

**Dotsie Bregel,
Founder and CEO of
The National Association of Baby Boomer Women
(NABBW)**



www.nabbw.com

And

**Boomer Women Speak (BWS)
www.boomerwomenspeak.com**

Presents

30 Days to a New You!

With

Monica Magnetti

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Dotsie: Hello and welcome to the call.

For those of you who don't know me, I am **Dotsie Bregel**, and I'm founder of the **National Association of Baby Boomer Women** which can be located at www.NABBW.com and www.BoomerWomenSpeak.com which are the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women at midlife, so this e-course is right up my alley. Since launching www.BoomerWomenSpeak.com in 2002, I've been connecting, encouraging, and supporting Boomer women on a daily basis. I dedicate a great portion of my time to creating opportunities that inspire women to explore their passions and live life to the fullest.

If you are not a member of the [NABBW](http://www.NABBW.com) and you are from Monica's audience, you are welcome to join us. It is typically \$75.00. But if you are interested, we can send you a link to join for \$50.00. All you have to do is email me at dots@nabbw.com and I'll be happy to send you that link.

This teleseminar is one of the many benefits that we have when you are a member of the association. We have approximately 65 teleseminars taped and recorded audio links, and then we also have transcriptions of all of these teleseminars that we've done for the past several years. And those are yours with membership at the NABBW. All you have to do is enter the Members Only area of the www.NABBW.com site and they're all available to you.

At the end, if anyone has any questions, they are really encouraged to ask, but I just kind of prefer that we just get down to business now because Monica has a lot to cover. Are you there, Monica?

Monica: Yes, yes.

Dotsie: Okay, good.

While Monica has earned an impressive set of academic credentials—a diploma in Greek and Latin ancient language and literature from her Italian schooling, a BFA in Creative Writing from the University of British Columbia, and two Professional Coach Certifications—she credits the School of Midlife Crisis and these two life experiences—overcoming chronic pain and learning English as an adult—for the tools she's found most valuable in assisting others to transform their life.

And I have to say that with what you are doing at this point and time in your life, it really sometimes is your life experiences that are the most helpful, so it's interesting that you say that, Monica.

She's authored three books in the field of personal and professional development, and has been recognized by national and international TV and print media. And what's interesting is that Monica has written these books; and she has written them in English—all three, right, Monica?

Monica: Yes.

Dotsie: And that is not her native language. So to me, that's just an incredible feat in itself. Her coaching clients are moved by her boundless creativity and enthusiasm for life as she guides them in connecting with their skills and talents, long-range vision, and deepest heart's desires. She works with people to create balance and purpose in their life and to consciously, fully embrace their powerful self. And we're going to learn a lot about this on the call and then also, in the **30 Days to a New You** e-course that she's offering for free, whether or not you have her book. Now I happen to have her book and that's most helpful and I have received her email e-course in the past and I have to admit, I was just reading through them to just kind of preview them, but I did not do the course. But I am doing the course in January with everybody else. I'm really looking forward to it.

Monica: Yeah, I'm excited!

Dotsie: Yeah, I think that should be fun and my assistant, Georgia, is also going to be doing the course.

Monica: Oh yeah!

Dotsie: Good. And so anyway, Monica is very good at supporting individuals as we become the leader of our own unique adventures. And this is so much of what NABBW is about and that's why we are really excited to be able to offer this opportunity to our members. If you are looking at making any midlife changes, or just some self reflection trying to discern your gifts; whatever it is you are being called to do, etc, this is a good e-course for you.

So while Monica admits that coaching isn't a quick fix, she'll work with people who want to say yes to a bigger consciousness; who want to envision and design the big picture of their lives. And I have to say it's interesting. I do know a few people at midlife who think they're already there. They don't think they need to know anything else; they don't think there's much more ahead, they're not interested in self-reflection, and I just don't get it because I'm totally about all of those things, and hopefully will be until the day I die. Anyway, she offers several life/business and wellness coaching programs that have rapidly been

transforming women's lives. So her latest is the "get what you want e-course," that's based on her new book, "**30 Days to a New You: Get what you want through authentic change.**" Welcome to the call, Monica.

