



7 Secrets To Living Your Life With Less Effort & More Enjoyment

**Are You Feeling Drained?
Does Life Often Take Too Much Effort?**

**Would You Like That To Change?
What If You Were Able To Flow Through Life With Ease And Enjoyment?**

This Special Report Will Provide You With A Roadmap To Do Just That!

Why is it that life seems so difficult and chaotic most of the time? There are so many demands on us nowadays that it is hard to feel any sense of real purpose anymore. With everything we need to accomplish in any given day, we begin to lose site of what we really want in life. We set aside our dreams because they “aren’t realistic,” and we often feel stuck in a life that doesn’t fulfill us. This pattern is common for most of us. Are you tired of this struggle? Would you like to find an easier way?

Why does this happen? Many times, we lose site of our dreams and just go through the motions doing what needs to be done because we feel powerless to change anything. Life gets in the way and eventually we have lost sight of our dream all together. The problem with that is that life will *always* get in the way. There is no avoiding it. We need to stay on top of it and make our dream a priority in order to accomplish it. In life, however, it is too easy to lose our focus and get overwhelmed. Oftentimes fear creeps in as well because making changes is not usually considered to be easy or fun. So, even if we don’t like the way things are, we often revert back to what we know simply because we feel it is easier than making changes. Does this sound familiar?

What you’ll get in this special report is a new perspective and some insights that can help you to move through the obstacles I noted above and finally realize your dreams! It all starts in your mind. What you feed your mind will directly affect your results. So, let’s get into it - 7 secrets to living your life with less effort and more enjoyment.

Secret #1: Know What You Really Want

Do you really know what you want in life? That may seem like a silly question, but in actuality, most of us don’t have a clue what we really want. Even when we think we know, we often don’t *really* know. The most important question you can ask yourself related to this secret is “what do you want to *feel* and *experience* in your life?” Do you want to feel and experience love, or peace, or friendship, or freedom? Do you want to help people? Do you want to change the world? Do you want to spend the majority of your time with family? Do you want to experience other cultures? When you think about the

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essence of what you would like your life to encapsulate, what is it? When you ask yourself that question, does your perception shift? If you are like most of my clients, you might be starting to see the power behind asking the right questions. On their own, most people often ask themselves the wrong questions and when they hire a life coach and are suddenly asked more powerful questions, they begin to make powerful shifts that lead them quickly in the right direction. If I would have asked you what you want, instead of what you want to feel or experience, you might have said, a bigger house or a new job or to get married. That is all fine and most of us want those things, but what I am trying to get at here is the real fuel behind your fire. What makes you passionate? If you can figure that out, then you can evaluate all of those other wants and make sure they are in line with the essence of what you want out of life.

If you want to have a bigger house, but what you really want, for example, is to experience cultures around the world, then maybe a bigger house isn't in alignment with that desire. You might find a job that allows you to travel a lot, but you are never home, and that might please you more than having a big house. Or, your essence might be that you want to spend a considerable amount of time with family, and if you are always working, you will always be unhappy. We can't neglect our essence. The better route might be to work less, even if it means you will make less money, because spending more time with your family will make you happier than having more money but never seeing them.

If you are determining your goal from the foundation of your essence, it will always be the right goal for you. And you will feel so passionate about it that you won't let it slip by the wayside. When we are striving to accomplish goals we don't really want, even if we *think* we want them, it will always feel like a struggle. When we are acting out of passion and from our essence, however, accomplishing those goals will be enjoyable and much easier.

I'll give you a personal example: I had had it in my mind for many years that I wanted a single family home with beautiful grounds, and I felt like that would really make me feel proud and free. After having purchased a house that I absolutely loved, with tons of beautiful flower beds and a pool and a pond, I realized the house was not in alignment with my essence, which is to help people change their lives. Every free minute I have, I am spending on my life coaching business and I couldn't be happier about that, because that is what I am passionate about. But when I had to go outside and do gardening or pool maintenance, I felt resentful because I'd rather have been working on my business. It was tough realizing I needed to sell the house, but I am so much happier now because I can focus more fully on my passion.

So, make sure you determine what you want to feel and experience in life first and foremost. This is the foundation of the roadmap I am giving you and I can't stress the importance of it enough. Now on to secret #2...



Secret #2: Keep The Goal In Front Of You

Once you determine what your personal essence is, you can choose your goal accordingly. Ask yourself if your goal is in alignment with your essence and if it is, then keep that goal and your essence in front of you as often as possible.

