



STRAIGHT TALK
Empowerment Coaching for Women

Helping Women Create More *Joy, Freedom,
Prosperity & Authenticity* in Your Life!

Lane Cobb
Life & Wellness Coach



Love Your Body ~ Love Your Life!

5 Foolproof Strategies

For Creating Health, Wealth, Prosperity,
and Peace of Mind

With Lane Cobb, CPCC, LMT

*Owner of Straight Talk Coaching for
Women*

Creator of The Intuitive Body Coaching Method

What's Stopping You?



Fear of
Failure/Success

Self-
Doubt

Confusion

Overwhelm

Lack of
Focus

Unworthy

Failure to
Follow-thru



Foolproof Strategy Number One



***Know What You Want and
Create a Vision for It to
Become Manifest!***

Foolproof Strategy #1 Worksheet

There are 3 basic things you must identify in order to achieve any dream. 1) What you want, 2) What you want it to look like when you get there, 3) What is stopping you from achieving it. For example, if you say you want to be healthy, what exactly does that mean to YOU? Do you want to lose weight or are you training for a marathon? The same principle applies to wealth, prosperity, freedom, etc. In order to achieve the life you really want, you first need to know what that is and why you aren't there yet.

- 1) Identify what it is you really want in your life? Who do you want to be? What do you want to do? What do you want to have? Try not to censor yourself during this process. Just write what you feel and be as specific as possible.

2) Define what your life would look like if you had those things you just described.

3) Identify the thoughts, fears, beliefs, and concerns that are stopping you from having the life you really want.

Exercise:

Close your eyes and imagine that you are already living the life you just described. Imagine that there are no obstacles to your achievement. In fact, you have been given everything you need to be successful just because you asked for it. Picture yourself being, doing, and having everything you want in your ideal life. Notice what it feels like to be this healthy, this successful, this prosperous, this peaceful. Notice what else you are present to in this vision. Was there anyone or anything there that you weren't expecting? What would it be like for you to have the life you envision?

Write your observations below.

Foolproof Strategy Number Two



***Believe You Are Worthy of Having
The Life Your Really Want***

Foolproof Strategy #2 Worksheet

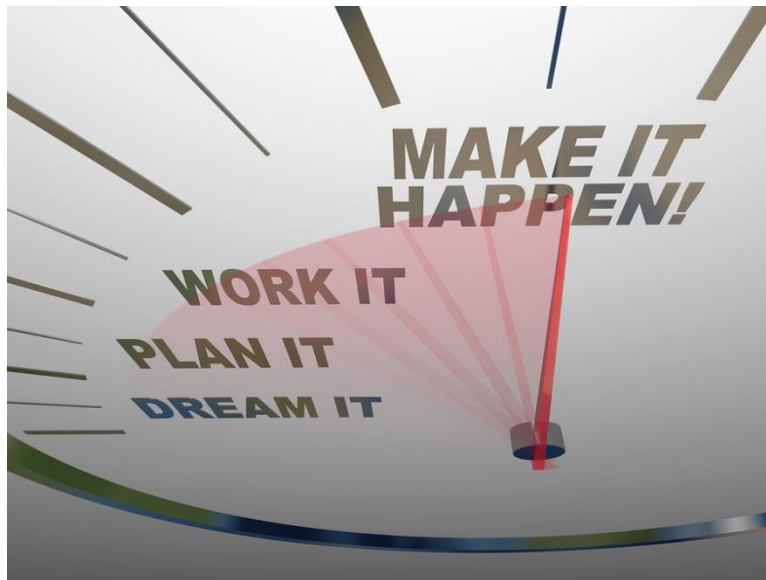
I've been helping women achieve their dreams for over 25 years, and the number one reason women give for not having the life we want is because we don't think we deserve it or we don't think we have what it takes to get it. Fear of failure and feelings of unworthiness hold back every woman until she decides she's had enough suffering in her life, and make a decision to move ahead. Whether you've been told that you need to play small in order to be loved and accepted, or that it's not polite to ask for what you want, or that its selfish to want more out life, it's time for you to make a decision. If you want the life you deserve, then you are going to have to shake off the veil of unworthiness and put on the cloak of deservedness! You were not born to play small! You were born to be healthy enough to live your purpose with conviction, prosperous enough to fulfill your destiny, and peaceful enough to enjoy yourself while you're doing it!

