

# Introduction

For most of our lives, we struggle to fit in and have difficulty understanding our true purpose. In fact, we often lose ourselves completely, to our jobs, our families and to living a life that is not our own. Many of us go through the motions of life in a sheepish way.

We follow... fulfilling the expectations of others, under utilizing our own minds or our own creative voice, and inevitably, we lose touch with who we truly are and what we truly want.

For a long time, this was me.

I followed the path that was already laid out before me, I followed the path we are all taught and encouraged to follow.

I went to university, got a degree, got a job, dated people to find the right partner, got married and had a child. Somewhere along the way I got lost in the madness and lost sight of myself.

I started to ask myself if there could be more to life than this. Deep down inside, I felt that I was here to be more than just someone's employee, someone's mother or someone's wife or caregiver.

**I knew that I wanted to be of service to the world, in much bigger way.**

When I finally decided that it was time to take my life back, I realized that I had my own genie deep down inside me, that could give me anything I wanted in life, I just had to ignite the magical powers that lay dormant within myself.

Don't get me wrong, this wasn't the easiest journey I decided to undertake, it was scary, somewhat lonely and entirely unknown.

What I really wanted, was to stay at home so I could be there for my son and start my own business.

I was afraid to talk to others about the kind of life I wanted to live, I was afraid that if I shared my dreams and goals with others, they might judge me for being " foolish" , too carefree or even selfish.

**Who was I to take such risks when the economy was tanking all around me and I had a family to think about?**

I had never done anything like this before and everything about this path was unknown to me. I had no idea how it would all turn out.

I was afraid to fall flat on my face and that people would laugh at me, I was afraid I wouldn't make any money following my dreams, and I was afraid I would have to go back to working for someone else and place my son in the care of others. This was a nightmare for me in more ways than one.

If you are reading this book, then I am pretty sure you are feeling the same way and have the same fears.

Are you happy working at the job you have?

Is there more to life for you than this?

Do you want to feel as though you have more meaning in your life and that you can really make an impact in this world? So why do you feel so stuck, stopped and grounded?

I am here to tell you that you are in the right place and that over the next 9 chapters, I will show you exactly how to take your life back and live a life of purpose and meaning.

**You are never too young or too old to start living the life of your dreams.**

Your time is NOW my friends and I promise you, you won't regret taking the steps towards it.

There are 3 things I ask of you:

1. Keep an open mind

If you are here reading this book, things haven't worked out for you until now so don't judge this book by its cover.

2. Take action on the assignments provided

I promise they are not very long but they are very powerful

3. Be willing to learn

Join me as we discover that there is much more to life than you know and that you can in fact live the life of your dreams

You don't have to wait until you're older or retired, until after you have kids or get married, or until after you travel the world . You can have whatever you want right NOW!

Welcome to the amazing journey of igniting the magical powers of your inner genie .. You are in for a hell of a ride :) Now let's to it!

# Chapter 1

## What do you want? What do you truly want?

Do you remember when you were a kid and people asked you what you wanted to be when you grow up?

You probably said you wanted to be an astronaut, a musician, a doctor, an artist etc. They were such amazing dreams, and the best of those dreams was that they were fully supported by the person who asked you the question. So what happened?

Where did that person go who had all those dreams and aspirations?

Where is the person, who knew exactly what he/she wanted?

Did you just forget about yourself as you got older?

Were you told by many different sources who you should be and what you should want in life?

I forgot about that person because I allowed myself to listen to what people around me were saying. "You need to have this GPA to do this, It is too hard, I don't know if you have what it takes", etc, etc. The worst part was, that I started to question my childhood dream of becoming a doctor.

I started to believe it would be too hard because my grades weren't perfect, I didn't understand physics, or because I thought I really didn't get it at all. Maybe I would have succeeded if I really believed that I could and I really believed in myself.

**Maybe I would have succeeded if I really believed that I could and I really believed in myself.**

After that, I stopped dreaming! I stopped asking myself... what I really wanted, and I stopped listening to my own inner voice.

I have no regrets though, I am where I am today because of all my self doubt, lack of confidence and uncertainty. I was brought to exactly where I needed to be. After becoming a mother, I knew what I wanted and I have recently given myself permission to start dreaming again.

So I want to ask you: Have you ever stopped long enough to ask yourself what it is you really want, what your true desires are or what kind of life you really want to live?

I am guessing your answer is no. My next question to you is: Why?

For me, being a mother, wife, daughter, friend and coach, left my own needs at the bottom of the pile. I was too busy taking care of everyone else's needs. This seems to be the case for many people, especially especially women.

We are taught that it is selfish to meet our own needs first. We are labeled as takers if we take care of ourselves, so we desperately seek approval by trying to being overly giving and selfless, but all the while we are forgetting about ourselves.

**We take care of others, not only at the expense of ourselves, but also at the expense of those we think we are taking care of.**

Let's face it, are we really doing any good for others if we aren't taking care of ourselves?

Yes, I am giving you permission to think about yourself. I am here to let you know, that is a whole bunch of bullshit! Yes you read that right. It is total and utter bullshit. Your needs are not less important than the needs of those around you. In fact they are MORE important. **I am not suggesting that you don't think about others, but DO NOT, I repeat DO NOT forget about yourself.**

Yes, I am giving you permission to think about yourself.

Try to think about what I am saying in this way: If I do not take time each day for myself after taking care of my 18 month old son, I will eventually burnout and will be unable to take care of him or myself. I need to make sure that I feel good about myself, that I am a happy and healthy (both in mind and spirit) so that I can be of service to the people around me. You do too. The alternative is misery and resentment toward everyone and everything around me.

**Don't you believe that everyone around you would benefit from your own happiness?**

Before I gave myself permission to think about myself, I struggled. It was difficult for me to think about myself because I immediately felt

guilty. I am sure you too have felt guilty for putting yourself first.

I felt so guilty about putting my needs before the needs of my family, that crazy thoughts crossed my mind:

"Will my son hate me for going after my dreams?"

"Will my family support me or laugh at me?"

"What will my friends say?"

"Am I stupid to believe I can do this?" and many, many more.

PSSST, So I am going to let you in on a little secret: **People do not allow themselves to be happy or dream because they are scared!!!** That's right. You are petrified. How do I know? because I was petrified too.

I was too scared to even think of dreaming, let alone giving myself permission to think about what I truly wanted. I was so worried about everyone else's opinion except my own. **The crazy thing is, my opinion should be the only one that truly matters.**

Well, the same goes for you. You are the most important person in your life. Your opinion matters more than ANYONE else's and that includes, parents, siblings, spouse or children. This is your journey and you deserve to do and be and have exactly what you want and most of all, you deserve to be happy.

So now I want you to take a piece of paper and a pen or pencil out and write down what it is that you truly



Have fun with it!

Who said there wouldn't be a personal assignment in my chapters!

Now go and be young again! Enjoy!!! Dream and fantasize about the life that you want, the partner that you want, the career that you want, the car that you want, the house that you want.

Most of all, I want you to become a kid again and dream big, dream bold and be true to who you are deep down inside.

Who said there wouldn't be a personal assignment in my chapters!  
Now go and be young again! Enjoy!!!