Monica: Thank you so much, Dotsie. And let me just say, just comment that I have done this upcoming e-course. I've done it actually as a participant and you know, I just kind of...there is always one, or two, or three more things that you get that you didn't get before. So it doesn't really matter at what level of awareness you are, there is always something that can shift. So I'm excited to say I will also do the e-course as a participant, not only as the coach, on January 11, and I am looking forward to it.

Dotsie: Okay, good. Now let's just talk about the e-course a little bit. And what's really great about this call is often times I know when I do teleseminars people are trying to sell me things and that is not the focus of our teleseminars at the NABBW. They are educational and they are very empowering. And so I'm just happy to say that this is a free e-course. So we're not trying to sell you anything which I think is wonderful. But why don't you talk a little bit about how the e-course will work, and then we'll get into what you have to share with women for what's on the teleseminar today.

Monica: Okay, fantastic. Thank you so much, Dotsie. If I'm talking too much, please feel free to interrupt me because I just get so excited and passionate about this book and the e-course.

And so; the e-course. The way it works is that people register, bla...bla...bla..., they get an email, they send it back that they are registered. Starting January 11, everybody is going to start receiving one email a day. The email will contain a summed up chapter from the book. Now the book and the e-course are totally self-sustaining. If you want to do only the e-course, that's fine. If you want to do the e-course with the book, you will have a deeper experience; however, you know they work on their own. So everyday you are getting an email, you're getting a day chapter from the book; from the "**30 Days to a New You,**" and everyday you will receive the chapter and the worksheet so everybody gets to do that on their own. And I say do them in whatever way you choose to do it, and then fire me everyday an email back that says day one, done. Day two; done.

If someone is stuck, then I just ask them to send me an email with in the subject saying, "Wanting to unglue." And I will read everybody's email everyday. I will not respond to the email unless there is, "Wanting to unglue." So the way that has been created is to maintain accountability because life gets in the way and people say, oh I'm going to do that...oh, whoops, now I'm busy doing that...now I'm busy doing that. So I'm going to hold you accountable that every day you're going to do your work either super fast, or taking your time; whatever needs to fit into your life; that however you're going to do it everyday, and you're going to be accountable by sending me an email and say, "I've done it!"

Dotsie: So that's one interactive piece. Another interactive piece will be the forum community at www.BoomerWomenSpeak.com. So you are going to be in the forums and there's already a link provided, and women will be able to communicate with you that way, too.

Monica: Absolutely. Absolute, and, there is the conference calling every Monday morning at 12:00 Eastern time, for about, ah...the call is going to be about 15-20 minutes and it's going to be where we can kind of refresh the week that we're doing and sort of go over the week that was covered and just get motivated to stay on track with our desires; our heart's desire. And that, being connected to our heart's desire, will be an easier way to get to any goals.

Dotsie: And let me just mention something else that I think is another beauty in this course is the fact that you will, if you want to, if you take it seriously, you will be able to get to know other women taking the e-course, either through the forums, or on these calls. And I will also mention that I will not be leading these calls; that Monica is going to take care of that. So once we register—and they can register at your site already, right Monica?

Monica: Right. They can register at my site already. On the homepage there is a link that goes into a page. So my homepage is www.lunacoaching.com.

Dotsie: So for now, we have the information on our site, www.NABBW.com but you really can't register there but we hope to have that done by tomorrow. For now you can go to www.lunacoaching.com and register. Now however; what we plan to do is register anyone who registered for the teleseminar, we're going to register you for the e-course unless we hear from you. If you start receiving the e-course in January and you're not interested, just respond, "thank you, but I don't have time."

Monica: Let me just interrupt you one second, Dotsie, for some technical outline. We're going to register everybody coming to the call. They will receive an email asking them to confirm that you want to take it. Unless you click on that link, you will not receive it.

Dotsie: Ah, so that's important.

Monica: Yeah, the program is designed that way for people to have to confirm to make sure that that's what they want so they're not starting to receive things that other people signed them up to; so there you have it. You will have people on the call automatically registered, and you will have to click on the link to confirm it.

Dotsie: Okay. Okay. So anyway, I will share that I have Monica's "**30 Days to a New You**" manual and workbook, and actually so does my assistant, Georgia.

