5 STEPS (+1) FOR

LIVING YOUR *Extraordinary Life*

LIFE COACHING + YOGA

with Laura Erdman-Luntz
Experienced Life Coach + Yoga Educator

Thank you for joining me!

Be sure to join our FB Community:

Ignite Your Life with MuseLaura FB Group:
https://www.facebook.com/groups/muselaura

And check out my content:

Podcast: **Ignite Your Life Coaching MuseLaura:**
https://podcasters.spotify.com/pod/show/muselaura

YouTube: **Life Coaching + Yoga with MuseLaura**:
https://tinyurl.com/LELYouTubeTV

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 e-book I will take you through each of the steps I teach in my signature, manifesting course, *Five Steps (+1) for Living Your Extraordinary Life* to give you a step-by-step process to manifest the life of your dreams.

What makes this program powerful is adding yoga, breathing, visualizations and essential oils to help you incorporate the concepts of manifesting into your life faster & more effortlessly. Realize that our beings are more than our heads. We are also our minds, our hearts, and, of course, our energy. Tapping into all of these layers through Yoga & oils speeds up our transformation.

No worries if you don't practice yoga. The Yoga components are easy enough for brand new peeps.

In this e-book, I will get you thinking about each step so you can begin your work. I will also share with you Podcasts & YouTube videos that will help you take each step a bit further.

This program is meant to be done and redone. Go through it, take your life to the next level, then go through it again to take it to the next level.

These steps are perennial for personal growth.

Ready for the next step? Check the end of the ebook. I share a few ways you can study with me more.

Peace & miracles,

Laura

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.)

Here is a powerful visualization for you to play with. (It is only five minutes. Yes, you have the time): Five Year Visualization (Five Years: https://lauraerdmanluntz.com/wp-content/uploads/5_Year_Visualization.m4a). 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 | Career?

Health?

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?

YES | NOT YET

Step +1: Radical Self-Care

Every new client, every new course student, gets this assignment: radically upgrade your self-care. This step is crucial for a few reasons. At this stage in the process, the most important thing you need is energy. Think of it as fuel. It gives us the energy to take actions, to step out of our comfort zone, to take chances.

The self-care you do now has gotten you to where you are now. If you are going to make changes, you need to upgrade what you do.

Self-care also supports our work in two other ways. You can listen to podcast #37 for more info. (LauraErdmanLuntz.com/podcast37)

For now, let's get started. Think in terms of daily, weekly and monthly. Do at least one thing each day to fill yourself up, a bit more. Then do something a bit more once a week - maybe a class or a longer walk. Once a month take an entire day to fill yourself up anyway that feels good for you.

Why not begin now? What would you love to have in your life to better take care of yourself that you are not already doing?

Question: What are you willing to do for yourself?

Daily: At a minimum, I like to make sure I am doing something first thing in the morning and before bed.

Weekly:

Monthly: *(I double dog dare you to set the date for a full, day-long retreat!)*

"Self-care is not about self-indulgence, it's about self-preservation."

- Audrey Lorde

Yoga:

Having a Yoga practice in general is a wonderful self-care tool. BUT you need to make sure your practice balances your life.

If you are busy all the time, rushing around with stress energy, your practice needs to be quiet and restorative.

If you tend to be much more laid back and have a hard time getting started, your practice needs to be more active to get yourself energized.

Changing your practice to support you in a more balanced way is a transformative action.

Supportive Resources

#UpYourVibe: The Radical Self-Care Tool Kit: Check out my course to create the perfect self-care routine for you! LINK: https://lauraerdmanluntz.com/upyourvibe/.

Podcasts:

- #37: Why Self-Care is the Crucial FIRST to Your NEXT Step in Manifesting
    - Learn the 3 reasons why self-care is so important in your manifesting - and how it can get you unstuck if you feel you are!
    - Click here to listen: LauraErdmanLuntz.com/podcast37
- #29: Tips for Strategic Radical Self-Care - Let's Get Started!
    - This episode shares more about the daily, weekly, monthly AND the 3 most common mistakes we make in our own self-care.
    - Click here to listen: LauraErdmanLuntz.com/podcast29

Step 1: 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?"

