



OPENING DOORS TO YOUR BEST LIFE

4 KEY STRATEGIES TO
CREATE THE LIFE YOU DESIRE



BY DEBORAH SAKELARIS
Professional Certified Life and Career Coach
www.RodasCoaching.com

YOU CAN HAVE A LIFE YOU LOVE!

What others have said about working with Deborah Sakelaris...

Deborah has provided a great deal of help to three members of my family; she is a wonderful coach and a fine person.

Bill, New York

Deborah helped me uncover and handle a personal restraint that was greatly hindering my professional and personal development. Once found, and more importantly, recognized, I no longer felt constrained. I am most grateful for her patience and guidance to help me uncover that core issue and will forever be indebted to her. I recommend Deborah with neither hesitation nor reservation.

Patrick, Chicago, IL

Deborah and I have worked in parallel for a number of years. It is a great joy to get to know her and watch her work ethic and determination to assist her clients. Both my wife and I have referred clients to Deborah and she is a compelling practitioner. Her flexibility and understanding of many difficult life issues enables her to personalize with each client she works with; however, it doesn't preclude her ability to bring disciplined principles to provide the structure required to meet goals. I very much enjoy our professional relationship and find her an uncommon partner.

James, Chicago

I appreciate Deborah's clear and concise communication and her clarity of vision and purpose. She is gracious and understanding. I love her commitment and her consistence.

Bridget, California

Deborah has a natural talent for helping clients identify and follow through on their specific goals. I strongly recommend Deborah if you are looking for a professional coach who will support, challenge and partner with you to meet your personal and/or business goals.

Alice, New York

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INTRODUCTION

All our dreams can come true – if we have the courage to pursue them.

-Walt Disney

Walt Disney is credited with having one of the most creative and innovative minds of all time. Just think what his thoughts must have been like and how his thoughts helped him create his best life. Think about the vision that this extraordinary man had. His legacy will live forever because of the incredible thoughts he had, that then became a magical land of reality that he created and inspired others to continue.

I use to work at Walt Disney World and I always thought, wouldn't it be great if once you left Fantasyland you could take the Pixie Dust, sprinkle it over yourself and your best life would show up. Well, it's not as easy as that, it does take work, and the good news is that you can do it! You can create your Best Life, and I'm going to show you how to begin in the pages that follow.

Opening Doors to Your Best Life! Can you imagine opening a door and right before your eyes was your best life? What does it look like? How does it feel? What smells do you notice? What is the environment like?

These are just a few questions to ask yourself as you begin the journey of creating your best life. The doors are there for you to open and step into to create what is really possible for you. It is all in your control. You are able to create the life that you are meant to live and that you deserve to live.

Your life experience is up to you. Why settle for anything but the best!

Imagine the life you've always dreamed of living, with no barriers or boundaries. Imagine a life rich with success and achievement, heartfelt personal relationships and a deep sense of spiritual fulfillment.

This is exactly what this e-book is all about – You will learn strategies that will help you find fulfillment in your life and create your Best Life. You can make it happen!!

4 KEY STRATEGIES

1 CREATE A LIFE LIST

A life list that is actually doable is full of integrity and intention. It's much more than a to do list or a bucket list. In order for it to work, make each item have real, personal significance to you. Dream big! Create something realistic. Make a list that you have faith in and keep it from becoming stagnant, by being clear, concise and true to yourself.

To help you get started on creating your life list, begin by asking yourself, and answering, the following questions:

- How do you want to live your life?
- Where do you want to live?
- What activities do you want to spend your time on that have heart and meaning to you?
- What are your life dreams?
- What causes are important to you?
- How much money do you want to make?
- What career do you desire?
- What does your home look like?

Once you have taken time to write out your answers to these questions, start to create your life list from your responses. Dream! Dream Big!

The next step is to put this Life List somewhere you can see every day, several times a day.

Share the list with someone or several people. I'm a firm believer that we speak things into being, so the more you share it and take actions daily, weekly and monthly to accomplish what is on your list, the more easy and the more fun it will be for you.

A life list is a complete vision for your life. When they work for us, life lists honor our own values and our values are more about who we want to be rather than what we want to have in our life.

*Create your Life List, Act on your Life List
and Celebrate your Life List Accomplishments!!*

2 GOAL SETTING

Go confidently in the direction of your dreams. Live the life you've imagined.

- Henry David Thoreau

GOALS

A goal has a specific measurable result. For example: earn a promotion to VP of Sales by November 8, 2013. It is important to remember when working with goals that a goal is a landmark or signpost to use as you move forward in life. Goals are a way of measuring progress and evaluating the effectiveness of your actions. If you do not reach your goal by your target date, it is an opportunity to look and see if:

- You are truly committed to that goal (It's OK if you are not).
- The actions you have taken are appropriate.

It is also important to set goals that are compelling and will allow you to stretch and grow. These goals are more than a glorified to-do list.

I encourage you to set exciting, changing goals and to welcome the occasional failure that inevitably accompanies this courageous endeavor.

Your goals may come to you quickly, or you may need some inspiration.

GOALS	BY WHEN

GOAL SETTING

For every goal, fill out the below information and share with others.

Goal: _____

Is the goal:

Specific _____ Measurable _____ Attainable _____ Realistic _____ Timely _____ Inspiring _____

What Steps do I need to take in order to achieve the goal?

What might block me from achieving this goal, and what will I do to overcome these barriers?

How will I stay committed and motivated?

Who else do I need, or what else, do I need to be successful?

How will I chart my progress?

Who will be a part of my accountability and success team?

What will I do to celebrate when I achieve a goal?