Exercise:

Write down everyplace in your life where you are not living the life you really want because you are either afraid of failing or because you feel you are unworthy.

What is it costing you to keep allowing yourself to be held back in this way? What does it feel like? What emotions are present when you realize you are giving your power away to these ridiculous limiting beliefs about yourself?

Foolproof Strategy Number Three



***Put
Yourself
First!***

Foolproof Strategy #3 Worksheet

Do you fight with yourself about what you want to do versus what you think you “should” do? Do you feel guilty for wanting to improve your circumstances or just take time for yourself? Do you put the needs of others ahead of your own? First of all, making yourself feel guilty for wanting to take care of yourself is just plain CRAZY!! Second, if you keep putting your own needs on hold you will never have the life you deserve to have. The bottom line is that if you want to have a better life, you have to make yourself a priority.

Exercise:

Identify the places in your life where you: 1) put the needs of others before your own, 2) settle for less than you deserve, 3) don't take care of yourself, in general.

Write down at least one thing you will do in the next 7-10 days to put yourself first!

How does it feel for you to be making that choice? What thoughts and emotions are present?

Foolproof Strategy Number Four



***Love Yourself
Unconditionally!***



Foolproof Strategy #4 Worksheet

When you look in the mirror, do you see perfection or fault? Do you tell yourself that you are smart, beautiful, loving, and wonderful, or are you constantly judging and criticizing yourself? After years of helping women achieve their dreams, I have learned that we are our own worst critics. Not only do we judge ourselves more harshly than we judge others, but we create an environment for shame, embarrassment, and regret by refusing to forgive ourselves for whatever we feel we may have done in the past that we deserve to be punished for. This type of thinking leads us down the tunnel to self-described failure, and makes it difficult for us to give ourselves credit for our achievements, let alone celebrate ourselves for who we are and what we have accomplished! If you want to have a life you love you have to begin with loving yourself! When you send yourself messages of love instead of judgment you unlock the door to health, wealth, prosperity, and peace of mind.

To create a loving environment for yourself, take time to love, appreciate, and acknowledge yourself for something every day. This will not only increase your ability to give love to yourself, but will also increase your ability to receive love from others.

Exercise:

Identify all the things you don't like about yourself.

What are the things you most often judge and criticize yourself for?

What have you not forgiven yourself for?

What do you appreciate about yourself? What do you provide for the world? What can people count on you for?

What have you accomplished that you can acknowledge yourself for?

What will you do in the next 7-10 days to create a loving environment for yourself?

Is there anything that might stop you from doing that and what will you do to make sure you keep your word to yourself?

Foolproof Strategy Number Five



Listen To Yourself and

Trust Your Intuition!

Foolproof Strategy #5 Worksheet

One of the things that makes women so special is our intuition, but most of us don't listen to it. Often instead of doing what's right for us, we look outside of ourselves for the answers. The truth is that in your heart you already know the path you should follow. You're just afraid to follow it, which is why you aren't listening. Think of your intuition as your inner compass that not only contains your inner wisdom, but the wisdom of all women who have ever lived. But to access it, you have to be willing to stop thinking so much with your head (which is the birthplace of fear), and start thinking with your heart (which is the birthplace of love). Stop looking outside of yourself for the answers you seek. You already know what you need! It's time to go get it!

Exercise:

Go back to the Worksheet for Strategy #1 and read your vision for living the life you want. Now, place your hand on your heart and tune into your intuition, the inner guidance system that will take you from where you are to where you want to go.

What is your intuition telling you? What instructions are you receiving?

Where in your life have you not been listening to your intuition and second guessing yourself?

What will you do in the next 7-10 days to tap into your intuition?

What will you do to make sure you listen and heed its guidance?

The Ultimate Foolproof Strategy!!