And both of us are very impressed. It's very easily laid out and I think very easy to do; very good format with lots of opportunities to grow yourself. So if that's what you are into, then I think that's the e-course for you. Okay, anything else about the course, Monica?

Monica: Yes, the e-course keeps you accountable for what you want to do and mostly, it's going to help you understand who you are being versus what you are doing; which by definition in today's society kind of gets lost. We tend to define ourselves by what we do versus for who we are. So I find that people comment, "Wow, I never thought about that." It's kind of like it opens up a new perspective.

Dotsie: Sure, and I'm sure that some of the women on the call have heard the saying that *we need to be more of a human being than a human doing*. And so I'm sure you get into that a little bit. Why don't you tell us a little bit about what is different about your book and your e-course because there are a lot of these things out there. At least I am familiar with some; especially with a Christian perspective, too, but what makes yours different when you really get down to reaching your goals?

Monica: Okay, yes. Thank you, Dotsie. What I would like to say about that is that in the arena of goal reaching, or reaching your goals, I am not reinventing the wheel. What I AM doing through with the method, "get what you want," is that I suggest that people open their perspective from all of the focusing on the goal; they open up their perspective to focusing on themselves, their journey, and their goal with equal measure. What usually happens is that people pick a goal, very often we pick goals out of our irrational mind. We decide we want this, we want that, and we just kind of focus on the goal. And the goal takes over our life. By only focusing on the goal, you forget that you are the person who is going to take you to that goal.

So what I'm saying is that in this goal-reaching project, or process that I'm suggesting is that first focus on your heart's desire and then pick a goal that will sustain that because we know that when we are happy, we can do anything that we want to. So we're focusing on ourselves, we're focusing on the journey that takes us to the goal, as well as the goal. So it becomes about who do you want to be while we're getting to the goal. The journey is very important. I'm going to give you a quick example, Dotsie. A lot of people hire me as a coach because they want to write a book; however, that is not their heart's desire. So they have a miserable existence writing the book because they actually hate writing. And it sounds funny, but trust me, you don't know how many people pick a goal that sounds like a life sentence versus picking a goal that is motivated by your heart's desire of who you are going to be while you achieve it. So basically, I support people in finding their heart's desire and then, from there, picking a goal that will support that.

Dotsie: Okay, alright, that makes sense. So instead of just picking your goal and finding your way there, at first really find yourself, find what you're called to, and then find that goal.

Monica: Yes.

Dotsie: Okay, alright. Why don't you tell us a little bit about becoming aware of the real person inside of us?

Monica: Yes, thank you. In the process of the book and the e-course, you know, in the "***30 Days to a New You***," what I suggest to people is to do an assessment of who they are in the present. Because even though we are willing to update the computer, a car, the telephones regularly, we forget to update our self and often are left with an opinion of our self and with a concept about who we are that is not really appropriate for who we actually are in the moment.

Dotsie: And what are some of the things that people realize in this process? What are some things?

Monica: They realize—actually, I have to be really honest—people realize that they are a lot better than they think of themselves.

Dotsie: Oh, that's a good point.

Monica: Yes. When you actually become an observer and you stop judging yourself, it's what we do; and start assessing who are in the moment, and assessing your good qualities and your weak qualities without judgment, people realize that for the weak qualities, they have the option to hire someone else to do that job, you know, for example. And for the good qualities, they usually come to terms with they are usually better than what they thought.

Dotsie: And I also think if we can ask a good friend sometimes, or a sister, what they see as what our positive attributes are; I think sometimes we can learn about ourselves through other people.

Monica: I don't know. Actually, I caution people against sometimes to either ask for advice or to ask for an opinion because in fact, people's opinion of us can be tainted by their personal experience. So they may judge qualities that we have, good or bad, depending on what "they" judge good or bad. So sometimes, that may take us out of the course. I think it is always stronger for ourselves to find out who we are according to us.

Dotsie: Okay, gotcha, so you don't recommend that?

Monica: In fact, I wouldn't. I have to be honest. I wouldn't. Until you've done your own journey and you know what your strengths and weaknesses are without judgment.

