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LIFE TRANSITION
CATALYST



Shine Through Your Brilliance and Transform Your Life Experience

Lessons from “Feel the Fear and Do It Anyway”

By: Melissa Drake

LIFE LESSONS FROM “FEEL THE FEAR AND DO IT ANYWAY”

In 1997, when my ex-husband and I separated, I listened to the book, “Feel the Fear and Do it Anyway,” by Susan Jeffers. I don’t remember everything from the book, but one part of it was life-changing for me and stuck with me forever. I’d like to share it with you because I think it is relevant for so many people.

Often, when we get involved in intimate relationships we make that relationship the center of our attention and our primary focus. Sadly, many of our friendships, self-care routines and independent interests fall to the wayside for the sake of our intimate relationship. So, when we are in an intimate relationship, if we were to think of our life as a box, the relationship would be in the middle of the box — as illustrated below.

“Sadly, many of our friendships, self-care routines and independent interests fall to the wayside for the sake of our intimate relationships.”

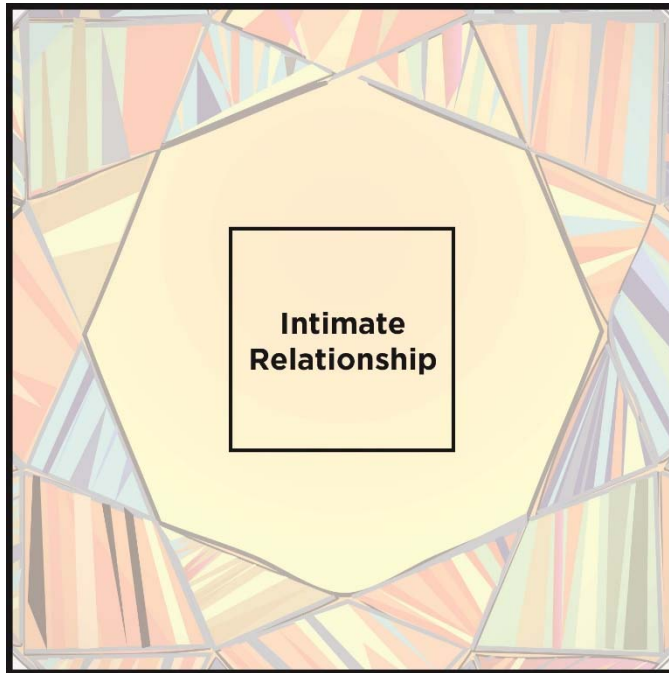




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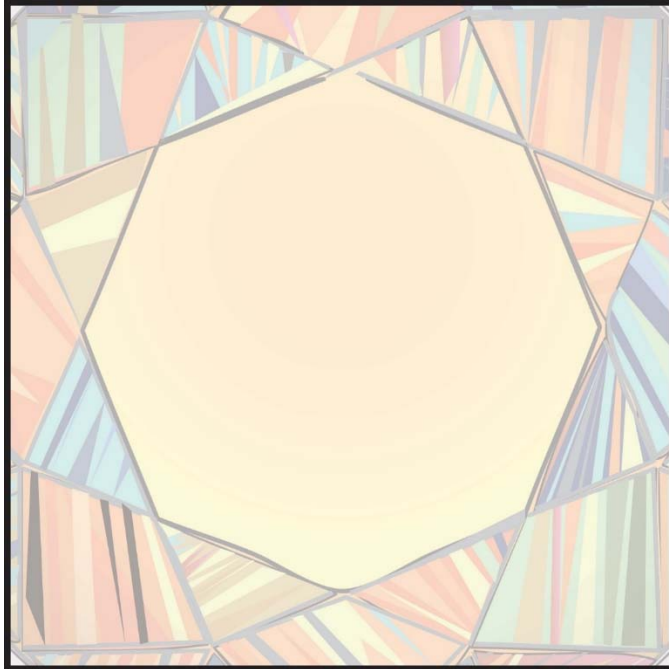


That may be all well and good, for a while — until the relationship expires or there is an outside impact like a death, and the relationship is removed. When that happens, what are you left with?





