

Are you feeling called . . . called to change, change you in your relationships, your business life, your sex life, what ever part of your life it is, it involves transition & change. So let me ask you . . . How is your relationship with yourself? Do you know the real you?

Possibly, like me, you have discovered that you are worth far more than you thought you were and you are finally ready to be you, letting go of pleasing others. You're tired of pretending, tired of living with silence & depression. Enough is enough; the miracle worker in you wants to come out. You're ready to move forward in your life letting go of your fears. You know that you can change no one but yourself. You've discovered what you really, really want.

Now you're ready to explore what you're willing to do to get it. Mamma Mia you're ready to express yourself! OH NO . . . NOW WHAT? Now you are going to encourage yourself to get comfortable being uncomfortable. And how do I get comfortable being uncomfortable your asking. Well, it's all about your comfort zone. Just think about it . . . when was the last time you did something for the first time? It's been a long time, right? So let's get started by giving up three things: blaming, defending & justifying; taking up 100% accountability for all your thoughts feelings and actions.

Today you are going to meet the "real you". Everyday from now on will be a new day a new you a new life, a life you've always dreamed of. As you move forward, you'll discover what YOU must do to be mentally, emotionally, spiritually, physically & financially . . . happy, healthy and whole. OH I'M SO EXCITED FORYOU, You are just going to be positively outrageously gorgeous, and you won't recognize yourself. You'll be walking around with a smile on your face; your family is going to start

asking you questions. You will not hold back in fear you'll share the real you and inspire them while inspiring yourself.

As you become clear about you and your life you will hunger for more clarity. It will come by giving up these four things: listening to the radio, watching television, reading the newspaper & complaining. Give it up for 30 days - - - trust me. It works. It's like WOW without drugs, letting go of the old and welcoming the new; new possibilities with out limits. Believing in the power of you and allowing nothing to stop you will create a contagious joy that no one can put a lid on, simply because you are ready. When you are happy healthy and whole, filled with the Spirit of God, those around you will reap the rewards too.

As you take action, and move forward in your life feel free to share your messages of gratitude with me. My mailing address is on the contact page of DorothySessa.com