

The Path

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In Flight: Revelation and Elevation



Experiencing transformation has been enlightening, exciting, and extra, extra fulfilling. I know now that purpose is the pathway to living my best life. Spreading my wings and taking flight is my responsibility and living in my purpose and realizing my dreams provides the fulfillment I have craved, the wholeness I want to feel, and the contentment I have searched for.

The Revelation is Real. The Elevation is Sweet.

While we may know how to put our foot in some potato salad or collard greens, are we putting our foot in our purpose? I was invited to speak with the Red Hatters "Can't Stop, Won't Stop" Women's Group, a very special group of women who are on a mission to serve others while fulfilling their purpose as well. We discussed how to **Put Your Foot in Your Purpose**,

combining life's ingredients and putting love into living in a manner that fulfills our unique destiny. My sincere gratitude to these beautiful ladies for allowing me my first public speaking engagement.

As we continue in the year ahead, let's be mindful of why we are here, what we are doing with our time, and how we can elevate ourselves and those around us. We have each been given unique gifts, talents, and abilities that must be shared and we are meant to take flight and soar in our purpose. We cannot afford to waste time nor waste our gifts.

The Path is Here... Embrace it.

Create Your Opportunities - Becoming a Life Coach


From Burbank to Brooklyn, Canada to Costa Rica, not to mention Alaska, Greece, Switzerland, Dubai, West Africa, and other global locations, I have been blessed to connect with many existing and aspiring coaches. Coaching new coaches through courses to their professional certification has been an experience like no other.

Coaching is partnering with people to help them reach their personal and professional goals. Many of us are already guiding, advising, helping...this is just what we do. It is also a pathway to a most fulfilling, income generating career that is part of fulfilling a purpose.

In my **Coach's Corner** you will find a **FREE** Becoming A Life Coach course, **FREE** tips, and opportunity for a **FREE** consultation about how you can become a life coach, career coach, wellness coach, executive coach, or your own unique speciality coach. Spread your Wings and Create Your Opportunities...It's Time to Fly!



NURTURE & HYDRATE InTheWeightWell!

InTheWeightWell is open for anyone who wants to get in where they'll fit in! We will nurture wellness with our weight and provide hydration for mind, body, and soul. Daily living in a body bigger than it should be is a reality for many of us and a real struggle for most. Dealing with the who, what, when, where, why and how of our relationship with food is the beginning of the final chapter in the journey to finding peace with our weight. First  Four is setting ourselves on a path to finally finding freedom from the burden of being overweight. Join me as I continue my journey to creating the best ME I can be.

<https://mslorilifecoach.com/intheweightwell>

Be a BestLifer!

BestLifer /bestlifr/ n. A person with a positive mindset who lives their best life purposefully.

We are fillin' 'n' feelin' our positive mindset. Join the TRIBE at <https://mslorilifecoach.com>.

Every Sunday - Set an intention for the week... and fly with it.