Action = Results

***Stop
Making
Excuses!***

***Just
Do It!***

Ultimate Foolproof Strategy Worksheet

Are you someone who always does what they say or do you sometimes make excuses why you couldn't keep your word to yourself? Do you find yourself complaining about what you don't have but not doing anything about it? Have you ever promised yourself that you were going to lose weight, get more sleep, quit your job, or end an relationship and then decided now wasn't a good time? Here's the truth about excuses. Excuses are what people use to hide the fact that they are just afraid of moving forward in life! The irony is that until you stop making excuses and actually keep your promises to yourself, your life will never change, and you will be stuck dealing with the same issues over and over. The truth is: **If you want LESS FEAR, you need to take MORE ACTION!!** You can either have excuses or you can have results! You can't have both! You can either keep making excuses about why you don't have the life you want, or you can take action and have all you have ever dreamed of!

Exercise:

Write down all the places you have been avoiding taking action and the excuses you have been using to justify that behavior.

What ACTION can you take in the next 7-10 days that will take you closer to living the life you really want?

Is there anything that might stand in the way of your keeping your promise to yourself. If so, what is it, and what will you do to make sure you keep your word?

Foolproof Strategy Review

#1 *You Are Worthy!*

#2 *Love Don't Judge!*

#3 *Put Yourself First!*

#4 *Tune Into Your Intuition!*

#5 *Just Do It! (Action = Results)*



Health, Wealth, Prosperity, and Peace of Mind Success Worksheet

If you are a dynamic woman of substance, and you're ready to have Health, Wealth, Prosperity, and Peace of Mind and you're serious about it, then the best thing you can do for yourself right now is to make a plan for success! You already have all of the information in the other worksheets, but now you are going to put it together in a cohesive success plan that will get you from where you are now to where you want to go with velocity! Remember, the only thing stopping you from living the life you really want and the life that you so richly deserve is you – your fears, doubts, procrastination, and excuses! If you want to live a happy, healthy, fabulous life you have to make some promises to yourself and you have to be willing to make it happen! So here's your chance to change your life! Just Do It!

What I want in my life is..... (Be specific)

What has stopped me in the past is...(Thoughts, Feelings, Actions, Beliefs, Excuses)

What I am committed to now is...(Being...Doing...Having...)

The steps I will take to make that happen are...(Specific Action with Specific Time Frames) Each goal will have its own set of steps and deadlines. Use as many steps and deadlines as you need to complete each goal for creating the life you really want.

Step #1 _____

By When _____

Step #2 _____

By When _____

Step #3 _____

By When _____

Step #4 _____

By When _____

Step #5 _____

By When _____

Step #6 _____

By When _____

The thoughts, feelings, actions that might stop me from completing these goals are...

What I will do to keep my word to myself is...

Each time I complete a step successfully, I will acknowledge myself by...

What I count on myself for is...

The people I will ask to support me in this effort are...

What they can count on me for is...

Who I will have to be in order to bring my vision to reality and live the life I really want is...

Congratulations! You have just made a huge step forward in the direction of creating Health, Wealth, Prosperity, and Peace of Mind! No matter what your specific goals are now, the process you have just completed is one you can apply at anytime to any goal you will ever have. It's one I have used successfully with my clients over many years, and it's one that I use myself anytime I create a new goal for bringing more abundance into my life. Remember, who you are is already worthy, already wise, and already powerful – you just need to remind yourself on a daily basis and take the actions that would demonstrate that in the world. What is true is that you deserve to have absolutely everything you could dream of wanting or having, and when you let yourself want it, believe you can have it, and take the actions necessary to obtain it, you create yourself as an unstoppable force in the universe. If you are someone who would like more personal support from me, I offer products, packages, and programs that you might be interested in that could move you forward faster than you can go on your own. I know this is true, because I have been where you are and I have designed and mastered specific techniques to help you get where you want to go! For more information about programs or to schedule a personal consultation contact me at Lane@LaneCobb.com / www.LaneCobb.com



Lane Cobb is an Integrative Life and Wellness Coach who teaches women to stop struggling in life and start living their purpose through individual and group coaching programs and workshops. Her proprietary healing modality, Intuitive Body Coaching, gives women access to love, clarity, freedom, and pain-free living. Lane@LaneCobb.com / www.LaneCobb.com



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*Be Happy! Be Healthy! Be Well!
and
Reach Your Highest Potential!*

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