Dotsie: Okay. Gotcha. Anything else about that? I mean and you guide; you give some suggested questions, etc, for us to reflect on and kind of journal about, right?

Monica: Yes.

Dotsie: What about conducting self-assessment without fear because fear is often what keeps many women and not just women, but people—like the fear of failure, especially—from moving to whatever the next thing is in life.

Monica: Absolutely. When you learned how to become an observer, especially in your own life, and you are willing to let go of the drama, and you are willing to assess who you are without judgment, then you don't fear what you see anymore because you are assessing yourself from a place of saying hey, I want to really know who I am in the moment. I want to know in this moment, in this age, what am I really good at, and what am I really weak at—without judgment. When you are an observer, you don't judge it. So if you learn to assess yourself coming from the observer, then the fear of the judgment is gone and the fear of finding out oh my gosh, I'm not good at this! Well chances are, you already know that. And if you are starting a project, if you have a goal, if you're going out there in the world bringing something new to the world, to know about you, you want to make sure that you know what are your good points, what are your bad points, from a place of assessing.

Dotsie: Right and really, what is there to be afraid of? When you are doing it just for yourself...

Monica: Exactly. It's just like assessing—it just becomes taking care of yourself, assessing who you are, letting go of the judgment, and just really realizing, if you are in fact weak in math, you're not going to want to be an accountant, or you want to delegate someone who does your company books. This is assessing. That is what it means. It means nothing else.

Dotsie: Right. So basically...know your weaknesses, know your strengths, have no fear because what is there to fear, or "who" is there to fear, really? And just start to get a feel for who you are and what you bring to the table.

Monica: Yeah, and let's bring it to the present moment, this example. I just love that you were promoting that seminar, offering that seminar about optimizing the website and understanding how it works. That was exactly what it means assessing yourself. You were assessing, hey, I don't have to know, however, if I want to hire someone, I'm going to research the basics, and then if I'm going to

decide after this seminar whether or not I want to do my own optimizing or not. Whenever it comes to things or to situations, it's easier and when it comes to ourselves, all of a sudden we just become so judgmental.

Dotsie: Right. When really if we're open then anything is possible. And if it is something like you say you're not good in math, but you have to manage it somehow in your business, then you get somebody else to manage it for you.

Monica: Well exactly. No one says that we have to know how to do everything. You know? I'm telling my clients there are 24 hours in a day and there is only one of you and you want to make sure that you're clear where is your time better invested.

Dotsie: And one thing that I once heard that I found so interesting was that we all have the same 24 hours in a day. I mean really because some people say oh my gosh she gets so much done and she's so capable and bla...bla...bla. Well guess what? We all have the same amount of time. It's just how we decide to use it.

Monica: Okay I love that. I'm going to put it on my website.

Dotsie: Yeah, yeah! And I mean some people will choose to watch TV for six or eight hours a day. Well, they're not going to accomplish as much but you know what if that's what they want to do and they're happy, that's fine. But if not, then let's see, what else can we do?

Monica: Yeah, exactly.

Dotsie: Okay, how about knowing the truth about the power that's within us?

Monica: Well, it's actually easy to know the truth about our power within as long as you are willing to let go of judgment of ourselves. We just want to make that conscious decision to be powerful. And I have to tell you, Dotsie, I work with a lot of women and they are from all over with many backgrounds and it's like I think the thing that women are scared of most is their own inner power. I work with a lot of women who initially hold themselves small...out of habit...out of not wanting to insult other people. There is this conception that being a powerful woman may work against you. I kind of support people like really saying, what if you can just present yourself as you truly are? What if?

Dotsie: I like how you said that some women hold themselves small. I have not heard that terminology before but it really gives a good picture. Will you have some type of response like for some women who have a lot of fear and don't understand the power within them, a lot of it has to do, of course, their past and what they've been told—"Well, you're never going to amount to anything. There's

not reason you should do this”—all of that negative talk that they’ve heard, you have some type of support and some answers for that, I imagine.

Monica: I do. And I am going to tell you, it is in fact one of the first things I address in the e-course and the book because this is addressing Day 5. Day 5, the title is “Update the Stories.” In fact, we’re going to go through the introspection in Day 5 of the stories you are carrying around about you that may not be updated anymore.