*Goal setting is a powerful process!!
It will help you think about your ideal future,
and it will motivate you to turn your vision of this future into reality.*

3 GRATITUDE

Discover The Power Of Gratitude To Unleash Your Best Life!

Consciously and consistently utilizing The Power Of Gratitude will allow you to attract the abundance and happiness that you desire and deserve to create your best life. Studies have shown that gratitude is one of the character traits most closely associated with true happiness. Simply practicing the act of gratitude has been found to boost happiness levels as long as you continue to practice it regularly, and with mindfulness.

So the question is, how do I practice gratitude? Below are some exercises that can help you in your gratitude journey to create your best life.

PRACTICING GRATITUDE EXERCISES:

ADVANCE GRATITUDE:

It has been said that one of the most powerful forms of gratitude is the kind which you express in advance of your actual experience. When you are filled with appreciation in advance, it quite literally changes the dynamic of your reality and the outcome of your life.

BE GRATEFUL IN NEGATIVE SITUATIONS:

When negative thoughts come in to your mind, look for things to be grateful about in that situation. It is challenging and may not be obvious, however, know that they are Always there. No matter what you are going through, there are always things to be thankful for. Making a list of those things will shift your focus and make you feel much more resourceful.

KEEP A GRATITUDE JOURNAL:

Find a journal that inspires you with a picture on the front or fun colors that inspire you. Take 5 minutes in the morning before you get your day started, and 5 minutes before you go to bed every night to write down things you are grateful for and that bring you joy.

WALK WITH A GRATITUDE THOUGHT:

As you are walking to the train, walking on the treadmill, taking a walk with a friend, walking the dog or doing household chores, notice what is around you and shout out as many things as you can think of to be grateful for in that moment.

SHARED GRATITUDE:

Find a friend and sit across from one another. Each of you take a turn saying out loud what you are grateful for that day. Notice how this makes you feel.

4 PLAN FOR YOUR BEST LIFE

Very few worthwhile things are done without a plan. It is important to create a plan so that you can achieve what you want in your life. Plan big! Know you can do anything you set your mind to. What are you after? Health, wealth, love, peace, happiness, etc...? Take time to sit quietly and write out your plan. This step cannot be passed over. A plan gives you guidelines and direction.

Work the plan.

Once you have your plan written out, begin today taking the steps necessary to achieve your best life. Share your plan with others.

Visualize yourself already there.

Visualization only works when you take action -- And you can strengthen your actions through positive visualization. Do whatever you need to "see" yourself living your best life. Below are different forms that Visualization can take to help you on your journey:

- A vision board – A tool used to help clarify, concentrate and maintain focus on creating your best life. Display images on a board that you see several times a day that represent whatever you want to be, do or have in your life.
- A check written to yourself in a large amount.
- Visualization of your best future self. What does your life look like 1, 5 and 10 years from now?

Be creative -- use whatever tools that fit your needs to visualize your best life. With these items in front of you, begin living your best life today. Imagine you already have all you desire.

Track your progress.

Set up a time every week to measure how close you are to living your best life. Notice if the steps you're taking aren't giving you the results you want, use a different method. That doesn't mean giving up -- you're merely taking a different path toward your best life.

Most of us are passive spectators watching our lives unfold. We are reactive instead of proactive. Planning your life = Clarity, Balance and Peace of mind, which leads you to living your best life starting today.

It's Time To Plan!!!!

SPECIAL OFFERS

Congratulations on completing this e-book:

OPENING DOORS TO YOUR BEST LIFE 4 KEY STRATEGIES TO CREATE THE LIFE YOU DESIRE

I hope you found this information valuable and that you are ready to take the steps and actions that are needed to Open the Doors to Your Best Life.

As a thank you for downloading this e-book and your interest in Rodas Coaching, we have two special offers to help you continue your journey towards Your Best Life:

Offer#1

50% off of our 12 session coaching package.

Offer #2

\$100 discount on our Energy Leadership Index Assessment tool which includes a 1 hour debrief coaching session.

For more information on both of these special offers, please e-mail Deborah@rodascoaching.com.

Deborah is a Professional Certified Life and Career Coach, published author and professional public speaker. She is also the Owner of Rodas Coaching, LLC, a company dedicated to helping individuals create passion, joy and success in their life and in their career. Deborah's coaching expertise is in life and career coaching. She works in the areas of Life Transitions, Work/Life Balance, and Career Management. Deborah also provides training in areas including stress and time management, strategic planning, leadership development and goal setting.



Deborah is trained and certified by the Coaches Training Institute and iPEC Coaching, both fully accredited internationally recognized coaching programs, and a member of the governing body for coaches, The International Coach Federation.

With a Bachelor's Degree in Journalism/PR and a Master's Degree in Business from Ball State University, Deborah began her career at Walt Disney World in Orlando Florida Working in Guest Relations and then becoming an assistant to the President. Deborah has over 15 years of progressive experience in training and development with expertise in the areas of coaching, operational management, recruiting, wellness management, and program development.

After leaving Walt Disney World she became the Wellness Director for the Wellness Council of Indiana. In this position Deborah coached and trained steel mill employees, healthcare workers and corporate employees on how to live a balanced life, teaching stress management, weight management and smoking cessation, along with other wellness programs. Deborah also worked as the National Franchise Manager at Randstad Staffing Services, where she managed, trained and coached 47 franchise owners and their staff teams in all areas of the employment industry.

Deborah is an active member in several professional and volunteer organizations. She has also presented and coached individuals and groups on recruiting, sales, and training and development for individuals, staff members, management teams and corporate leaders across the country.