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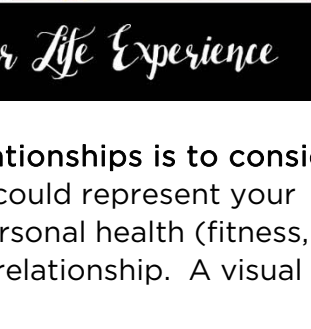
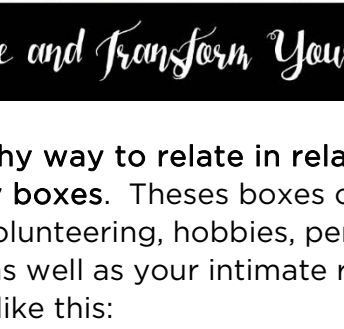


An empty box, as illustrated above. That's no way to live, in my opinion.



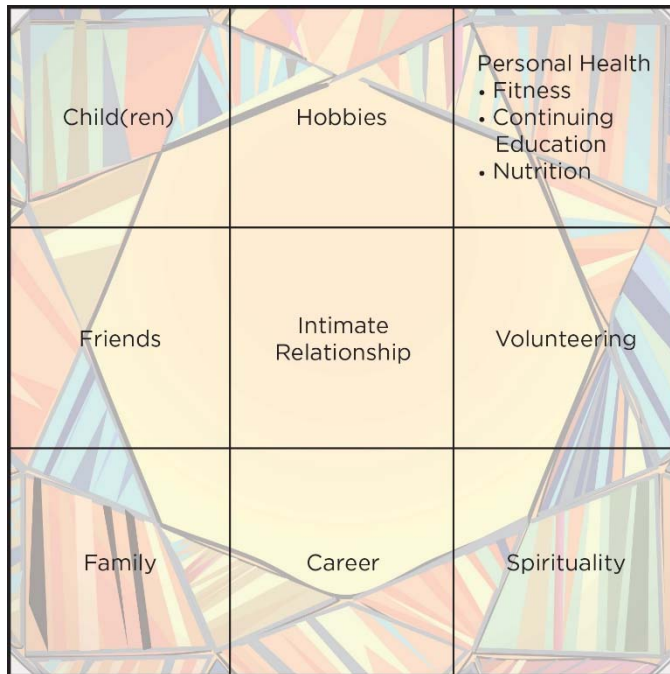


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The author suggested a more healthy way to relate in relationships is to consider your life more like a grid with many boxes. These boxes could represent your family, children, career, spirituality, volunteering, hobbies, personal health (fitness, continuing education and nutrition) as well as your intimate relationship. A visual representation your life is now more like this:





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When your life is a grid representing many pieces of the whole, and one box is removed (be it the expiration of an intimate relationship or perhaps a child leaving the nest and going to college) what are you left with?

Child(ren)	Hobbies	Personal Health • Fitness • Continuing Education • Nutrition
Friends		Volunteering
Family	Career	Spirituality

A number of other boxes illustrated above, and not an empty box as shown in the first example.

Now, because the intimate relationship is not the primary/only focus, the removal of the relationship is not as devastating because life is fulfilling in it's own right — with or without the relationship. Using the grid as a way to relate, life is complete without a relationship, **not because of it.**

When your life is set up as a grid and you have a number of areas of focus, you are able to be fulfilled with or without a relationship. This simple fact makes it easier for you to both attract a relationship and bounce back from the loss of a relationship.





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To order this book and check out other resources for Life's Tough Transitions, check out my website at:

<http://www.brillianttransformations.com/Empty-Nest.html>

Melissa Drake is a Life Transition Catalyst — Coaching Women Through Life's Tough Transitions to Stability and Health.

Melissa's expertise comes from her own life experience. She has overcome 20 years of depression, complications stemming from over prescription, and two debilitating chronic illnesses. Following the loss of both parents, she walked away from a high-powered corporate job to pursue a life filled with passion, meaning, laughter and dancing.

Melissa is also one proud mamma bear. She has a son who she raised as a single mom and also claims a tribe of young men as her own. Together, they are known as "Mama and the Boys."

Melissa's fierce, charismatic charm will immediately make you feel welcome and hopeful. Melissa knows what it takes to change your life from the inside out and she wants everyone to experience a Brilliant Transformation.

Connect with her at www.brillianttransformations.com or on Facebook at Brilliant Transformations by Melissa Drake www.facebook.com/brilliant.transformations.md

Shine Through Your Brilliance and Transform YOUR Life Experience. Connect with Melissa today!

