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# FUNDAMENTALS FOR A TRULY HAPPY LIFE

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with over 30 years experience

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Podcast: **Ignite Your Life Coaching MuseLaura:**

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YouTube: **Life Coaching + Yoga with MuseLaura:**

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“THANK YOU Laura!!!! You are an angel and a blessing!  
Your work is life changing and I feel so fortunate  
that you were brought into my life!”

*“Remarkable is it in a nutshell.  
Laura expects remarkable and miracles - and how cool is  
that?”*

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*“We are always getting ready to live  
but never living.”*

- Ralph Waldo Emerson

A quick intro...

Hello there! I just wanted to share a quick intro to this book which outlines the essence of my coaching practice.

I truly believe we can *all* build lives that are extraordinary, which means full of purpose, deeply fulfilling and vibrantly joyful for us.

AND it just takes three steps - and really just two.

“Just TWO??” Yep, really.

AND you can choose to do just a little with each step and feel a bit better (nothing wrong with that!) OR you can dive in and really work it to live a life that is extra special.

Then you can also dive in and do more - I have other freebies (check the freebie library) and courses that you can tap into. I share a next step at the end.

It's time to start living because life is meant to be extraordinary!

*Peace & miracles,  
Laura*

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# *Your Life Matters.*

## *You Matter.*

We all have areas in our life that are less than satisfying, that lead us to not be as happy as we want to be (or maybe we don't even notice anymore). Perhaps your relationship is not what you want (or you don't have a mate and want one!). You have a job that you dread going to every Monday morning. Your financial situation is not secure. You carry an extra 10+ pounds you do not want to have.

All of these situations cause you worry, fear, stress, and take away the peace and contentment you are craving. It leads us to living a life of "good enough" and many of us don't even realize we are tolerating what we don't want in our lives.

I call it "Life Blindness". Have you heard of "house blindness"? It refers to the areas of your house that need work, chipped paint, dust bunnies, clutter, whatever, that initially drive us crazy but, after awhile, we simply stop seeing them.

We do that with our lives as well. We simply stop *noticing* that things are not what we want. BUT they are still "noisy"; they still rattle around in our subconscious, sap our happiness and take energy from the more important parts of our life.

Our work is to first wake up and see those areas, then we need to acknowledge them without judgment, and then we need to do *something* to change it.

In a nutshell, that is the job of a Life Coach: see into the cluttered and noisy corners of your life, help you release the judgment (because, let's face it, we are a bit embarrassed about how icky that part of our life is...) and then take you to the next step so you can move forward in your life.

Think of it as a "Personal Organizer" for your life. In this ebook, I will share with you the 3 steps that are essential to truly move forward in your life to experience happiness. Are you ready?

## *The Steps*

Here are the basic steps you need to follow, in general, to help you become more "awake" in your everyday life so you can begin to see things, make changes, and keep moving forward.

True happiness comes from two things (plus a third - but that's more of a maintenance thing. :-) ):

1. **Loving the life you are living:** Learning how to appreciate where you are and be intentional with making dailiness interesting and enjoyable, full of self-care, kindness and gratitude. I call these the "Little Things". And I don't use the word "little" to discount these things, it refers to the things that may feel mundane to many.
2. **Having a BIG DREAM that gets you really excited:** We need *something* that juices us, that gets us excited about growing, learning, moving through our fears; the "Big Thing(s)". And this is BIG because it will feel big to us when we have tapped into what really gets us juiced up.

AND we can cultivate BOTH of these! In essence, we are designing your life, like an interior decorator designs your home. AND, like designing your home, you *could* do this all on your own, but can't

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you always tell when a home has been decorated by a professional? As a Life Coach, I know things that make these steps easier, better, more profound.

Now, here's the thing, it isn't a "one and done" kind of thing. Once you discover joy and find your dream, you go back to find MORE joy and a BIGGER dream.

You will hear me speak of these steps again...and again...and again. These steps are rich with new angles and ways to go more deeply. And each time you do a bit more, you feel better...and better...and better! Let's get started!

## *Step One:*

**Fall in love with the life you are living.**

**Question:** Do you love (or at least appreciate) the life you are already living?

**Truth moment:** First of all, let me answer for you...no or, at the very least, probably not unless you have intentionally cultivated it. I know that can be hard to hear so let's unpack it a bit. Appreciation resides on a few levels.

The first level is feeling gratitude for our life. I'm guessing your immediate response was, "I'm grateful!" But...take a deep breath...truth bomb coming, you're not.

What I am referring to is feeling gratitude as our automatic go to during the day - not just when we think about it. Our day-to-day attention tends to be drawn to what is worrying us or causing stress and anytime you are stressed, feel a complaint coming on, worried, feeling rushed, frustrated, annoyed, feeling guilty, embarrassed, you are not feeling gratitude.

Illuminating, isn't it?

It's important to be able to admit we aren't usually feeling gratitude and look at that because until we do, we can't change it.

It does NOT mean that your life is PERFECT in the cultural way we think of perfection - because it's easy to be perfect when everything is the way you want it. Things WILL BE challenging you in your life.

We occasionally get windows of ease in our lives, times when everything is falling into place, but these are always short lived. We need to find happiness with where we are right now, warts and all.

That means cultivating gratitude, yes, AND it also means not being caught up in the dailiness of life and dwelling in mediocrity, another level of appreciation.

We want to be intentional around making the dailiness of life more purposeful and memorable. It simply means being intentional with gratitude, self-care, pure fun and purpose.