Dotsie: Right, right.

Monica: And I have to say it is one of my favorite chapters in the book; one of my favorite things in the e-course is just about this. About really assessing...are these stories and am I ready to let them go? I’m going to give you a quick example. I used to have a client that would treat herself as unreliable. You know she would come to the call and she would speak of herself like she was unreliable. And after a few sessions, I stopped her and I said, “You know, for the life of me I don’t know why you call yourself unreliable. You show up on time, you do your homework, you keep up with what you say you’re going to do, you are accountable.” And she stopped and she said, “Oh my gosh. You noticed that?” And I said, “How could I not? I hear you putting yourself down every time we talk that you are unreliable.”

And it turned out it was a story her mother told her when she was six when she forgot something and that label, that story of being unreliable had followed her all the way to her fifties. And that was the opinion she had of herself. So imagine what her life became when she let go of that and she could really step into her power of an amazing, reliable woman and shift the judgment towards herself. Her life was totally changed.

Dotsie: Well you know it’s interesting. In our forum community, you know, a lot of women just share what’s happening in their lives and you can kind of see from the posts how people do or do not believe in themselves. And recently, there was a woman in there posting and really kind of doubting herself. When all of us responded and brought to light the fact that, you know, why do you doubt yourself? Why didn’t you think you could do this because from our interpretation, you’re very—I mean there would be no reason that you wouldn’t be able to do this task. So it is interesting because I think a lot of it does have to do with...and I’m so not into blaming things on your past. It drives me insane. So I think that these kinds of courses are helpful for women. And you know it’s interesting. A lot of this isn’t exactly new to me because this is the type of thing I totally enjoy, but it is new to some women. They hear this stuff for the first time.

Monica: Well what I’m saying, in fact, what I said in the beginning is like, I am not reinventing the wheel about goal achieving. It’s just that I’m just supporting women to look at it from a different perspective. Because what if I just would go;

what if I were to address my heart desire first, then the goal and then the purpose? Lock up my stories, and then every day they would get one more thing to update themselves. We get one more thing to update ourselves. The other thing about this method, both the book and the e-course, is that you can do it every time you are starting a new project.

Dotsie: Right. So it's one of those books you can use over and over again.

Monica: Yeah, you can use it over and over. You can download the manual for free from my website. The manual pages won't come with the e-course, however, you can download them for free if you have the book, or if you don't have the book, from my website and you can work on those every single time you have a big project in your life.

Dotsie: Right, very good. Let's talk a little bit about our strengths and limitations.

Monica: Yes. Our strengths and our limitations are kind of like what I outlined before about making an assessment of our self; about who we are, what are our strong points, what are our weak points, coming from a place of non-judgment and to be able to assess that, you know, to sort of bank on the strengths, and sort of making sure that the weaknesses are under control.

Dotsie: That you're just sometimes being aware of your weaknesses is enough.

Monica: Being aware of your weakness from a point that they become strengths.

Dotsie: Okay, give me an example.

Monica: Well, I've given you the typical example. If you know you're not good in math, you're not going to do the books of your company. Another typical example. If you know you're not good with the public, you are not going to want to deal with the public.

Dotsie: Right, like public speaking or something.

Monica: Well yes, but also like if you own a store, if you own a business. If you own a business and you're good at dealing with the public, then get someone else to do something you're not good at doing. What I am saying is be objective. If people walk out on you every time you talk to a client, maybe it is not a good idea that you talk to them. Not from a place of judgment, simply from a place of strength. Do what you can do best with those famous "24-hours in a day."

Dotsie: Now Monica, can you talk a little bit about...you have been referring to some of these tactics to a professional life; having a business, etc. What if someone wants to do this who doesn't want to do it from a professional

standpoint because I understand, from having the book and having seen your e-course in the past, it does not have to be related to your profession. So I thought maybe you'd want to talk about that a little bit.

Monica: Yeah, let's talk about that a little bit. Let's talk about women in their personal life. Let me just see what would be an example. Okay. I'm going to tell you something that I hear women bring up in the coaching call.

Dotsie: Okay.

