

Foreword: Your Mission

What's stopping you from living a big, bold, glorious life?

Ah yes. I mean even bigger and bolder than the life you have right now. I'm talking about the kind of life that you can look back on 40 years from now and think, 'Wow. I don't know how I did all that, but what an extraordinary ride.'

Your mission, if you are willing to accept it, is to get out of your own way. Let go of all those niggling, annoying, life-stalling things between you and your boldest dreams.

To do this you'll to become an explorer, bravely journeying inward. You'll need to uncover your self-beliefs, stare them dead in the eye and eradicate anything that's bogging you down.

Simple concept, right? But it will take courage and chutzpa to get from where you are today to where you want to be.

I've created this guide to assist you on your quest. It features 6 practices specifically designed to help you go from playing small to living big. These practices have worked for me and thousands of people I've coached over the past 15 years.

Know this: you can create a bigger life.

It all begins with letting go.

Be bold,



Lisa Martin, PCC

