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Lighting Your Path! – How To Create the Life You Want

By Joanne Victoria

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Lighting Your Path! How To Create the Life You Want

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Below is an excerpt from Joanne Victoria's book,  
Lighting Your Path! How To Create the Life You Want.  
To purchase this book, contact Joanne at: 415-491-1344.  
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You want to know what I think? I think too many of you are trying too hard, doing too much and not achieving what you really want anyway. You are not achieving because there are too many things in the way: unnecessary obligations at work, at home, with friends.

Lighting Your Path! – How To Create the Life You Want

You can burn out by trying too hard to hold on to too much information. You alter the way you live your life to accommodate others' needs before your own. Holding on too hard will wear you out.

In order to live your life instead of someone else's you have to reinvent the way you live it.

You can reinvent your life. You can transform your life from what you have been to what you desire.

Transformation will allow you to be who you want to be.

Transformation will alter your outlook on yourself and others.

Transformation will help make all things possible.

Just know that you can reinvent the way you live your life now and create the life you really want.

All You Have To Do

All you have to do is practice The Three Steps once a day, once a week, or once a month; just do it.

You have already taken the first step, you have decided to take back your life. What follows is a sequence that can strengthen your intention.

First, you stop what no longer works in order to make room to create what you want.

Second, you start to take care of yourself in a way you have never done before.

Third, you create your desire, what is most important to you and then, your fulfilling life.

I am confident this book will help in providing direction, vision, clarity and focus.

Just follow the directions and see what happens.

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What do you need?

All you need is the willingness to take time and make yourself the priority in your life.

So, go out and get a notebook and label it your Lighting Your Path! Journal, grab a pen and let's get going.

You are not alone - I am right here.

1, 2, 3 - RED LIGHTS STOP ME!

What are the Red Lights in your life?
What is Stopping you?

Clues:

1. You find yourself too tired to get out of bed.
2. You find yourself drinking loads of coffee just to get going in the morning.
3. You find yourself angry with everyone - a lot.
4. The idea of you having any fun and relaxation makes you laugh hysterically.
5. You are gaining weight.
6. You are losing weight.
7. You start the day unhappy and depressed.
8. You find yourself complaining all the time.
9. Your kids walk quietly around the house— a new thing.
10. Your spouse/partner is in hiding.
11. Your children, friends and peers are avoiding you.
12. You take care of others instead of yourself.

AUTHOR'S NOTE:

It's time to take out your Lighting Your Path! Journal and start making a list of your RED LIGHTS.

This book is not a one–size–fits all.

But, it could be!

If any part of this book works for you, follow the THREE STEPS to create your life the way you want.

Remember, in order to reinvent yourself, in order to create the life you want, you need to get rid of what you don't want, what doesn't work for you, in order to create the space to do what sparks your spirit.

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Joanne Victoria is the author of Lighting Your Path!

How To Create the Life you Want – order here!

<http://www.JoanneVictoria.com/book.htm>

Joanne speaks to organizations and associations about achieving more and still staying true to who you really are. Tel: 415–491–1344

Sign up now for her FREE monthly e–zine:

Light Your Path!– Discover Your Inner Truth

at: <mailto:JoanneVictoria–subscribe@topica.com>

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Contact Joanne about her upcoming book:

"Lighting Your Path!

How To Create the Business You Want"

as well as her teleclasses.

<mailto:book@joannevictoria.com>

Joanne Victoria is the owner of New Directions in Sausalito, CA. She is a Business and Life Coach who works with small business owners who want to be successful and still be true to who they really are.<http://www.JoanneVictoria.com>

Which Lamp should I choose?

By Mike Yeager

With all the lighting choices out there, you may want to reconsider just purchasing a lamp for your lighting needs. Whether you are looking for interior lighting or outdoor lighting, you can find many options pretty easily. Lighting fixtures have become more than just a means for gaining light. They are stylish and fun. They can be useful, but also are decorations for your home. There are many types to choose from as well.

Some things to consider when choosing lighting are what your needs, tastes, and desires are. You will want something that will fulfill all these elements. Let us talk about outdoor lighting for a minute. Outdoor lighting can be many things. It can be posts or landscape lighting. You can outline the path to your home or put spot lights on certain points within the landscape. You can choose from many different styles and types, colors and designs. Solar or not. Bright or faint.

Home interior lighting is also quite versatile. If you are looking for kitchen lighting, you will want something that is bright and will cover the entire surface. While you may also want to add a dimmer switch in your dining area. The bathroom lighting can be relaxing and soothing by using subtle lights and lighting fixtures. In hallways, track lighting is a good option as it is many lights that can be pointed in any direction.

With so many options, it is easy to see why the average lamp isn't used as much any more. Now, that is not to say that lamps aren't part of your homes interior lighting scheme. There are many stylish, elegant, lamps that will fit into your plans. But, it is to say that they are not the only thing out there anymore. Now, to find these great types of lighting, try checking at local home improvement stores and even lighting specialty stores. Or, if you would rather check out your options at home, check online at the numerous online retailers.

There you can order hard to get items or specially designed items. There is no excuse, therefore, to not knowing what your options are. Trying new and exciting things will benefit your home for years to come.

Mike Yeager
Publisher

Which Lamp should I choose?

Brighten Your Path By Installing Decorative Landscape Lighting

Light up your Kitchen with the right lighting!

Tips on Outdoor Deck Lighting

Sparkling, Clean Lighting Will Add The Perfect Touch To Your Home

Insider Secrets to Flea Market Profits

Starting a Successful Retail Business

Note Pops

EmailMasterPro
Inside The Minds of Winners



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