



LIVING YOUR EXTRAORDINARY LIFE

Because life is meant to be extraordinary!

With Laura Erdman-Luntz, MA, E-RYT(500),
Author, Inspirational Life Coach, Experienced Yoga Educator

“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.

www.LauraErdmanLuntz.com
It's time to live YOUR Extraordinary Life!

Yes, You CAN!

Yes, it is true, you *can* live the life of your dreams, you do create your reality and, once you know the rules, ***you can go forward boldly doing what you want to do!*** BUT you must know the ground rules, the steps you need to take. In this series, I will take you through each of the steps I teach in my flagship course, *Five Steps (Plus One) for Living Your Extraordinary Life* to get you started and get you thinking.

**If you enjoy it, please join me for an EPIC SUMMER,
taking your life to new heights!**

What makes my program even MORE powerful? I use yoga, breathing, and visualizations to help you incorporate the concepts of manifesting into your life faster and more effortlessly.

No worries if you don't practice yoga. You can complete the program without the yoga component.

In this workbook, I will get you thinking about each step so you can begin your work.

Join me for daily Live Streams from May 15th through the 31st on my Facebook page to learn more about each step: [facebook.com/LauraErdmanLuntz](https://www.facebook.com/LauraErdmanLuntz).

In this workbook, I will also give you teasers about what is coming this summer, sharing with you what you will learn in the class and what podcasts will go with each class.

If you are interested in studying with me this summer, let me know. I am only releasing this to a few people.

Why?

Let's begin by evaluating where you are right now. **Why are you here? What inspired you to download this e-book and do this series with me? What is it about your life that you want/need to change?** (No, it is not rhetorical. I expect an answer. Fill in this space.)

Here is a powerful visualization for you to play with: Five Year Visualization (Five Years: <http://www.muselan.com/muselan/MyInspirationalYear/IYLVis-FiveYears.mp3>).

Listen to it then respond to the following question:

Why is it important for you to change? (If you didn't listen to the visualization – and I want to encourage you to listen to it, it is a powerful one – imagine yourself five years from today, nothing in your life has changed....how do you feel?)

What are you willing to do to change it? Are you willing to do things that are outside your comfort zone? Are you willing to take care of yourself, your mind and body? Are you willing to change some habits that are keeping you stuck in your life?

Are you ready to begin now?

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Step Plus One: Feel Good! Awaken to YOUR Joy

Yep, we start with the "Plus One". I consider this a "Plus One" because it really isn't specific, it is simply cultivating a general feeling of well-being. "Feeling good" is a crucial step toward stepping into a more satisfying life.

Let's look at it at the most simplistic level, how nutritious is your snack when you are tired, exhausted and stressed? How nutritious is your snack when you are well-rested? When you feel good, you have more energy to make great decisions.

Now look at the bigger picture, if you have just spent an amazing evening with your best friend, laughing and filling yourself up, are you more likely to take an action step toward living your dream? YES!!

My first book (*Awaken to Joy*) is entirely about Feeling Good! It is looking at all the unconscious ways we sabotage feeling good for ourselves from what we watch on tv, the people we hang out with, the food we eat. AND then what can you do to feel good? Such as communicate from your heart, practice gratitude, spend time with those who inspire us. This is POWERFUL work! When you feel good you do much better in life!

Question: What are three things you can do every day for the sole purpose of feeling good?

Summer Course:

This process is so integral for creating the life of your dreams, if embraced fully, it could be the only step! Want to know why? Join me for the course!

Step one: Know what you want

Do you know what you want? Really? The first question my clients must answer before we even begin coaching is “What do you really, really, really, *really* want?” The response is almost always one of two answers: 1. A long pause, followed by an “I don’t know”. Or 2. “I’ll tell you what I want, I don’t want my job, I don’t want my house, I don’t want to feel the way I do.” In either of these situations we don’t know where we are headed, we are simply focused on getting away from something we don’t want. BUT when you know what you want, it is easier to take action. It is always easier and more inspiring and fun to move toward something you want rather than away from something you don’t want. It is far easier to start exercising when you are doing it to feel vibrant and energetic than to keep you from getting fat. So, now it is YOUR turn!

Question: What do you really, really, really want? Go on, dream! Let it all hang out. No one is listening. Let what is in your heart of hearts come out...

Summer Course:

Discussion: In the course, we will focus on two areas here, how to figure out what you want (I have several exercises for you here) and how to keep yourself focused on what you want. It is so easy to fall back to what you don’t want or simply being less than fully satisfied but thinking status quote is “good enough.” Overcoming the inertia of the dreaded status quo can be daunting or fun, depending on how you look at it!

Step Two: Believe it is possible for you

Do you think what you want is both possible *and*, more importantly, possible for you? (Here's a hint: If you don't have something in your life that you really want, it is because you have a belief hidden in your mind somewhere about your ability to do it for yourself.) BUT a belief is simply an opinion you have had for a very long time and we can change them! We have beliefs about everything! What is the best day of the week, whether chocolate is bad for you, you name it and there is a belief. We also have beliefs about what we are capable of creating in our lives. So, our job is to work on dislodging those beliefs. This step is a bit trickier to work on. We cover it quite thoroughly in the course and in my coaching.