What you want to do is create a vision of what your life will be like when you make those changes or when you accomplish your goal. And make sure the vision is vibrant and full of feelings and details. Remember, you must include your essence in your vision, and the only way to do that is to really *feel* what it will be like when you accomplish it. Feel the feelings, see the environment and the scene as you would expect it to play out. Notice what colors are around you, who is with you, what they are saying to you, what you are doing. Notice what sounds you can hear, the smells in the air, even the tastes you might taste. But most of all, feel how good you feel. And keep your vision in the present tense as if it is happening today. As a life coach, I help my clients create these visions for themselves and they experience immediate results, so don't underestimate the power of this exercise. If you are reading this thinking, "yeah that's nice but I don't have the time to do that exercise," think again! How much more time do you want to spend searching for happiness and fulfillment? You can end that search right here and right now by doing this exercise. Believe me, it is powerful and it will change your life!

Make this vision come alive to you everyday, several times a day if possible. Doing this accomplishes so much. It allows you to use the law of attraction to manifest what you want. The law of attraction is similar to the law of gravity in that it is a constant. There are not times when it works and times when it doesn't work. It is a law, therefore it is always in effect. Many times, however, we don't use the law of attraction to our advantage. Instead, we tend to focus on our fears. We conjure up images in our mind of the worst-case scenario. We criticize ourselves and others and we complain that things aren't going our way. When we do all of that, we are attracting more of what we don't want into our lives, because the law of attraction states that like attracts like.

Begin to reverse that self-destructing behavior and instead conjure up the best-case scenario in your mind. Release judgment of yourself and others. When things are not going well, focus on something positive. By doing so, you begin a process of conscious creation. Instead of just taking what comes to you, you are manifesting the life you want. You must take back control of your thoughts and emotions and you do that by envisioning and feeling what you want instead of focusing on what you don't want. Then you are ready for Secret #3...

Secret #3: Map Out Your Goal

While strategy #2 is a major key in achieving your goals, you cannot expect to think your dreams into reality. You must take action as well. Begin to create a plan for yourself so that you can arrive at your goal.

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As you focus more on the positive things and on what you want to manifest, you will notice doors begin to open. Be sure to recognize them! Remain open and aware, and move in the direction of the open doors by taking inspired actions. As you recognize an opportunity arising, follow it. And make a commitment that you will take at least one action a day that moves you closer to your goal. Even if the actions are small, it doesn't matter. You don't have to revamp your life right away. Small changes over time create large transformations. In working with my clients to map out their goal, I provide them with a special Goal Planner that assists them in doing so. If you'd like me to send you the goal planner, email me at faith@lifecoachfaith.com.

Often, life just gets in the way of our goals. If we even manage to set a goal, we get so caught up in our day-to-day lives that the goal just keeps getting pushed further and further away. To avoid this, commit to doing something that will keep you focused on your goal everyday, even if in the smallest ways. Remember, any small steps will eventually lead you to your goal. Something is better than nothing. Your action one day could even be just to read something that keeps your mind in a positive state. That alone will keep you from spiraling away from your goal. Now, take a look at secret #4, which will help you deal with lingering fears that might be holding you back.

Secret #4: Don't Let Fear and Overwhelm Win

Expect that fear and overwhelm will most likely come up. If they don't, I think you should be named the next superhero! Fear and overwhelm are part of life. We all experience them. The only difference is that the people who achieve their dreams do so because they push through the fear and overwhelm.

Decide right here and right now that you will not allow fear and/or overwhelm to win. Just having that awareness is a powerful weapon because it allows you to consciously decide to battle the fear each time it comes up. Without that, we just go through life being beaten down by fear without even realizing it or having the opportunity to fight against it. Sometimes we don't even consider that we could accomplish something or make a particular change in our lives because we are so blinded by the fear. Begin to notice it so that you can consciously set the intention to not let it rule your life. Be the ruler of your own life! You create your destiny and you start by facing your fears.

Deciding to accomplish a goal or make a change in your life despite the fears that come up is, in my opinion, the most important step. After that, the more you envision your goal as described in secret #2, the more you will notice the fear melting away. This is because you are no longer programming your mind with negative thoughts and fears and instead, you are replacing them with positive thoughts of manifestation. In doing so, your mind can't help but to be reprogrammed and the new program is one that will support your dreams instead of crushing them. This is one of the reasons why life coaching produces such fast and powerful results for people. A life coach helps you to keep your thoughts focused on the things that will bring you the results you want. On their own, most people have a hard time holding that focus because the chaos of life gets in the way so easily. But when they have a partner to help them, it

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happens with much more ease and they get results faster.

