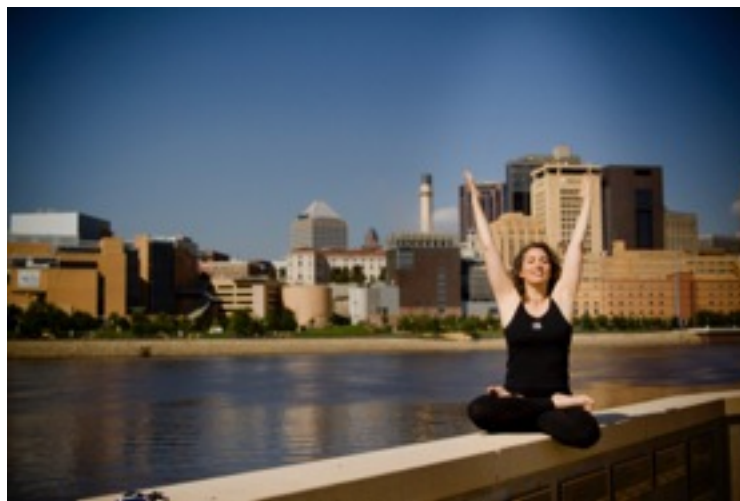


Live Your Extraordinary Life
with Laura Erdman-Luntz

Life Coaching | Yoga | Inspirational Products | Retreats



Five Steps (Plus One) for Living Your Extraordinary Life



with Laura Erdman-Luntz
Life Coach, Yoga Educator, Author

Ignite Your Life with Laura Erdman-Luntz. Copyright: Senja Inc. 2014

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“We are always getting ready to live but never living.”
- Ralph Waldo Emerson

It is time to start living!
Congratulations on taking this important step in your life.
I look forward to sharing this journey with you.

Thank you for joining me!

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Session Preparation: Let's Get Ready!

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## **Podcast #1: Welcome and Orientation**

Congratulations on taking this powerful step toward living a life that you have dreamed of living. I am thrilled you are going through this process with me. Please listen to Podcast #1 and complete section below:

*--> I am so excited to embark on this journey!  
I will create space in my week to work on my delicious assignments.*

*I will spend 5-10 minutes daily at this time:*

*I will spend 30-60 min weekly at this time:*



# Live YOUR Extraordinary Life!

## Your Commitment

We are about to embark on a remarkable journey together! Your intention and commitment to the process of transforming your life is the key variable that determines how much value you get out of our work together. It is vitally important that you be clear you are truly ready to embrace a conscious and empowered relationship with your choices and your life. In addition, you must be willing to practice and master the steps necessary to exceed your goals.

To anchor the level of commitment you have to exceeding your wildest dreams, repeat the commitment mantra below. Start with saying it a few times to yourself, sign your name, and then print it and post it in a visible place. This is something you can return to, to support you on your journey.

*I, \_\_\_\_\_, am fully willing to commit to engaging in this process of igniting my life with ease and grace. My intention is to participate at my highest possible level of involvement. In addition, I embrace the process and Ignite Moment assignments with a curiosity about my inner world and from a place of compassion. I trust my personal experience of the process to be in alignment for me and my highest good. I hold a space of loving and gentleness for myself and am willing to complete this coaching process having exceeded my goals and vision for myself and my life. I am ready!*

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Podcast #2: Session Preparation: Why are you here?

**INTENTION:** So, what do you want to change in your life as a result of this course? What do you want to be different? How do you want to feel? Be as specific as you can.

In the next 8 weeks, I intend to create...



**SELF-CARE:** The work you are about to begin is challenging. You are embarking on a quest to change your foundation, how you see yourself in this world. You have work ahead of you, exciting and inspiring work, but work, nonetheless. How will you take care of yourself? Right now, commit to three things you will do for yourself (preferably daily) to make sure you are taking care of yourself and you proceed with this powerful program.

**PATTERNS:** To help keep you conscious of the work you are doing, change as many day-to-day habits as you can. Get ready for bed in a different order, start your day in a new way, make your bed differently, drive to the grocery store via a new route. These changes in your patterns will be very powerful and they are so easy to do. Do not underestimate them! Choose three daily patterns you will consciously change:

1.

2.

3.

Begin your self-care and pattern changes now.