

***7 STEPS TO
RECLAIMING YOUR
LIFE! E-Book***

Love the Life You Want to Live!



***By Gina Sannasardo
Peace, Joy, and You Coaching***



Hi, and welcome to this journey on reclaiming what is rightfully yours-your wonderful and abundant life! God loves us with such an intense passion, that He created us with such a unique design, purpose, and mission. The destination is peace, joy, and happiness like nothing we have known before. Here we will look at some simple steps and strategies to get back to your original purpose. You will have time to reflect on your talents, gifts, and become empowered with a community of faith and support.

Recognize that your needs are important and Renew your hope!

Energize your Spirit and readiness to love your life again!

Choose yourself first for a change and Calm your body and mind!

Listen to your body and intuition Led by the Holy Spirit!

Acept yourself as Amazing, Beautiful, and Perfect!

Inspire yourself - BELIEVE all your dreams are within reach and

Make it Meaningful so that you become excited for change!



Take some time to dig deep and spend time with yourself that allows you to discover, grow, and move forward.

Recognize that your needs are important and Renew your hope!



How do you recognize what your needs are? _____

_____. How do you determine which needs are more important than others? _____

_____.

Which needs do you honor the most? _____



_____. In what ways do you value idea of meeting your needs? _____

When do you find that you don't take time for your needs to be met and why?

_____. When you are able to take care of your needs, what happens?

Make a list of your top 5 needs (#1 being the most important to you) 1. _____

2. _____ 3. _____

4. _____ 5. _____

If you had to pick one need to focus on that needed the most attention, what would it be? _____

Why? _____





By addressing this need, what would it do for your life? ____

____. What might be getting in the way of you putting your needs first? _____

____. What could happen if you don't take care of it? _____

____. What is one thing you can do to overcome, or challenge yourself to meet that need anyway?





How do you feel knowing that you have the choice and power within to care for your needs?

How can this benefit your family?





What does this freedom allow for you to feel and do? _____

_____. How does this affect those around you (home, work, friends, etc). _____

_____.



Knowing that God has instilled in you the power to choose and love yourself, what feelings start to surface? _____

_____. How does hope play a role? _____

_____.

ACTION STEP:

What is one thing you can do to remain on track in recognizing your needs are important, which ones need attention first, and how to go about being accountable in meeting them? _____



Energize your Spirit and readiness to love your life again!



What do you think could energize your spirit? _____



Which of these might you want to try? _____

_____.

Some really good ways to energize your spirit if not already thought of are walking, or just being in nature. It is amazing how our bodies were designed to commune with the earth-even walking barefeet on the ground from time to time can help bring energy and healing. Another is praying. Pray whenever you have an opportunity, pray from the reading the scripture, or when appreciative of something. One more idea is to smile-it becomes contagious and creates a need for the body to want to find more reasons to smile -joy, happiness, and energy are the result- we call this the law of attraction.

What things make you smile? _____

_____.

When is the last time you used the Bible to prayerfully meditate or reflect on

? _____

_____.

Is this something you might consider doing and how often feels right to you? _____

_____.





_____. On a scale of 1-10 1
being least likely, how committed are you to praying
more, smiling more, and being in nature
more? _____. What sort of things might hold you
back? _____

_____. How
can you break through those barriers?

_____.



There's no better way to
energize your body, mind,
and spirit than by taking
care of yourself.

Stephanie Toules

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**Knowing that Holy Spirit dwells within you, what is one
action step you can take this week to really honor your
spirit and help it energize back**



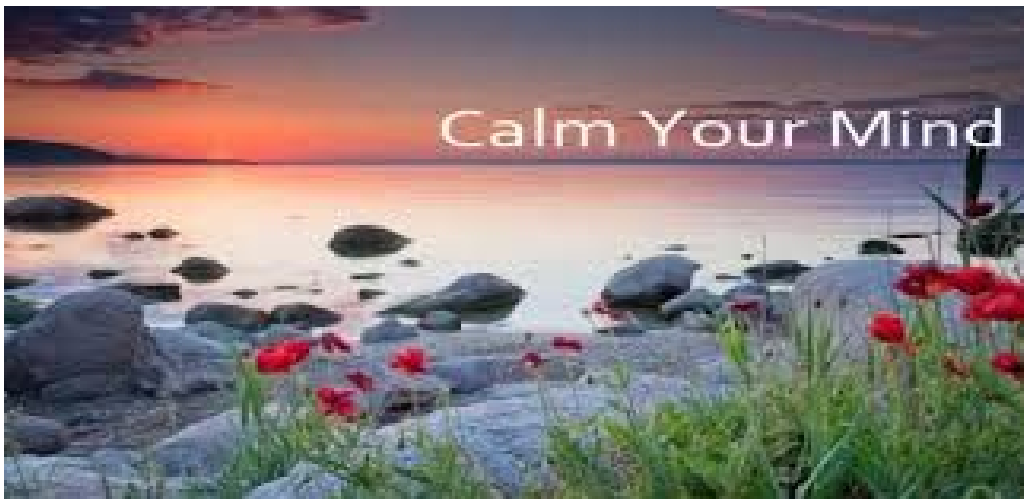


up? _____

_____.



Choose yourself first for a change and Calm your body and mind!