It is also important to note that you don't need to know exactly how you will accomplish something or make a change. Setting the intention to do so, visioning the end result as you want it to play out, and then being open to what the universe sends your way is most important. Sometimes part of the fear is that we don't know *how* to achieve our goals, and that can freeze us right in our tracks. Take comfort in the fact that you don't need to always know *how* to make something happen; it is only important to know *why*. The *why* of your goal is just your vision – it's the feeling you will get from accomplishing that goal. If you keep that first and foremost in your mind, and then remain open to what the universe will give you, you will find that the *how* will be revealed to you. I found that to be very comforting when I learned and experienced that because it removed so much of my fear. That leads us to Secret #6 which can be extremely powerful, so read on...

Secret #5: Build Your Support System

There are so many means of support available to us and you may not even realize it. So many of us struggle and feel like we have to achieve something on our own because we don't recognize or tap into the support that is available to us.

Begin to look at the people in your life and who might be able to provide some kind of support for you. Some examples are family, friends, coworkers, community, networking, and mastermind groups.

You might also consider hiring someone to help you, such as a life coach or business coach. Coaches are truly considered partners to help you reach your goal and the power of these relationships is phenomenal. I don't mention hiring a life coach because I am one. My goal here is not to get you to hire me. I want for you to get the results you desire and I believe very strongly that you get drastically different results by having a coach. So, find the person you resonate with the most and hire them. Even if you can only afford to have one session a month, a life coach will help you check your attitude, create a plan, stay on track, evaluate your progress, and hold you accountable. You will make changes easier than you ever thought possible.

Another area of possible support includes acquiring specific training and skills, which might be accomplished through conducting your own research, attending classes, or hiring a mentor or consultant.

You also want to consider how your environment supports you. Do your surroundings provide the environment you need to accomplish your goal? If not, what can you do to make them more suitable and supportive?

An extremely strong area of support to tap into is your spiritual support system. We all have angels and guides who are ready and waiting for us to ask them for help. Their purpose is to assist us, so they want us to ask. Take some time to sit quietly and ask for their guidance and support. There are angels

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and guides for every category of life you can think of. When I write, I ask for the writing guides to assist me and I ask for the angels to inspire me with beautiful insights. When I drive, I ask for the traffic guides to care for me and help me arrive at my destination safely and easily. There is literally an angel and/or guide for everything you can think of. Ask for their assistance! The more you do, the more they will help you.

You also want to consider whether your thoughts support your goal. What conversations are going on in your head? Do you have limiting beliefs and negative self-talk going on? Make sure your thoughts support your goal. There is tremendous power in our thoughts, so make sure you are using your thoughts to your benefit.

You might even come up with more people and things that can support you in your endeavors than what I have listed here. Just make sure you become aware of all of the support that exists for you and tap into it. We are not meant to struggle on our own. Support is literally all around us!

Now, let's look at the next critical step which will help you to see how this can all come together.

Secret #6: Reevaluate Often

We always want to keep our goal fresh, both in our minds as well as in how the goal fits into our lives at any given time. To do this, make sure you re-evaluate your goal and your efforts often – at least every week.

If you find yourself slipping back into your old ways, don't just let it happen. Evaluate why it is happening. Are you keeping your goal fresh in your mind? Have you been visioning everyday? Or is that goal just not a fit for you anymore? You must be willing to adjust your goals. Our lives are in constant motion and something that felt right before, might not be right for you now. Just be sure you aren't creating a reason to let your goal go out of fear. If you do decide to let it go, it is okay, but make sure it is because you want to let it go. Evaluate whether you are falling into the traps of fear and overwhelm? How can you pull yourself out of those traps? These are all things that a life coach can help you with. Everyone encounters these roadblocks, even coaches and that is why coaches have coaches as well. Everyone needs someone who can push them through the tough spots and get them to evaluate and recommit.

Be flexible and willing to go along for the ride. Remember, if you are following these strategies, you will be opening yourself up and allowing the universe to lead you along your path. Therefore, you might start out heading in one direction and end up in another. That is the way to do it. You always want to keep a plan for yourself, but just be willing to change it as you go along. When you do so, you will find that you are no longer struggling to accomplish an uphill battle because you will be in a state of flow. Your goals will be accomplished with much more grace and ease because of it.

There is one more secret that is an integral part of this process and here it is...



Secret #7: Remember Your Soul

It is extremely important to take some time to get quiet so that you can get to know your inner voice (your soul). We can't hear what path we should take when we don't stop and set aside all of the chatter within our minds. If you are constantly in motion, you might go full steam ahead in the wrong direction. We all need time to reflect and to get to know ourselves better. Getting quiet will put you in that natural state of flow. When you experience it, you will be shocked at how easy things come about. This secret allows you to tap into the spiritual support system I mentioned in secret #5, which in my eyes, is the most important of any support you can receive. But you will never experience it if you don't make an effort to tap into it. And all that means is that you take some time, even if it is for 5 minutes a day, and sit quietly, tuning into your inner soul and any messages that may be available for you.

