



Secrets to having the life you always wanted!

Health is based on many levels of who you are, a person can be physically fit but be unhealthy on the inside. Your life can flow much easier if you take the time to first strengthen your personal foundation. Learning how to choose and make better choices is an essential skill that few of us were taught. Thoughts to take into consideration, if you choose, it's not a choice, it's a decision, a desire, or a reaction. Here are some ideas about the lessons of choice.

Make the present perfect and then you won't want to choose.

Have a reserve of everything then choices will come to you: your values will choose for you. Life will become simple when you put your *integrity* first, your needs second & your wants third.

Integrity is what is right for your physically, and emotionally to ensure your well being. Take responsibility for what happens in aspects of your life that you touch. To start accept that the physical universe never lies, take responsibility to patch up cracks in your life and energy.

Satisfying needs is a good skill that when learned will free up about half of your waking hours to devote where it will benefit you much more! When you have your integrity and needs handled then what is left is your wants. What will happen is your wants will diminish or simplify as you handle your integrity and needs.

With Star Coaching, this will encourage you, together we will shelf all wants indefinitely, spend time to fully restore your integrity, identify your needs and get them met, you won't want much anymore after you understand this and what you do want you will get! As a spiritual & personal life coach, we will stop that wasted energy and put it into the right channels!

Call now for your free 30 minute consultation!

Ycenna Finnigan
Personal & Transformational Coach

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