Monica: For example. There always seems to be an issue about fitness, healthy eating, staying on top of your form. And again you know, I'm telling women who make themselves go to the gym and they hate it, and then they stop, then they are not as fit as they want. I say; when your goal sounds like a life sentence, change it.

Dotsie: Right. So if you don't like working out at the gym, find some other physical activity.

Monica: Exactly. What I am saying is like if the benefits you get from working out at the gym are not enough for you to make you want to go spontaneously, and not like you are taking medicine, then find something else that works for you. This is the way you are assessing your strengths, you know, what kind of exercise would make you be excited? What kind of exercise results will make you overlook that you have to get up at six in the morning or that you have to go actually do it? So that's sort of like...it's the same kind of assessment that you can do for yourself that way. I get women who will address their health issues, their healthy eating; that's something that comes up very often. Even when I coach career women, all areas intertwine. You know, healthy eating, you know...the e-course will support you to live your life whether you are a career woman or you're just a happy, staying at home person, or you have a wonderful hobby. The e-course and the book will support you to find out who you are in this moment and how you can be the best that you are.

Dotsie: Okay, let's talk a little bit too, because I think this is a really big thing for baby boomer women in the forum community and just like with my friends and my sisters, etc. Also from a perspective of relationships. We often talk about setting boundaries in our forum community with family members. Will it help with relationships. And how? Can you give us some examples.

Monica: Absolutely. First of all, I think that relationships are at the base of everything whether it is career, whether it is work, who we are, whether it is emotional, you know, I mean the world around us has a tremendous impact. And when you are out there interacting with people in this beautiful world coming from 100% of who you can be, without judgment over yourself, and trusting that you know who you are and you can make the best decision for yourself, how can you

not make a positive impact in the world, or for the people around you? When you become the person you care the most for, and you are going to model this to your children, to your sisters, to your brothers, to your husband, you know, imagine what life is when you just know that you are at the best of your capacities, everybody else “gets” it.

Dotsie: Great point. Okay, any other areas that you’re going to be working on, or that women can benefit?

Monica: I would like to say that no goal is too small or too big to be addressed in the e-course or the book, as long as you work on your heart’s desire first. Do you want me to give you an example?

Dotsie: Yeah, because you talk about trusting yourself when it comes to accomplishing *anything* and that’s a pretty profound statement. So let’s talk about that a little bit and maybe some examples of what women have accomplished.

Monica: Yes, let me just tell you. An example of setting a goal just for the sake of setting a goal. I’m going to use two examples that get used the most and you’re welcome to laugh; however, these are from my experience. I think they are funny. Goal for a goal...people come to me and they say, “*I want to make a million dollars by the end of the year.*” Or...“*I want to write a book.*” Because...*I’m 35. I should write a book or I’m 40 and I should have a million dollars in the bank.* They should. Every time you hear “I should,” bells go off. So that’s the way, and I tell people if you are focusing on the goal only, I can tell you that if you are going to make 9, 999,000, you’re still going to be unhappy because you have not made a million dollars. So that’s the way some people want to approach goals.

What I am saying is like imagine setting up your heart’s desire, coming from your heart’s desire and deciding that your heart’s desire is to wake up in the morning and not worry about the financial anymore. And then, you pick as a goal to have some specific amount of money in the bank. That would sustain you being in that heart’s desire. Those people get to reach their goals because they are happy because it becomes a choice coming from a deeper part of you, not from your brain. Same with people who call me and say I should write a book. The first question I ask is do you enjoy writing and most of the time they say no. And I say, that’s a life sentence! You’re going to live a year of misery because you should write a book? So again, when I have people who say I have so much to share with the world I want to write a book, that’s your heart’s desire, you have so much to share with the world and I want to wake up in the morning and know that I’m putting my words out there, and I’m going to sustain that. And what happens between the heart’s desire and the goal is the journey; which is your life. So if you are happy living your life while you go from A to B, you’re going to get there. But if you’re not, it’s going to be a lot more difficult.

Dotsie: Okay, gotcha. Are there any more goals that you can share with us that women have set and met while working with you that a woman at midlife could relate to? I mean are any of them ever weight related? Do you ever do weight loss?

