

I Commit To Living My Extraordinary Life

- ★ I let my light shine bright and bold!
- ★ I know what I want to do in life – at least the next step. And I have a plan to take it. I will not allow time to pass and not know what happened to it.
- ★ I know my values and what I need to do to live them fully.
- ★ I feel gratitude for my life and all I have.
- ★ I take extremely great care of myself...my body, my mind, my heart. There is space in my life to do so.
- ★ I live consciously and with awareness.
- ★ I have left excuses behind. I know I can find time/money/support for what I want to do.
- ★ I know that I am responsible for all that happens in my life. If something needs to change, it is up to me to change it.
- ★ I have the faith and trust that all is unfolding as it is suppose to and I can surrender to the process.

Signed

Date

Life Coaching with Laura
Come be inspired with me,
www.LauraErdmanLuntz.com