to feel that you are not worthy or useless or don't deserve the good life. And that paved the road to a sense of unworthiness in your core belief. And that shows up in so many things in your life. Career not advancing, relationships faltering, health failing etc.

The only way that you can get over it is to start believing that you are worthy of anything and that you have to open your heart and be willing to let the good things in. Whatever you were told in the past or whatever in your complicated mind you believe, throw that out right now. You have to be willing to put yourself out there and to want it for yourself. You have to be willing to change your way of thinking from your childhood years. Identify the pain you have endured and let it go. Give it to the universe. You have nothing to prove to anybody but yourself, and all you need to prove is that you are worthy.

LESSON # 2: GET RID OF HIM OR HER OR IT!

DATE:

I am just as guilty of holding onto things that really have no place in my life. Grudges, clothes, relationships, you name it; it has held space in my closet, my brain and my life.

When things like a soul-sucking job, or a loveless marriage, bring you down, then you need to take a good hard look at it and decide if it's time to let it go. Do you really think those bell bottoms are still going to be stylish in the next year?

Why is it so important to let things go? Because when you physically and mentally let things go, you make room in your mind, your closet and your universe for better things to come.

It's ok to be afraid to let things go because it's familiar and it's comfortable. But you have to let go of the physical and emotional clutter. Once you start, it's enlightening and empowering and believe it or not it gets easier. You have to trust that there is something better coming your way.

LESSON # 2: GET RID OF HIM OR HER OR IT!

DATE:

Let's Get Real!

FOR 7 DAYS GET MAKE IT A PRACTICE TO GET RID OF SOMETHING THAT NO LONGER SERVES YOU.

WRITE DOWN WHAT IT IS THAT YOU WANT TO GET RID OF AND WHY

IF YOU ARE QUESTIONING YOUR RELATIONSHIP AND/OR YOUR CAREER, WRITE DOWN WHAT IT IS ABOUT IT THAT IS SUCKING THE LIFE OUT OF YOU.

NOW WRITE DOWN WHAT YOU ARE GOING TO DO ABOUT IT.

**LESSON # 2:
GET RID OF HIM OR HER OR IT!**

DATE:

LESSON # 3: IT'S OK TO WANT!

DATE:

You may have been told that wanting things makes you appear greedy or selfish.

Well, you need to turn that thinking around!

None of this is selfish or greedy. Wanting nice things, a great relationship, a great career is a right. Focusing though on the things you don't have though can turn into an exercise in self-pity, so make sure when you visualize the things you want, you don't focus on the lack or what is lacking.

LESSON # 3: IT'S OK TO WANT!

DATE:

Let's Get Real!

WRITE DOWN WHAT IT IS THAT YOU REALLY WANT IN YOUR LIFE.

>>IN YOUR RELATIONSHIP

>>IN YOUR CAREER/BUSINESS

NOW WRITE DOWN WHAT YOU ARE GOING TO DO ABOUT IT AND HOW MUCH TIME YOU ARE GIVING YOURSELF TO DO IT.

LESSON # 3: IT'S OK TO WANT!

DATE:

LESSON # 4: NEGATIVE NELLIE'S AND THE HATERS

DATE:

OMG if I have learned one thing, there are those kinds of people everywhere. But ask yourself this? Do you know why one of the reasons that successful people are so successful? It's because they surround themselves with success, like-minded positive people.

Are there people in your life that in your mind if you were, to be honest, are suckers of your energy and are negative and very unsupportive? They might even be your family or siblings or best friend. Why do you suppose they are not supportive? I'll tell you why. Because they are not happy that you are going to get what you want in life and don't want to see you succeed because that will then make them look at themselves and realize they are not doing what they want and are settling for mediocrity. It's a reflection of themselves and how they feel about themselves and not anything to do with you. So keep on keeping on!!!

Now here's the hard part. GET RID OF THEM! Ok, that may sound harsh. But it does not have to be permanent. Set some time apart from them and then when you feel that they understand your vision and your desires, allow them back. If they still are killing you slowly with their negative comments and lack of support...well enough said. It may be time to part ways. You will likely be called all kinds of names and insults hurled your way through the text and social media, but stay focused on what you want in life and your happiness. That's what really matters.

LESSON # 4: NEGATIVE NELLIE'S AND THE HATERS

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THIS WORKBOOK IS JUST A SMALL SNIPPET OF THINGS YOU CAN DO TO START LIVING YOUR TRUTH. IT'S NOT GOING TO BE EASY AND SOME OF IT IS GOING TO BE DOWNRIGHT SCARY. BUT LET ME END BY SAYING THIS. ON THE OTHER SIDE OF FEAR IS THE LIFE YOU DESIRE.

**MUCH LOVE,
MARIA**