

Destiny OwnedSM_

Say YES to Change the Way You THINK, FEEL,
and LIVE your Life!

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Introduction to Karen:

Karen Lawrence is writer, speaker, business advisor, and all around cheerleader for YOUR success! Karen has increased the net worth of many of her clients by hundreds of thousands of dollars and in a few cases, millions of dollars. Her career in management and the financial industries have earned her several achievement awards for superior accomplishments where others have tried and failed. She “picked up the pieces” that others left behind. She is highly recognized for skills in sales, training, inspiring others, and her innovative entrepreneurial creativity. Karen is known for putting a certain perspective on a subject that makes you think about things differently than you ever have before.

We are going on the journey of YOU. And, hopefully there will be a little “awakening” to the TRUTH that you truly can be, do, and have the life you not only want but are INTENDED to live.

You are here on this earth for the sole purpose of growth and happiness.

So sit back or sit up...relax...soak it in...be present...participate...and you WILL feel differently when you part today.

We are so “guided” by what others think of us that our story usually isn’t even our own.

For most of us, we spend so much time just trying to manage what other people think...we don’t think ourselves.

Your “journey” today is to discover authenticity in yourself. And, to get you on the road to being happier, finding love, making more money, and most importantly, NOT depending on others to validate your existence.

Who AM I?

Who do I want to be? (Imagine I can wave my magic wand and you have that life.)

Why?

Why aren’t you that person? What’s stopping you?

*WHAT IF...WHO you want to be is REALLY who you truly are?
IT IS. And, I am going to help you realize this today.*

IF you could just tell yourself to “suck it up” “get a life” “get over it” ...what is it that you would tell yourself?

Most Mantras don't work...simply because YOU DON'T BELIEVE IT!

“Believable” mantras create “good” feelings...which lead to “more good” feelings.

I am so grateful for _____

I have time every day to _____

I love (something about myself) _____

Mantras are used to counteract negative self-talk.

The MOST powerful tool to counteract negative self-talk is to actually record yourself...and listen to it repeatedly. What would you tell yourself?

What do all people really want? Rank them on importance to you. Think about it carefully.

- ____ be seen
- ____ be heard
- ____ feel loved
- ____ be acknowledged
- ____ feel important

WHO VALIDATES YOU in the above?

Imagine IF you are living a blissful, happy existence...pursing your dreams, living your "authentic" you... Who do you need validation from now?

When we depend on others for validation...we are not living our true authentic life.

Your "authentic self". Perhaps, you believe (or are told) you are living your authentic life because you are making DECISIONS for your life. If you have EVER been in a position to "defend" your decision...then you are not fully there yet.

Think back to past experiences...perhaps even back to childhood...what is it about yourself that you would share? ...hopes, dreams, desires, fantasies, fairytales, whatever resonates with you (This is often the first thing you think of OR the thing you think of most often.)

What are your gifts?

In order to determine your TRUE authentic self, you MUST learn to recognize the TRUE positive and negative feelings inside..."fear and love".

EVERYTHING is feelings. EVERYTHING.

Negative feelings = FEAR (which is PAINFUL)

Fear is really feelings of:

- Powerlessness
- Being Unloved
- Unworthiness
- Not quite whole or complete
- Flawed in some way

Failure AND fear is a given. It is there. We all have it.

- If you "fight" fear it breaks you...it's an ongoing battle that you will NEVER win.
- If you "succumb" to it...which is what most people do, it eventually brings you down, maybe paralyzes you from living a full life.
- If you EMBRACE it (ACCEPT its existence) it eventually becomes insignificant...and ultimately disappears.

WHAT IS YOUR FEAR? WHAT is PREVENTING you from being blissfully happy? Pursuing a dream? Being authentic?

Contrary to popular social beliefs...YOU ARE NOT defined by your past, your friends, or you job. You are, at least from a social perspective, defined by your EGO. Every action and reaction you have is EGO based.

Reacting – Reactions are learned behaviors....they don't just appear out of nowhere. If they are learned, they can be unlearned.

You can choose to react from EGO or from love and compassion.

Reacting in anger is always an EGO reaction.

Problems are simply delays (obstacles). See them as they actually are...not worse than they are.

- a) There will be resolution
- b) There is a solution
- c) It doesn't last forever IF you don't want it to.
- d) You CHOOSE how you react.

Change yourself...or change the situation. It CAN be that simple. IF you aren't "caught up in fear" and EGO.

Your TRUE EMOTIONAL state actually changes your bio chemistry.

EVERY decision is based on an emotion (or EGO attachment) related to a past event, experience, or anticipated response.

Your DECISIONS create the path to your DESTINY. You must OWN your choices.

FEELINGS exercise:

Spend a week and record how you feel for every activity...every event...TV...music...anything or everything. What is your VERY first emotional reaction. Do you change your mind? Pay attention...you want the original feeling. The good ones are the clue to WHO you really are and WHAT you REALLY want.

EVERYTHING is about feelings. EVERYTHING.

Pay attention to INTENTION: Intention is like Karma: the energy behind any intention determines the result. Period. Always. Inevitably.

And, always live AS IF you already have your dream life.

The SECRET to happiness is living an authentic, love based life.

Find your authentic self and you will live all of your dreams. When you are living your authentic life...your purpose...only then are you truly powerful.

Let's FINALLY get rid of fears and say YES to living our authentic lives!