Monica: Yes I do. I address weight. I address weight quite a bit and it is the same. That is a very good example, thank you. Forget picking a number. Forget coming from your rational thinking and saying, "I want to lose 50 pounds." Forget doing that. Assess your heart's desire first. You might want to say I want to wake up every morning feeling healthy, not having to worry about my health. And in a manner of doing that, I have to address my exercise, I have to address my eating habits, and I have to address my weight. So it doesn't come from the smack of the ugly truth of the number on the scale. It comes from the heart desire of wanting to be healthier.

Dotsie: Yeah, like this weight is just dragging me down.

Monica: Yes, this weight is just dragging me down. I cannot be 100% if I am 30, 40, 50, 10 pounds overweight, and you know, I have problems with my back. I have to say that I have chronic pain and a really bad back and so staying on top of my health is a very important priority for me so I totally understand. Sometimes I slip and then you're 10 pounds overweight and you realize that you're not at your best.

Dotsie: So it's almost like setting your goal and working backwards, really.

Monica: Yes, yes, exactly. Setting your goal so it does not sound like a life sentence. Setting your goal so that it is not just a number on the scale. You want to wake up in the morning and feel excited that you are going to address your health and that includes losing weight. That includes eating better. That includes an exercise form that you truly love, you know? Whether it is walking the dog or working at the gym. We're all individuals with different preferences and what I really promote both in my coaching and in my book is to support people in finding their own individual formula that makes them happy.

Dotsie: Okay so you actually have a method for someone to identify their heart's desire? Because suppose some women come to you and they say oh my gosh, I'm at midlife, I've worked in the corporate world all this time. I can retire. I don't really know what I want to do next. I don't know what I want to do with the rest of my life. You have methods that can help them identify what they can do?

Monica: Yeah, I will tell you the method, I will tell you right now. I am asking right off the bat, I would ask this woman, how would you like to wake up in the morning? When you open your eyes, how would you like to feel? And some people will say I want to feel healthy; I want to feel like I take care of myself. Some people say they want to feel alive and they realize that in order to do that,

they need to revamp their job, or their career, or maybe some people want to feel adventurous, or some may need to travel more. We're all different. There isn't a right way or a wrong way.

Dotsie: Well what about, I mean, I hate to say it but sometimes people are in bad relationships whether they are married or not, and the person they are with can really drag them down. And so they may want that they want to wake up and be able to go about my business without somebody being negative towards me all the time.

Monica: Yeah, okay. So that is what I am saying. The only thing that I am saying is to be absolutely careful that both your heart's desire and your goals are something that you can achieve and they are free from other people's influence. You know I have some people who say they want to wake up feeling appreciated. And I say that you have to understand that unless you are appreciating yourself, you cannot count on other people appreciating you. So watch that you don't set up a goal or a heart's desire that is out of your control.

Dotsie: Right. You can't make people appreciate you.

Monica: You cannot make people marry, you cannot make people go away. For the people who have difficulty in relationships, I say whether it is with the children, husbands, ex-husbands, sisters, mothers, I always say that the best way is to model how you want them to be. Do work on yourself. Control what you can. You cannot control others. So if you want your partner to do this e-course; if you want your partner to read the book, or your sister to read the book, let it go and show them what happens when you are living 100%.

Dotsie: Right and that's a great idea. I'm doing this e-course. I'm reading this book. And you might want to look at it. It might be helpful.

Monica: Exactly.

Dotsie: Okay Monica. I need to see if anybody on the call has any questions and sometimes people are shy so we'll give them a couple of seconds. So does anybody on the call have a question for Monica?

Monica: It would be nice to have a question in support of your own personal experience or something you would like to know for yourself.

Dotsie: So something personal?

Monica: Yeah.

Caller No. 1: I have a question. I'm sure you're probably going to cover this in the e-course, Monica, but what if things happen that are beyond your control?

That is a reality of life. There are things that happen that you have no control over and let's say that somebody wanted to write a book...and I'm just trying to throw something out here...and they think well, I'll do this while I have my job because that will give me time to write at night. Then they lose their job. What happens when life comes crashing down? What are you going to tell us then?