For some people, this is a tough thing to do. I understand completely since this is an area that I struggled with at first. Just start with a commitment to meditate for 5 minutes a day. All that means is that you sit quietly and listen. You might want to visualize a white light within your chest, representing your soul, and tune into its energy. Don't get concerned with the thoughts that will flow in and out of your mind. It takes practice to settle our natural mind chatter. Over time, you will be able to quiet your mind and be fully in the present, united with your soul. And from that place, you will experience tremendous growth and a renewed focus on your purpose and how to demonstrate it to the world.

Bringing this secret into the mix will help you live a more holistic life. Don't be so stuck only on the more obvious ways to make your life better, like accomplishing goals, eating well, getting a good amount of sleep and exercising. While those things are certainly important, many people tend to focus on them at the expense of the more spiritual aspects of life. We have a mind, a body and a soul, so make sure you include your soul in your journey so that you can experience a life of wholeness.

Do you want to experience a life of ease and flow like I have mapped out here for you?

I have to tell you, I see too many people stuck in lives that don't fulfill them or make them happy, and it hurts me. I want more for you! Do you want more for yourself? It is not an easy time that we live in, but as you gain more insights like these and are able to put them into practice, you will find your life getting easier because you will be living from your purpose and therefore flowing with life instead of struggling.

I was only able to give you the tip of the iceberg here. I have many more strategies that expand on what you've read here.



Would you like to learn more? Would you like to discover in more depth how to use these and many additional secrets? It is my passion to help people live a life of more enjoyment. **It doesn't have to be hard. You don't have to struggle through life.** You really can learn to get into a flow where life just carries you through in an easy, effortless and enjoyable way.

**Join me for one of my FREE *Get In The Flow* Tele-seminars
and take these secrets to the next level in learning how to
flow through life with enjoyment.**

If you are like me, you probably find that most of us are tired. We are tired of life being so hard, and we're wishing there was an easier way. We are tired of searching and longing for fulfillment, and we are wondering if it is really even possible. **Too many of us are just enduring life, just passing the time, going through the motions, without experiencing real and lasting joy.**

I think you'll probably agree that when it comes down to it, all we really want to do is just enjoy life, right? That's why we keep looking for joy everywhere. We search for it in the things we buy, in the vacations we plan, in the food we eat, in the movies we watch, in the relationships we choose. But what happens is that after we have that "joy fix," we then go back to our lives, and we keep on keeping on until we have time to plan for more enjoyment. We haven't found a way to integrate joy into our everyday lives.

What I want to help you do is to get in the flow so that you can integrate the two, and then joy becomes a part of you and your daily life. **When you are able to get into the flow of life, amazing things will begin to happen for you, and your life will become enjoyment. Life is then easier, it is more fulfilling, and it is enjoyable.**

Sign up now for one of my FREE teleclasses called *Get In The Flow* at www.FaithsTeleclasses.com. It's FREE and in the teleclass, you will embark on a journey that is packed with tools and insights to help you break out of the struggle most of us find ourselves in.

Here's what you will experience in these tele-seminars:

- Unlock the secrets to moving forward in life with ease & grace.
- Be authentic and uninhibited in the process.
- Use your greatneses to propel you forward.
- Easily integrate these secrets into your life.
- Discover why we fall back into our old routines and how to break free.
- Break out of the rut and stop just going through the motions.
- Create true freedom where you once felt stuck.
- Feel empowered and in control of your life.
- And much, much more

This can all be yours!

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Sign up for the FREE Introductory Course today and you will also receive an incredible discount of 50% off the *Get In The Flow* program should you choose to continue your learning. This special pre-launch discount is only available for a short time, so don't delay!

Go right away to www.FaithsTeleclasses.com and sign up for the Get In The Flow FREE Teleclass.

Your enjoyment awaits! The only thing that's at stake is the effort and struggle that you want to say good-bye to anyway!

Go to www.FaithsTeleclasses.com now to register for the FREE tele-seminar!

(PLEASE NOTE: This is just a sample of my writing and the site www.faithsteleclasses.com is no longer active.)

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As a Certified Comprehensive Coach, Faith Davis has helped many individuals make positive changes in their lives. By sharing her uncommon and fresh perspective on the aspects of life that tend to drag many people down, she has been able to assist others in bringing forth the transformation they hadn't previously seen possible.

Faith's vision is to shine her light on the world by assisting others to embrace change and finally create lives that make their souls sing. She believes that a written work will find its way into the right person's hands at the right moment, and that it will speak to each individual in a way that is unique to him or her. That has been her experience over the years as each memorable book has found its way into her hands and changed her life in even the smallest of ways.

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