



You Were Born to Love

Mastering the Art and Science of
Creating a Life You Love

Coaching Program Developed by
Gloria Coppola



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PLEASE NOTE: By purchasing You Were Born to Love™ coaching program or accessing any of the pdf files or free files associated with the program, the author and artist grant you permission to access, print and bind 1 copy of this document for personal use.



This is a sample of the 12 week program offered by Gloria Coppola at www.GloriaCoppola.com to create a life you love.

~ INTRODUCTION ~

Thank you for joining the Voices webinar.

I want to provide you with some tools that are helping thousands of people gain more clarity in their lives.

Simply follow the instructions and apply the lessons. Repeat as often as you desire. It works... especially when you have faith and activate it with your feelings.

I hope you will consider the opportunity to gain more clarity and direction by joining us for the 12-week life enhancement program.

Only from the heart can you touch the sky
- Rumi



*All Let's plant your seeds, watch them sprout,
nurture them and see what blossoms in your life.*



GLORIA COPPOLA

Author, Educator, Certified Health Coach, Clarity Coach and Soul Purpose Sage and transformational retreat leader. A former massage school and holistic health center owner.

Gloria has had a courageous journey in life, one of many trials, tribulations, losses and challenges. Her unstoppable nature has opened doorways of spiritual opportunity. Since childhood she's followed her intuitive nature and as an adult she has been supporting and helping others reach their full potential.

This sample guide of her program ***You Were Born to Love*** gives you a sneak peek of the guidance she provides to help you attract more of what you love. Her mentors have continuously helped her move through those uncomfortable areas of life and willingly she took the steps necessary to gain the peace, balance and harmony she desired to achieve.

Now it is her desire and pleasure after almost 40 years of studying and opening to a life of love, that she shares her journey, her tips and resources through compassionate understanding. She knows that sometimes life has bumps, but if we pause and breath, the miracles are waiting for us.

For more information about Gloria visit www.GloriaCoppola.com or email her if you have any questions at Gloria@GloriaCoppola.com

"Gloria ... is the most credible guide and coach for healing your negativity and turning your assets and attributes into moving parts in the process of creating the life you want. Her 'You Were Born to Love' 12-week course is the best thing that's happened to me in a long while." -Y. Fleming

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Focus

Focus can be very easy for some people while others will often tell me they get distracted easily.

I have learned that if I am excited about accomplishing something, I can remain focused much more easily than if I am doing something I dislike. I have also noticed that distraction can show up when I am out of my comfort zone.

So I made a decision, for me personally, that I have to make things fun in order to remain focused.

ACTION

ASK YOURSELF

Are you INTERESTED IN or COMMITTED TO achieving your goals and dreams?

If you said **COMMITTED TO** then there is no doubt you will focus and invest the time into your future and achieve your dreams once you get really clear and focused!

If you said **INTERESTED IN**, I would suggest stepping back for 3 days. *Hit the Pause Button!*
WHY?

Because you will find excuses, you may feel overwhelmed, old stories and distractions won't allow you to completely focus on this process.

Honor where you are at for now and come back. It's OK! When you are fully committed, that is where the magic will happen!!

Allow your curiosity to wander and imagine **WHAT IF** I commit to this blueprint plan?
WHAT IF I went back with a different perspective?

You cannot possibly be in the same place when you are committed to being focused and in action. Once we move towards something, the shift happens!

Focus

Maximum clarity
a center of interest or a
close attention, concentra
can be clearly apprehend
Focal point or principle fo

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LESSON - EXCITEMENT OF POSSIBILITIES!

Sometimes we can be scared of the unknown. We may be hesitant to try something new or afraid that if we do, we will fail at it. But how will you ever know what is possible unless you take a risk ?

Let's focus on the *Excitement* of possibilities!

Into what part of your life do you want to bring more excitement and energy?

What opportunity is before you that you are hesitating about, but in your heart know that you should take the chance?

Do you see obstacles as blocks or opportunities?

Where should you place your focus?