Monica: Okay. That's a wonderful question. Thank you so much. I say often to my clients and to myself, that life gets in the way. In fact, one of the statements that I can say is, one of the few things that I can promise, is that life WILL get in the way at some point or the other. You know, there are very few things that I can promise, but of this one, I'm sure. Life gets in the way; period. When life gets in the way, it is a good opportunity for us to assess priorities and to see how well we dance with the circumstances because that's the truth. Life always gets in the way of the perfect plan. So what I am suggesting people, is that when life gets in the way of the perfect plan, I would suggest to you to honor the commitment to yourself. You know? Stick with the program; stick with the e-course, stick with the book, simple because you are never going to find 30 days in which your life is not getting in the way.

Dotsie: Right. I totally agree.

Monica: Yeah, and if you put yourself first, if you're saying yes, there is something for me to learn here about myself; how strong I am, how I can do it, you will feel a lot better not quitting. And I'm talking about the e-course now and then of course, depending on what is in the way, always remember that putting yourself first and honoring yourself, may really be the best thing to do for you.

Dotsie: You know what Monica, I have to talk about that a little bit because I was raised catholic and I get together—I'm friends with six other women and five of the seven of us started elementary school together and went all the way through high school; the other two we picked up in high school—and we were raised catholic and something we've had to really learn and work on is putting ourselves first because as young, catholic school girls, we were taught to put ourselves last.

Caller No. 1: That's not just catholic. I think that's across the board.

Dotsie: Okay good! Or bad! Whatever...(insert laughter)...but it's like you have to think about that a little bit, you know? How can I put myself first? And why do I deserve that? And that whole type of...I guess it's something you have to get over and realize that you are important and you are worth putting yourself first. And actually, when you put yourself first—well, I always say when you put your God first; and you know, yourself second, then you can handle these things that come at you and you can dance with them, like you say.

Monica: Yes, in fact I'm going to jump in and say that the metaphor that I use the most in my coaching practice is the oxygen mask. The metaphor of the oxygen mask. When you are flying on a plane and they're telling what to do in an emergency, they say the oxygen mask comes down; and they are very specific when they tell you, put it on yourself first and then help others.

Dotsie: I love it. And it's so true and I think when we do take care of ourselves we do have the energy to help others.

Monica: Yes, and to handle it. When we take care of ourselves we have the energy to handle life.

Dotsie: Right, right.

Caller No. 1: Well, I guess what I was asking is will this type of question be covered in the e-course?

Monica: Yes, absolutely.

Dotsie: Yeah. Great. Because you know, I recall when we were young and we did put ourselves first or we did do something for ourselves first, we were considered conceited. And that is so wrong.

Monica: Yes. There is a very huge misunderstanding between being an eccentric and putting yourself first. There is nothing wrong with putting yourself first and taking care of yourself so that you can help others. You can serve the world and your purpose.

Dotsie: Yes. I love the oxygen mask; I'm going to remember that. That 's just one little tip that we can carry with us for the rest of our lives. These kinds of things get me really excited because...I don't know, it's just kind of what makes me tick. So anyway, any thing else? Does anyone have a question? I didn't hear another one come in. Monica, is there anything else you would like to say about the class?

Monica: I would love to welcome everybody and just really trust yourself. This metaphorically, is just a really good time to work on yourself. January 1st is going to be the new decade of the new millennium, you know? What's better than just addressing the new you and letting it emerge, you know? Even if you have done extreme work; even if you haven't done very much. It doesn't matter. This is all about ourselves as individuals and the e-course and the book are open to all the ranges of people to really learn something new about themselves and wonderful.

Dotsie: Okay, that sounds good. So right now you can go to www.lunacoaching.com.

Monica: www.lunacoaching.com On the homepage, click the link that says register the e-course in association with the NABBW.

Dotsie: Okay, cool. And we have information about it on our site. That's really it. We appreciate you being on the call. I look forward to doing this and I know that my assistant, Georgia, is also looking forward to it, and it will be fun to get to know other women at the same time. Okay Monica, thank you for being on the call and we look forward to January!

Monica: Thank you so much, Dotsie.

Dotsie: You're very welcome. Have a good day!