Four "reallys" and the last one is emphasized because I want to know what is in your heart of hearts. What is it that will make your heart sing?

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. Right?

So, now it is YOUR turn!

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...

"The indispensable first step to getting the things you want out of life is this: decide what you want."

- Ben Stein

Yoga:
The essence of the Yoga for this section is feeling expansive. You know the term, "shrink from fear"? The shrinking is your energy shrinking - and you can feel it, can't you?

Doesn't it just make sense that our dreams are expansive and come from expansive energy? When we don't feel we have a dream or don't feel we deserve the dream we want, we constrict ourselves, literally drawing our energy in to make it smaller.

We can use our Yoga practice to feel expansive - to grow the energy that then allows us to move past what is shrinking our energy.

So the Yoga is all about expanding: Any pose that is big and open will help us grow our energy. Standing poses are particularly helpful, especially the Warrior series. Literally bringing those poses into your daily practice for a period of time will help you have more expansive energy which will make visioning easier.

Supportive Resources

Podcasts:

- #3: What do You Really, Really, Really, REALLY Want?
    - If you are struggling with this question, listen to this episode. And if you aren't struggling with it, listen anyway. You just might take your dream even further!
    - Click here to listen: LauraErdmanLuntz.com/podcast3
- #21: It's OK to Desire - In Fact, It's Necessary!
    - I created this podcast specifically for those who feel guilty for wanting things. If you feel like you "should" be content and not have desires, definitely listen! (Hint: You CAN and SHOULD be both content and have desires. They are not mutually exclusive!
    - Click here to listen: LauraErdmanLuntz.com/podcast21
- #10: How to Stop Settling for "Good Enough"
    - If you resonate with "My life is good enough", please listen to this episode!
    - Click here to listen: LauraErdmanLuntz.com/podcast10

YouTube:

- YouTube: Find Your Power: Using Yoga to Build "I've GOT THIS" Energy!
    - One of the keys to really any step in manifesting is personal power, feeling like you deserve something, you can create it for yourself, you are good enough, etc. If you felt like that already, you would have what you want already. This video shares how to upgrade your Warrior 1 & 2 poses for even more umph!

Step 2: 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 there is something in your life you really want and you don't have it, you have a belief hidden in your mind somewhere that says you can't have it, you don't deserve it, you aren't good enough to do it, etc.)

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 good 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. BUT we can get started!

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. (And they will feel VERY real because they are true right now - but your belief came first and your life transformed around it.)

Some of my limiting beliefs are:

If you think you can do a thing or that you cannot do a thing, you are right.

~ Henry Ford

Yoga:
Limiting beliefs come from fear and fear shrinks our energy field, like we mentioned in the last section. Just think about one of your fears for a moment and I bet you can feel first the fear and then how you actually shrink, your gut has butterflies, your heart pulls in - shrinking.

When we work on expanding, our fears fall away. Expansion is love energy and fear and love cannot exist in the same space.

So the Yoga for this section is again about being expansive: Standing poses, especially the Warrior series.

I also really enjoy simply standing strong on my own two feet - Tadasana (Mountain pose). Feel your feet, extend the body, letting your heart feel expansive, shoulders relaxed.

Am I right? I bet you just did it a bit sitting here reading this section. You can totally feel it!

Add to that strong stance a powerful statement that affirms where you are going, "I AM abundant." "I AM a successful [insert career]!." - even more powerful.

It's awesome!

Supportive Resources

"I Am: Fusing Yoga with Affirmations": COMING SOON!

- Affirmations are 100% fantastic for beginning to overcome limiting beliefs. BUT you have to do them well! Check out this course for more info.

YouTube:

- YouTube: Find Your Power: Using Yoga to Build "I've GOT THIS" Energy!
    - Because building your "umph" is key to overcoming stupid beliefs about your unworthiness! :-)
- Stand Tall Challenge - Coming soon!

Step 3: Right 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 have built up some fresh energy, 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.

I added that last bit because I want you to notice that actually taking action is not until Step 4 (if you include the +1 self-care as it's own step).