Question: For a start, just begin to imagine yourself having what you really want, the job, the relationship, the home, whatever. As you imagine yourself in that position, you will find you will begin to say, "yeah, but". ("Yeah, but I don't have enough time." "Yeah, but I don't have enough money." "Yeah, but I don't have enough support.") Those yeah buts will begin to uncover your beliefs, the ones that limit you and how much you can do.

Some of my limiting beliefs are:

Summer Course:

In the course, we will look at five different ways we can dislodge beliefs because these guys are tricky!

Step Three: Take action

If you want to be a bestselling author, you have to write a book. If you want to run a marathon, you need to buy running shoes. You need to do something. BUT if you know what you want, and you truly believe it is possible for you, you will be deeply inspired to do something. You will leap out of bed in the morning to do what you need to do.

Question: Now that you know what you want, and you believe it can happen, what do you need to do? What is the next action step you need to take? (Yes, you do know. Saying you don't is simply lying to yourself. Be bold, be courageous and *take that first step!*)

Summer Course:

But are you taking the "Right Action"? In class we will look at whether the action you are taking is the correct one. There are two kinds of people in the world, those who do too much and those who do too little. Yes, you can do too much and if your actions steps are merely busy work, you are wasting your time. You need to find just the right balance and that is what we will discuss in the course.

Yoga: Let's create some Personal Strength on the yoga mat. Through a special series, you will feel yourself better able to take those action steps that just might be making you feel a bit uncomfortable.

Step Four: Surrender and Let Go to Receive

There is an element of trust you need to have as well. Without trust, we live in fear of not doing enough and working ourselves and worrying ourselves too hard. Faith is knowing it will happen (see Step Two). Do you truly have faith in your dream? AND will you be able to accept it in when it comes?

Question: Do you really believe what you want is possible? That you deserve it? If not, what is your limiting belief you are telling yourself?

Summer Course:

In the course, we will discuss the nuances of these concepts and how they will affect how well you bring into your life the wonderful things you want to have.

Yoga: Yoga is perfect for this step! You will receive a podcast for letting go, surrender, and a lovely Savasana series for receiving.

Step Five: Practice Gratitude

Living the life of your dreams must come from love and excitement, not fear and dread. If you focus on how much you cannot stand your current life, you will stay stuck. You need to focus on all that is wonderful in your life *right now*. Creating something better comes from: I LOVE my life AND I am ready for an even MORE wonderful life! This part is absolutely essential!

Question: What are you grateful for in your life right now? Go ahead, list them and keep writing. There are so many things in your life to be grateful for!

Summer Course:

In the course we look at three levels of gratitude that are essential for creating the life of your dreams! Yes, three levels. Who knew gratitude could be so complicated! 😊

Yoga: Forward folds are a lovely way to express gratitude. For this step you will receive a lovely series of twists and forward folds as well as a fabulous visualization for gratitude.

**So, what do you think? Ready for more?
How about having an EPIC SUMMER that changes everything?**

I am teaching **Five Steps (Plus One) for Living Your Extraordinary Life** for the summer:

- **Privately** (2 spots): Want to work with me privately? Included in this package is my *personal* cell phone number for unlimited texts and calls. (Yes, within reason!)
- **Small Group Via Zoom** (5 spots in each of two classes): Join me in a small group via zoom. You will be creating a lovely community to support each other in this process.
- **Self-Study**: Enjoy the podcasts, videos, workbook and go through it on your own.

Check LauraErdmanLuntz.com to sign up!

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**Other Inspirational Opportunities with Laura**

**Awaken to Joy:** Enjoy Laura's first publication! It is time to be happy and create that happiness for yourself. It is no longer about external circumstance - YOU control how you feel and we can help you figure out how to take the steps toward more peace, contentment and joy! Laura's book, *Awaken to Joy*, explores ways to create awareness of what brings you joy. Learn how small shifts in this new-found awareness can change your habits and behaviors. These small shifts add up to big changes in how you view your world and how you show up in the world. The book is available anywhere books are sold.

**Complete Beginner Yoga Series:** Want to learn yoga but never felt comfortable with it? In Laura's series, you receive thirty (30) downloadable videos, each one building on the previous one, so you can safely learn poses. It's like you are learning yoga with Laura by your side! [LauraErdmanLuntz.com/LearnYoga](http://LauraErdmanLuntz.com/LearnYoga).

## **About Author Laura Erdman-Luntz, MA, E-RYT(500)**

Experienced Yoga Educator, inspiring Life Coach, author and Business Entrepreneur, Laura Erdman-Luntz, has over 20 years experience in the fitness and wellness industries. She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life. She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs. Learn more about Laura at [LauraErdmanLuntz.com](http://LauraErdmanLuntz.com).

### **Ready for more feel good?**

Life Coaching + Yoga + Essential Oils

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