

*Live Your Extraordinary Life*  
with Laura Erdman-Luntz

Life Coaching | Yoga | Inspirational Products | Retreats



# Life Coaching: How to get what you want (really want) for your life!



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

Ignite Your Life with Laura Erdman-Luntz

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“Please share this book with anyone you know who you think may benefit from it. It is available for download without charge from [www.MuseLaura.com](http://www.MuseLaura.com). A lot of love went into it, please return the love by sharing it in its entirety with all copyright and authorship information included.”

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

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

***Are you ready to start living?***

***I look forward to sharing this journey with you.***

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# Yes, You CAN!

*Very few of us are living the life we are destined to live.*

*Very few of us are living up to our full potential. And most of us are pining away for a life we desire and do not feel we can achieve.*

We all have areas in our life that are less than satisfying. 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 each Sunday night. 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. We often don't even realize **we can change them!**

What if you could make them exactly how you would choose if you were given a choice? Can you even imagine what you would want to have? That is the job of a Life Coach!

"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!"

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 e-book I intend to excite you about Life Coaching, about where it will take you and your life and the amazing possibilities. **I will also share with you the number one inspirational technique I use to inspire my clients to keep going when they really want to give up. (You know what? I use it, too!)** I will also share with you each of the steps I teach in my 6-week course, **Five Steps (Plus One) for Living Your Extraordinary Life** to get you thinking. If you enjoy it, please join me for my full

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course, taught both privately and in groups (teleclass and in-person).

You know what the job of a Life Coach is? To help you get off your back side to do something, something big. Something you can barely imagine (if at all) doing on your own.

**What to expect:**

- It is my job to inspire you, to excite you, to share with you perspectives that you have never even imagined. Clients report feeling inspired and energized after *each* call!
- It is my job to get you to stretch beyond your comfort zone and keep you there with excitement not fear.
- It is my job to help you awaken to your true potential so you can live a life like you have never imagined.
- I will not coddle you. I will not push, prod, or pull. This is your work to do and while I am here to support you (and do so well), you are the one who has to turn over the rocks of your life to peer beneath and take responsibility for what you find. You are also the one who has to step out of your comfort zone to take the actions that are going to be scary.
- It is my job to walk next to you, I will point out the next rock to turn over, I will help you lift the rock, I will inspire you to find the energy to turn the next one over and I will share with you a myriad of techniques to make the peering less painful.
- It is not my job to listen to your excuses and let you continue rationalizing away your mediocrity. *I will not let you waste your time with that type of thinking anymore!* You have a light inside of you, ready to shine. Let it out!
- I am not your mother or your friend (although I am darned friendly!) I WILL call you on your stuff and encourage you hear the things that others aren't saying to you. I will occasionally be in your face and expect you to do what you say you are going to do (OR be willing to look at, really look at, why you keep not doing the things you say you are going to do).

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Are you ready to take your life to that next powerful level? Are you ready to live up to your full potential?

For the past 20 years I have coached hundreds of people to live more purposeful, joyful, and fulfilling lives. Will you be one of the people who say:

"I am now starting to believe that my dreams are possible.  
That they CAN and WILL come to fruition."

**Here are just a few examples of what my own clients have changed in their life as a result of working with me:**

- An overworked, independent contractor began to work 40% less and make 50% more.
- A very unhappy, stay-at-home mom became an incredibly grateful and joyful stay-at-home mom.
- Realizing her heart's desire, one client moved past her fear that her family couldn't afford for her not to work, and became a stay-at-home mom.
- One client transitioned from draining corporate job into blissful self-employment.
- An unhappy, money-seeking executive relaxed around money only to find it then began to fall into his lap.
- A disorganized, frustrated mother became a highly-organized, clutter-free mom, which in turn helped her to find focus and joy in every day.
- An incredibly dissatisfied government worker, still a decade to retirement, began taking regular vacations. The vacations were a huge step for her and made such a difference in her life. Ten years later, I still receive a postcard from her from each of her vacations thanking me! They are a highlight for my year.
- A woman fearful around money began to trust and manifesting great wealth for herself.
- A woman who wanted to enjoy food was able to relax her control of food and began to enjoy the nourishment it brought her.
- A woman, already doubting the solidity of her marriage, was also faced with a major life change when her husband was offered the job of his dreams in a different state. She discovered her values and realized her marriage and the move fit with her values. When the time came, she joyfully decided to take a leap of faith and proceed with the move. This in turn created a new sense of partnership and trust between her and her spouse, and she recently referred to herself as "very happily married!"