Most people jump right into action when they realize they want something new -but more often than not, it turns into failure. While there are many reasons for this - and I won't get into them here - just know that when you start by taking better care of yourself for more energy, then you find a vision that excites you, and start to believe you can do it, your actions are much more likely to be successful AND sustainable!

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!)*

"Vision without action is only a dream. Action without vision just passes the time. Vision with action will change your life."

~ Joel Barker

"Strong reasons make strong actions."

~ William Shakespeare

Yoga:
Taking action…again it's about being *expansive!* Sound familiar? Expansion plays a huge role in manifesting.

You also need personal strength, which goes hand in hand with expansion. Personal strength is that part of us that says, "I'm bigger than my fears!" Personal strength is the umph behind manifesting. It's the dammit in "I can do this, dammit!"

You can also add in some backbends for energy. When you bend back, you massage the adrenal glands which releases a bit of adrenalin. That's why you get a feeling of energy when you do back bend. That can help you take action!

Supportive Resources

Podcast:

- #23: Tangible Tips to Increase Your Energy - Part II
    - I share this one because often we don't feel we have the energy to take action. While we have already covered self-care will build up our energy, this episode also talks about ways we drain our energy and how to stop up those leaks.
    - Click here to listen: LauraErdmanLuntz.com/podcast23
- #36: 3 Tips to Maximize Decision Making Energy
    - It takes energy to choose to do something new. This episode talks about why that is and how to make sure you aren't using up that energy for unimportant things.
    - Click here to listen: LauraErdmanLuntz.com/podcast36

YouTube:

- YouTube: Find Your Power: Using Yoga to Build "I've GOT THIS" Energy!
    - Oh, yes, it's back! I find these tips to power up Warrior 1 & 2 very helpful for taking actions. In fact, I often do these poses just before taking a step that makes me nervous.
- Stand Tall - Coming soon!

Step 4: Have Faith

There is an element of trust you need to have as well in this process. Without trust, we live in fear of not doing enough and working ourselves and worrying ourselves too hard. Or, on the other side of the coin, not even bothering to get started.

This step is really a mix of three different things:

Surrender: A total release to allow things to come your way, to allow the Universe to provide pieces to your puzzle and not feel you have to do *everything*. It's also a surrender to HOW your dream comes to you.

Letting Go: Letting go of the way you see yourself so you can open up to a brand new vision. Our self-concept is strong, especially the older we are. But if we want abundance financially, we need to let go of seeing ourselves as always broke.

Receive: You do have to say yes and allow into your life the wonderful things the Universe is bringing you. (And by the way, most of us suck at this step!) How well do you receive compliments? Do you feel the kind words? Bring them into your heart and let yourself feel loved? Or do you brush it off or throw it back by complimenting the other person? (This is a good one to contemplate!)

Question: What does surrender look like to you? What do you need to relax around? How do you see yourself *now* and how are you ready to change that view? How well do you receive?

"You are important enough to ask, and you are blessed enough to receive back."

~ Dr. Wayne Dyer

Yoga:

Here's where the Yoga is a bit different than the other steps AND so helpful. This step is about *not doing*. It's about stopping and opening up energetically to allow. It's about relaxing - AND that can be the hardest step of all for many.

Restorative Yoga is a great way to get into this step. The more you relax in Restorative, the deeper the pose goes.

Plus, each one has it's own focus:

Surrender: Savasana is the quintessential surrender pose. Be sure to fit it in! Focusing on exhales will also help you let go of control to surrender.

Letting Go: Twists are a great tool for letting go as is the exhale. I like to focus on the exhale as I am twisting, setting the intention to release.

Receive: Most of us don't receive well, but we can tap into it energetically which will help. Supta Baddha Konasana is the quintessential pose for receiving. While in the pose, use your inhale to feel yourself draw in and grow your energy.