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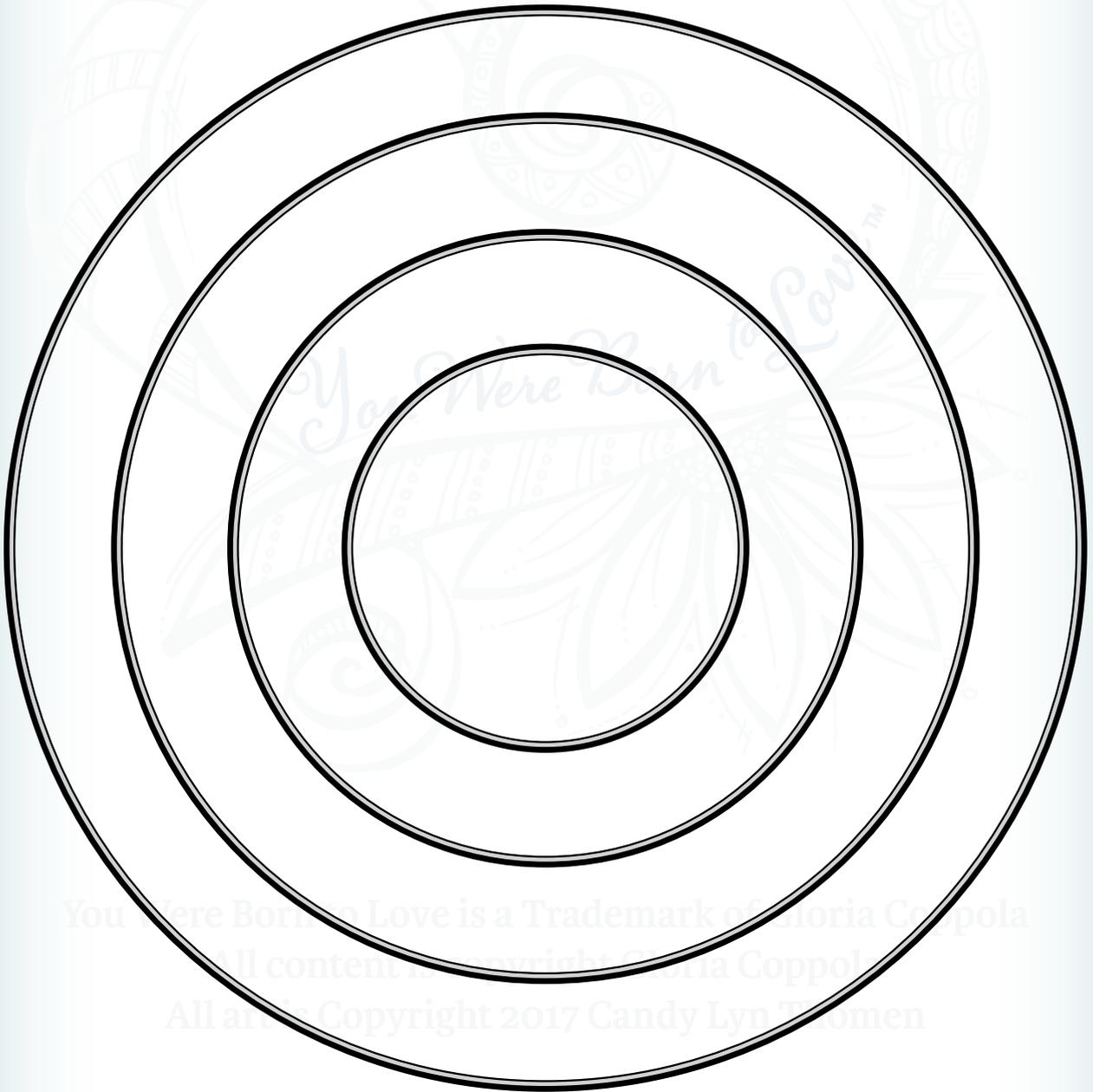
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LESSON - FOCUS TO CREATE YOUR DESIRE

In the center of the diagram below, write what you will focus on this week.

In the outer circles, write the other things in life that show up, must be done or could distract you.



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How can you feed your focus and starve your distractions?

What is your focus for the next week?

Where will you put your focus the next month?

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LESSON - TIME TO CREATE SPACE

If you want the universe to send you opportunities, let's release what we are ready to let go of this week, what no longer serves you.

List 3 things that come to mind.

Example

Negative talk

A relationship that isn't serving

Pay off a bill you keep saying needs to go

1.

.....

.....

2.

.....

.....

3.

.....

.....

*Let your heart have the courage
to open and receive*

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Thank you for participating!

Remember to go to the link where you downloaded this PDF to watch the video.

Take the time to follow these instructions over the course of a few weeks. Notice what you notice and what shifts in your life when you make the sacred agreement to attract more of what you love

Gratitude, Gloria

You Were Born to Love™

Mastering the Art and Science of
Creating a Life You Love

The group coaching program consists of 12 weeks and includes the manual developed by Gloria Coppola. "YOU WERE BORN TO LOVE" will guide you through the process.

Gloria will also provide personally :

- (2) 1 hour clarity sessions
- (1) 1 hour closure session for you
- (4) Live Webinars

Group Facebook Coaching Support Page

Extra Bonus Videos in a 24-hour membership only access

BONUS OFFER - SIGN UP NOW and RECEIVE

(3) extra personal coaching sessions for a total of 6 private 1:1 coaching

PAY IN FULL SAVE \$200.00

1 Extra Special BONUS

Everyone gets a free autographed copy You were born to love that enrolls in the program.

Estimated release date fall 2017

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