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Do you resonate with any of these stories? Are those changes ones you thought beyond your capability? Do you feel a great big "Yeah...but" thought come up? This quote came from someone who's story I told above:

*"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*

**So, let's get you thinking about your life and the possibilities.**

## Why?

Let's begin by evaluating where you are right now. **Why are you here? What inspired you to download this book? 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.)

**Ta da! Here is the THE MOST INSPIRATIONAL TOOL I have ever found (and I have been doing this work for decades.)** Want to make changes? Having a hard time getting inspired? Here is a powerful visualization for you to play with. (It is only five minutes. Yes, you have the time. If you still feel you don't, you really need to hire me!): Five Year Visualization (Five Years: <http://www.muselan.com/muselan/MyInspirationalYear/IVLVis-FiveYears.mp3>).

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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?)

**How do you WANT to envision your life in 5 years?**

How old will you be?

How do you want to describe your finances?

Relationships?

Job?

Health?

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Describe an average day (When will you wake up & and who is sleeping next to you? What will you eat? What does your home look like? What does work look like? What does your life *feel* like?)

**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 your body? Are you willing to change some habits that are keeping you stuck in your life? Are you willing to hire a Life Coach? (You had to know I would throw that in there!)

**Self-Care:** If you choose to work with me, I will ask you to take better care of yourself. Change takes energy and love. You need to create that energy by taking care of yourself, your body, mind, and heart. Why not begin now? What would you love to have in your life to take better care of yourself that you are not already doing?

**Are you ready to begin now? (Circle One)**

**Yes No**

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**Here are the steps to my powerful program: Five Steps (Plus One) for Living Your Extraordinary Life. Each step is simple, and yet so complex. When you take the course, you will receive support from my 20 years of experience.**

### **Step one: Know what you want**

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...

### **Step Two: Believe it is possible for you**

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:

### **Step Three: Take action**

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!*)

### **Step Four: Surrender and have faith**

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?

### **Step Five: Practice Gratitude**

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!

### **Step Plus One: Feel Good! Awaken to YOUR Joy**

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

*"This course made me feel like anything is possible, and Laura has a very special way of bringing your deepest thoughts forward and working with them to help you live your extraordinary life."*

*"Every week was truly fantastic!! It was so awesome to work towards a better good and feeling and seeing the results on a daily basis."*

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**When people work with me, their lives change.  
Are you ready?  
Here's your next step...**

**Schedule an Inspirational Break-Through session with me. I offer a complimentary, 45 min session to guide you into the best place in my practice.**

**Schedule your appointment directly online [here](http://lauraerdmanluntz.com/index.php/schedule-your-inspirational-break-through-now/):  
(<http://lauraerdmanluntz.com/index.php/schedule-your-inspirational-break-through-now/>)**

**You have a couple choices:**

**Life Coaching:** I work privately and in groups. I usually have a space or two open up in my private practice each month, check for availability. I also begin new coaching groups regularly. If you have a group of 3-5 people with which you would like me to work, contact me directly to check availability.

**Five Steps (Plus One) for Living Your Extraordinary Life:** I teach this course in a couple formats:

- **Privately:** We can do it one-on-one to move powerfully forward.
- **Teleclasses:** Join me from anywhere via teleclass. I teach the course to groups on a regular basis.
- **Private Groups:** Have a ready-made group you would like me to inspire? Contact me to make arrangements.

**Ready? Check the website: [www.LauraErdmanLuntz.com](http://www.LauraErdmanLuntz.com),  
and click on "Life Coaching"**

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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 circumstances. 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. Check the website for more information and to register for the free eNewsletter. More information: [www.AwakenToJoyProgram.com](http://www.AwakenToJoyProgram.com)

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**Monday Morning Musings:** Need some inspiration? Register for this FREE eNewsletter and receive a dose each Monday morning. This eNewsletter will give you a shot of inspiration through a thought that calls you to think more broadly, outside your box. You also receive a link to a "Feel Good Moment", something that takes no more than 5 minutes to watch or read that helps you feel better! Register at [www.LauraErdmanLuntz.com](http://www.LauraErdmanLuntz.com) sign up at Updates and Inspirations.

**Inspirational Retreats and Vacations:** Join Laura on an inspirational getaway. She travels regularly to fabulous local and international places for retreats and teacher trainings. Check her website, [www.LauraErdmanLuntz.com](http://www.LauraErdmanLuntz.com) and click on "Retreats".

## 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. In 2007 Laura founded the company Musélan along with four other women to inspire everyone to their Extraordinary Life. She recently published her first book, *Awaken to Joy*.

### 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!"

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