

3 STEPS

To Live The Life You Want

Hi there,

I want to applaud you for investing in your well being and personal growth.

This eBook is designed to help you gain clarity and a higher perspective of yourself, so that you can step into the life you truly want!

Always remember that you determine the direction of your life.

Warmly,

Mariana Campos

Facilitator, Certified Life Coach & Counselor

About Me



Mariana's drive to heal, get clear, and reconnect with herself lead to her studies at Rhodes Wellness College- taking a focus in Life Coaching and Holistic Counselling. In 2016 she funded her private practice EAZU Wellness, and has since partnered with the YMCA, Salvation Army, and Y Not for Tots by offering personal development workshops and coaching. EAZU Wellness works through a Holistic Model, and believes that our whole being plays a role in our wellness. Mariana works with groups and individuals to create personalized programs that address their mental, emotional, physical, and spiritual well being.

"Sometimes we get stuck in slumps and lose direction. We get frustrated with our circumstances and we tank- I help people re-set, elevate, and gain a higher perspective of themselves so that they can live a life they love"

Step 1

Get Clear

Get clear about what you want!

1) Clarify how you want to feel in every aspect of your life

Many amazing authors have written about the importance of knowing how you want to feel before you create a vision or goals. This is because we actually chase the feeling we think a goal will give us, not the goal itself. By tapping into our feelings and getting clear about what we desire to experience, we can then create goals that will meet our needs.

Start by asking yourself "how do I want to feel?" - let these feelings guide the goals you create.

Be specific here! If you wrote "I want to feel fulfilled" push yourself to dig deeper and define what fulfillment really means and what it looks like for you.

2) Create a list of things that already bring these desired feelings into your life

Bring awareness to the things, people, and places that already fill you up- then incorporate more of these into your everyday life.

3) Use your values and desired feelings as a compass to help guide you through life

Do a bit of reflecting here- What are you saying yes to in life? Are these things aligned with your values and your desired feelings? If they're not, why are you saying yes to them?

Step 2

Become Self-Aware

Every single person on this planet looks at life through different lenses- everyone views the world through their own unique version of reality. This reality is initially shaped by beliefs, ideologies, culture, tradition, and experiences from our parents or primary caregivers. Our primary caregivers taught us what is good, bad, possible, impossible, crazy, safe, etc. In other words, our lenses were created and programmed for us. Taking the time to become aware of your lenses allows you to gain a higher perspective of who you are, and why you do the things you do.

In order to cultivate a mindset that supports your dreams and aspirations, you need to get curious about the lenses you were given, what programmed them, and if they are working for or against you.

Start to get curious about where your beliefs, inner chatter, and fears come from. It is crucial that you become aware of these and what effect they are having in your life. We usually self-sabotage our own lives because we are either unaware or in denial of the programs we are running on.

Know that you have the power to push through any limiting belief that might be holding you back from reaching your highest potential- but you will never be able to do this if you don't take the time to dig deep within yourself and get curious about your inner world.

If your lenses are blurring your vision of what you are capable of achieving, you need to do some adjustments.

Step 3

Commit to your dreams

The universe will always support your dreams, but only if you commit yourself to doing the work first! Think about it, everything you ever achieved sprouted from a commitment you made.

So if you want to live you dream life, commit to making this happen!

The only way to live a life that is fulfilling is to commit to making this happen for yourself- everyday. Commit to your happiness, to your well being, and to your dreams. You do this through your habits, your diet, the books you read, the people you follow, your friend circle, how you speak to yourself, and what your say YES to.

If you are looking for a sign telling you that it's time to step into your power and start living life, this is it!

- 1)Get clear about what life you want to live and how you want to feel
- 2)Understand your inner world and the effect it has on your everyday life
- 3)Commit to your dream, passions, and desires

Remember that you choose how you perceive and integrate information- this is your power.

How to stay on track

- Create a morning and nighttime routine- stay consistent
- Find a meditation practice that works for you - quiet the mind
- Ensure your body is not deficient of any nutrients or minerals- deficiencies are now being linked to mental health (and many other things)
- Move your body - incorporate movement and exercise into your daily life
- Journal as often as you can - this can be as short as one word or as long as an essay
- Stay hydrated -this will help your mood, energy levels, and concentration
- Get sufficient sleep
- Honor your feelings- feel your feelings , don't repress them
- Remind yourself that you are the one who gives meaning to your life