If you are always living for Friday and feeling the “Monday Morning Blues”, there is work to do!

We want to build up our “appreciate where we are” muscle for three reasons:

1. What we appreciate appreciates! So true! When we focus on what IS going well, more of that goodness comes our way!
2. If we are truly unhappy, it is very hard to get the energy to do the actions you need to take to step into your dream (Step #2). These steps are often a bit dicey and we need energy to do them. Focusing on what is going well gives us energy.
3. If we can't appreciate where we are now, we will *never* be happy. You may achieve your next exciting step, but you will soon feel that same feeling of unhappiness...with the next exciting “I'll be happy when...” out there.

## Now You:

**Do you appreciate your life right now, as is? Do you work on making your daily life memorable & enjoyable? Rate how well you do this step on a scale from 1-5 (1=poorly and 5=you are rocking it out!):**

\_\_\_\_\_



## Step Two:

**Have a vision that inspires you to step through your fears.**

**Question:** What do you really, 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... Do you know?

**Truth moment:** While dreaming may come easy for you - you immediately had a dream pop into your mind when you read my question - MOST of us have difficulty dreaming.

AND those of us who do dream well are probably not actively working toward it.

BUT we NEED to have something in mind that we are excited about and actively working toward making it reality. That excitement is what keeps us juiced about life. It's the the carrot out in front of us that encourages us to take chances, to learn, grow, step out of comfort zone, to do things that are hard.

AND, we need to be doing *something* to bring that dream to reality!

Without it, life becomes complacent and boring.

Do you know what *your* dream is?

## Now You:

**Do you a dream? Are you actively working toward it?**

**Rate how well you do this step on a scale from 1-5 (1=poorly and 5=you are rocking it out!): \_\_\_\_\_**

## Step Three:

**You need to do something and have a system to KEEP GOING when you feel like quitting.**

**Question:** Are you taking action toward loving the life you are in? Toward that dream? And, more importantly, when you “fall off the wagon” with a goal you are working toward, do you give up? Plan to restart Monday morning or the new year or do you keep going?

**Truth moment:** If you want something to change in your life, something has to change. Ya gotta do something and ya gotta keep going!

Do you have an action plan? Do you know what you are going to do? AND a plan for when you “fail”?

Think about something you have been actively working on for a very long time. (Meaning, you have started with action steps, not that you have thought about it but never started.) Maybe it's losing the

*"Working with Laura has restored the power and courage I have needed to take back my life. I own it, I am living it, I am feeling it once again! I have never been able to feel joy as much as I do now." - S.A.Struck*

weight, finding a new job, moving to a geographical location of your dreams, living by a budget, whatever.

What happens when you do ONE thing that goes against the plan? A cookie, a bad interview, an unplanned purchase? Do you give up entirely? Resolve to begin again next month (and then wait 6 months before thinking about it again?)

Is there something that has been a goal of yours *EVERY* New Year's for 10 years?

Here's the thing, we ALL have times when we cycle out of inspiration. We start a new goal with enthusiasm that is generally accompanied with a "it's going to be perfect" attitude. And then when the enthusiasm wanes, as it inevitably does, and we find the actions we committed to harder to follow through on, we often feel we failed.

But that's LIFE. Life is cyclical and we shift between being up and being down. We need a system in place to make sure we notice the cycle as it is going down and do something to make sure we go back up.

Life isn't black and white - we aren't on a diet or off - there are all sorts of shades of gray we are living with! You need a plan to handle the gray, honor it even, so you can keep going when things are harder.

## **Now You:**

**Are you rocking this step out? Do you have a plan? Are you taking action? Do you have a system in place for when you fall off the wagon? Do you have an accountability partner? Rate how well you do this step on a scale from 1-5 (1=poorly and 5=you are rocking it out!): \_\_\_\_\_**

# *Now What?*

**Are you inspired?**

**Are you ready to take your life to that next powerful level?**

**Are you ready to live up to your full potential?**

For over 30 years I have coached hundreds of people to live more purposeful, joyful, and fulfilling lives.

**Are you next?**

## **Here's your next step...**

**If you are ready for the ultimate, exclusive experience:**

**Check out private coaching with me:**

[Life Coaching with Laura](#)

**OR**

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A 5-Day Exploration

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If you aren't quite ready to invest in yourself, totally cool!

## Keep hanging out with me!

If you haven't already, join my private  
FB community for inspiration:

**Private FB Community: Ignite Your Life with MuseLaura:**  
<https://www.facebook.com/groups/muselaura>

Or check out these inspirational resources:

**Podcast: Life Coaching Inspiration with MuseLaura:**  
<https://podcasters.spotify.com/pod/show/muselaura>

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## About Author Laura Erdman-Luntz, MA



Experienced Yoga Educator, inspiring Life Coach, author and Business Entrepreneur, Laura Erdman-Luntz, has over 30 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. Laura has published four books, including: *Awaken to Joy*, *My Inspirational Year*, and *Yoga Essentials*, co-authored by Jill Barber.

### More Praise for Coaching with Laura:



**Karen Peterson:** "You have shown me that I can live the life I want – one based on my values and dreams – without fear. I feel more confident in everything I do. Everyday is a joy because I am finally living my purpose. Without your guidance and insights, I would never have gotten this far, this fast. Thank you from the bottom of my heart."

**Dr. Susan Quigley:** "I have so much gratitude for finding Laura and having the opportunity to work with such an inspiring Muse! I highly recommend her workbook, calendar, yoga classes, and retreats! You will find a freedom you did not know was possible in your life!"