Supportive Resources

Blog:

- You have to say YES!
    - Here's a story from my own life about how easy it is to say no - out of habit! Receiving can be trickier than you think.
    - Read it here: https://lauraerdmanluntz.com/you-have-to-say-yes/

Youtube:

- Guided Savasana
    - Enjoy this guided Savasana. It's easier to relax when someone is talking you through it. :-)
    - https://www.youtube.com/watch?v=dHHh0zPAR0s
- Savasana Tutorial
    - And, if you aren't sure how to do Savasana, here is a tutorial. Savasana.
    - https://www.youtube.com/watch?v=7Gm9PZxZQbk

Step 5: 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!

"Let the gratefulness overflow into blessings all around you."

~ Brother David Steindl-Rast

Yoga:
Yoga for gratitude is absolutely lovely. You can literally cultivate the energy of gratitude on your mat.

Forward folds are all about gratitude. They represent the present, where gratitude resides, and add a bow to the head, softening the face, to deepen the energy even more.

One further point: Gratitude needs to come from abundance, not scarcity, an "I deserve this" energy, not "how did I get so lucky".

So standing forward folds are a powerful way to cultivate this energy. Think Uttansana - feet hip width. Feel a strong Tadasana with excitement about how you deserve this and then fold with a feeling of "and I'm so grateful".

Supportive Resources

Podcast:

- #2: Gratitude...the most important shift you can ever make!
    - In this podcast I share 3 levels of gratitude you want to cultivate - it's so good!
    - Click here to listen: LauraErdmanLuntz.com/podcast2
- #27: QuickTip: Best Gratitude Practice Ever!
    - My husband and I began this practice when our kids were little. We wanted them to go to sleep with gratitude on their hearts. We now do it regularly for ourselves as we crawl into bed at night. It's a great way to reconnect and go to sleep with gratitude on our hearts. :-)
    - Click here to listen: LauraErdmanLuntz.com/podcast27

YouTube:

- Gratitude Visualization
    - One of my favorites of all time.
    - Watch here: https://www.youtube.com/watch?v=54K0AQn0VJE
- Gratitude Restorative + Oils:
    - Enjoy this lovely Restorative Yoga session with a focus on Gratitude.
    - https://www.youtube.com/watch?v=Y94kcO98xdE

Now What?

Take a moment to review your notes here and choose THREE actions steps, things you are going to work on AND when you will do them. Start with self-care. Get your self-care system set up - and you can grab *The Radical Self-Care Tool Kit* when it comes out which will help you be both proactive AND strategic to get the most out of your practice. I will send you an email when I release it

Then begin to DREAM. Get a vision in your mind that gets you so excited you CAN'T WAIT to get going on it.

Action #1:

Action #2:

Action #3:

"To say Yes to life is at one and the same time to say Yes to oneself."

Dag Hammarskjold

And that's the 5 steps (+1)!
Ready to keep going?

MANIFESTING :: the academy

5 Steps (+1) for
Living Your Extraordinary Life

One topic a month for 6 months or choose the extended 12 to revisit each one for more!

Dive DEEPLY into each topic with:
Life Coaching
Yoga
Breathing + Visualizations
Essential Oils tips

Biggest mistake we make: Thinking we will do it "some day".

If not now, when?

If not this, what?

How many more years need to pass before you finally
create the change you want to have in your life?

Learn all about it:
LivingYourExtraordinaryLife.com

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

YouTube: Life Coaching + Yoga:
https://tinyurl.com/LELYouTubeTV

Pinterest:
https://www.pinterest.com/muselaura/

Instagram:
http://www.instagram.com/muselaura

Facebook:
http://www.facebook.com/muselaura

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

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. She has published 4 books, including: *Awaken to Joy* and *My Inspirational Year.*

What others have said about:
5 Steps (+1) for Living Your Extraordinary Life

"Remarkable in a nutshell. Laura expects remarkable and miracles – and how cool is that?" Jen C.

"There really are easy steps that we can take each and every day to live more fully and enjoy life!" Ed M.

"Laura, your class is not only life changing, it is MIND changing! Thank you!" Devrey D

"My vision for the future became clearer, and I started planning action steps to move me forward in my journey." Angie P.

"I realized that it doesn't have to be hard; by taking steps that are aligned with how I'm feeling and what I want to accomplish, I can manifest in ways that I can't even imagine - YAY! Manifesting Jumpstart is a fantastic program." Ellen J.