

JILL

Tricky situation
Jenny Shih

Create a bite-sized offer for around \$100
2 or 3 week plan
Check in after

Stop the sabotage — roadblocks getting in your way of weight loss —

“How do you make a fit life work for you?”
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healthy living
a fit lifestyle
being fit

Loving Yourself Lean
How do you make living lean work specifically for you?

Health 9
Friends 9
Fun 7
Environment 7
Personal Growth 9
Finances 5
Romance 3
Work 9

LISA

Health 8/9
Fam 8/9
Fun 8/9
Env 9

Per 9/10
Finances 7
Romance 6/7
Work 8

This week: knock out 3 big deal with it tasks —

Payoff is the relief on the other side of the resistance.

Intention of being willing.

ANDRE
Out of red and into black
Got whiteboard video back today

Planning 40th anniversary event —

Health 6/7
Friends 6/7
Fun 9
Environment 6/7
Personal growth 7/8
Finances 8/9
Romance 1
Work 7/8

RAE-ANN

KATIE
Health 9.5
Friends 6
Fun 9
Environment 8
Personal Growth 10
Finances 8
Romance 7
Work 8

JILL — WORLD FEEL LIKE

Peaceful

Fulfilled

Loved

Connected with people

Having more experiences / new way of looking at life vs. being an employee where time is gone

Being more thoughtful about planning for life

Freedom

Ability to be creative in thinking at that level

WHAT BRINGS

Working out puts me in the right frame of mind

Binder of household projects to get fixed;

Environment feeling clean, organized helps me get to the place I want to feel

Traveling — getting out of my environment and seeing the world in a different way helps me envision a different future

LISA

Flow with ease, adventure, love and safety

A forever home for a sense of place to not feel at the whim of a landlord or neighbor or property manager

Creativity and curiosity fed

Steady flow of wealth and income that supports me in a comfortable manner

Travel

Teaching feeds me — to take things and break them down and offer them so people can build their own world; gives me such a sense of doing the right thing

THIS IS WHAT I'M HERE FOR — gifts I do well and it makes me feel good
— it feeds me

Love — connection w/friends, partner, community, self

ANDRE

Relaxed

Peaceful

Blissed out

I want to feel every moment

Lake Havasu / The Copper Canyon

55 lbs overweight

Play like you mean it

Chiropractor