It is so import in our rushed society between work, home tasks, bill, appointments, after school activities, and so on



and so on, that we time some much needed mind to calm both our bodies and minds. What are ways you allowing your body not just to rest, be to just be still? _____

_____.

Being still doesn't just mean to rest, it means to let thoughts pass through your mind and wander off, or to really allow your body to become grounded and still -almost like centering or meditation. What are your thoughts on centering and meditation? _____

_____? How might this benefit you in the presnet and long run? _____

Often listening to calming music or "white noise" can really allow for us to detach for a little without the need to focus on anything, but the noise itself and let go and breath! How can you honor yourself and just be this week? _____

INHALE

EXHALE

Listen to your body and intuition Led by the Holy Spirit!



The Holy Spirit is always with us in all that we do. He talks to us in ways we probably don't even realize. This is like listening to our own instinct, gut, or intuition, and in turn really allowing the Holy Spirit within to work and move through us. Where do you see the Spirit working in your



life? _____

_____ . Are you always able

to recognize it when it

happens? _____ . How can you

be more mindful of that

happening? _____

When do you feel led by your

intuition? _____

What are you feeling when that

happends? _____

DO you know that is happening when it

does? _____





How do you hear God calling you and/or talking to you? _____

. What do you believe He is saying and wants you to do? _____

_____. Do you feel you are living His plan and purpose for you out? _____. If no, what might be getting in the way and how can you overcome that block? _____

_____.



The other part of this is to listen to your body as well. When we become overworked, or have done too much, we are wearing away at our body and exhausting it. We were not designed to be over worked, but to rest and take care of our body. Although our body is our own, it also the tabernacle and resting place of our Lord. We are all asked to care not only for others, the earth, but ourselves too. Our body is connected to everyone- we are all one body of Christ. What we do affects everyone. The best and worst we see in others is often a reflection of ourselves. How do you see yourself in others? _____

_____ . How do you



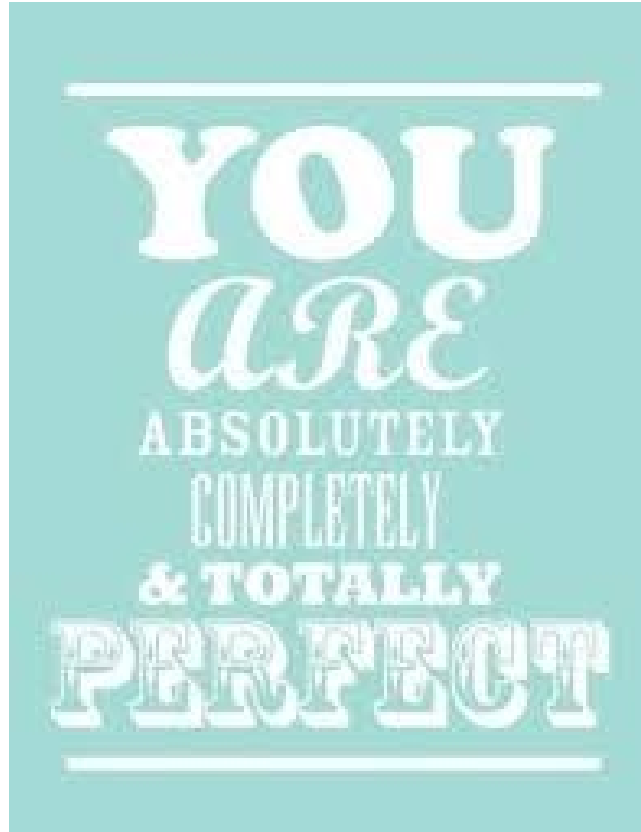
take care of your
body? _____

_____. What does
taking care of your body look
like? _____

_____. What action plan can you create to
take care of your body, spirit, and mind this
week? _____

*"Take care of your body. It's the only place
you have to live."*

Accept yourself as Amazing, Beautiful, and Perfect!



Do you know that you were made perfect, wonderful, and brilliant? God made you with a unique purpose, design, and mission. What do you believe God has designed you for?

All of the gifts and talents He has bestowed upon you are to be utilized in living your life to the fullest so that you can be abundantly happy, joyful, and peaceful. He has instilled these gifts and talents to be used and enjoyed so that others might see how good He is in enabling you to be the best version of yourself in all you do. What are your



gifts and talents? _____

_____. Out of these, which do you use the most and why? _____

_____. How can you use the other gifts you han't been tapping into? _____



Are you able to see how these talents God has given you can really take your life ot hte next level if you use them





more? _____

_____ . It

goes back to taking time for ourselves to dig deep and explore what we hear God saying and centering to hear what is ours -our gifts and talents and how to use them.

What kind of a plan can you create to allow these gifts and talents to take hold of your

life? _____

_____ . What might this do for your life, or how might it change if all and in what way? _____

_____ .





Inspire yourself - BELIEVE all your dreams are within reach

to inspire others, you must first inspire yourself

Knowing God is within you guiding you, and that He gave you gifts and talents to live out your life fully, you must know realize you are well-equipped and ready to move forward in your life. Here are some tips:

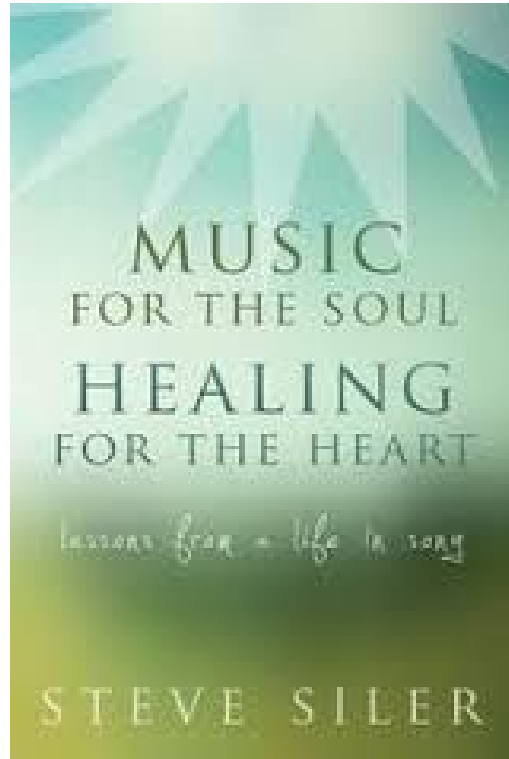
1-Be you and love it-own who you are-your you is unique and perfect

2-Take action-it is never too late to do start something new that sets your soul on fire -have faith and courage

3-HAVE passion about what you do b/c that will radiate out for other ssee and become inspired by you

4-Become immersed with daily devotionals whether from the Bible direct, or from a devotional book -Christian music is healing and motivates the intimacy God so desires to have with us!





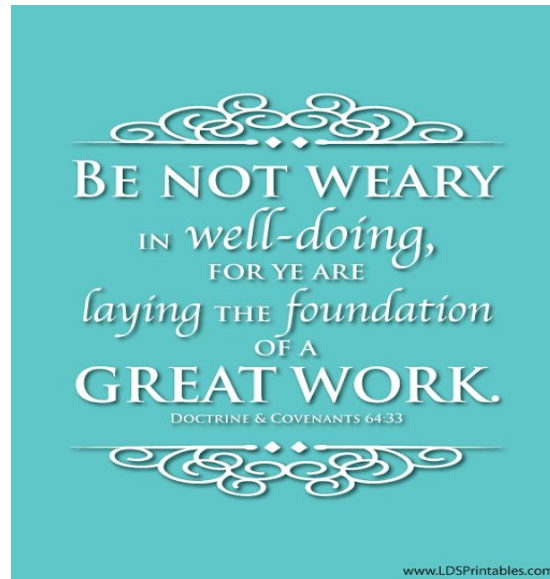
You are doing great right now- Keep up the good work, everything is good according to God's plan- never despair or lose hope as He is there always in Control!

Make it Meaningful so that you become excited for change!





Proverbs 16:3 "Commit your work to the Lord, and your plans will be established."



What this means is that in all you do - do it for God. Don't begrudgingly complete your tasks, or show disdain, and self-pity. Allow the best version of yourself to really come up as you work for the good of God.

Additionally, know that what you do is a part of God's plan; therefore, when you use your gifts and talents in your business, or work at home, know you are helping others complete God's plan and purpose for them too. You then become a model for others on humility, kindness, gratitude, and generosity. Now this doesn't just apply to making work meaningful, this is for life as well. Think of the chores you do, the to-do lists at home, going to the activities you children are involved in, volunteering, etc.

What about just making the everyday to day routine meaningful? Making the simple things of dinner, going for a walk, or being with your children- and showing up as you, authentic you, and being the best version of yourself.

How do you view any type of work you do whether business, home chores, any labor at



all? _____

_____.

Is there anything that could improve your perception of that? _____
_____.

What has shaped your mindset about that? _____
_____.

How can making even the smallest of tasks more meaningful help you day to day? _____

_____.

How might this evoke change in your life for the better? _____

_____.

What do you see as the best part of your day now? _____
_____.

What about it makes it special? _____
_____.

How can you bring that energy and mindset from the best part of your day to another or all areas of your





life? _____

_____ .What is one area in you rlife you want to make more meaningful? _____

_____ . How do you plan to make that happen this week? _____

_____ .



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RECLAIM YOUR LIFE NOW!

I hope you have enjoyed this journey of looking at your life with joy, pride, and freedom. You were born unique with a wonderful design and mission just created for you! Enjoy all life has to offer and find joy and peace in even the littlest of things. May Peace and Joy Always be Yours!

