

"3 Secrets to Love-n-Life That You Must Know"



By Sherri Frost

Overcome Stress, Habits and
Fear So You Can Enjoy All
Life Has To Offer!

www.Hypnosis-Self-Help.com

Congratulations on your decision to join the Love-n-Life Loop!

Dear Friend,

Welcome to our online community!

I call it the *Love-N-Life Loop*.

Congratulations for being someone who can see and believe in the possibilities that are found in awareness and choice.

Life is about choices and I want to thank you for choosing our group.

Let me ask you:

Why is it that so few people live up to their fullest potential?

What is the secret of those envied few that live their heart's desires?

The answer is that they've learned the secrets to love-n-life.

Whether you came here to overcome habits and fears or to achieve your life purpose, greater wealth or a loving relationship the love-n-life system is designed for you.

Why?

Love n life coaching works because it aligns your thoughts with your physical reality.

That means . . . what you think about, comes about.

The results?

Living a soul satisfying lifestyle.

By joining our free membership group, you have me as your personal online coach to help you.

Why You Should You Trust Me

I began many years ago by studying with several masters of hypnosis. Eventually, I began to teach hypnosis, life coaching and NLP to others at Bennett/Stellar University. It was there that I connected with Michael Bennett who is the creator of the original love-n-life system.

This system works.

I personally use this system in my own life. I also use it with my one on one coaching clients.

It is with this system that I was able to create my business just the way I wanted it to be. Before that, I was scattered and trying all kinds of different things to see what stuck. Problem was, I was stuck. The love-n-life system got me un-stuck and gave me momentum to do what I wanted to do.

Many are not aware that there is science behind hypnosis and NLP which is what we use in Love-n-Life Coaching. NLP was developed by studying the natural thought processes of exceptional achievers. Their natural talents were broken down into tangible steps so others *like you and I* can get the same results.

Hypnosis is what makes it 'stick' into our subconscious minds.

Love-N-Life Coaching

Taking our cue from the ancient art of Feng Shui, we'll explore each of these EnvironMental areas of life and begin to sculpt your dreams:

1. Health and Fitness
2. Spirituality and Growth
3. Relationships
4. Home and Toys
5. Activities and Creativity
6. Wealth and Prosperity
7. Job or Career
8. Family and Friends
9. Overall Lifestyle

Sometimes we get so focused in one area that we forget about the rest. Does this sound familiar? We wake up one morning and wonder when the kids grew up! Or why you are working in a job that you don't really like at all.

Using the DreamSculpting® process, there are three steps to love-n-life.

Dream It + Shape it + Live it

Wait a minute!

Before we get started we must PREPARE.

Preparation includes getting to the bottom of your values in each of nine EnvironMental areas of life that I just mentioned.

Do You Know What You Want?

You've heard the saying "Be careful what you wish for, you just might get it."

Well, the Love-N-Life philosophy is:

"Be clear about what you want and you **will** get it."

As a coach, I ask my clients "What do you want?" They almost always answer "MONEY! And lots of it!"

This leads to my next question “What is important to you about having money?”

You see, it’s not the money that is important. It’s just paper or more realistically, it is just numbers in our online accounts that we move around. The important thing is what the money brings us.

Maybe for you it’s security, freedom or adventure.

Do You Have Trouble Saying NO?

If you are like a lot of people you have trouble saying no.

Understanding exactly what your most important values are will help you get what you want. When that happens, decisions will be a piece of cake. You’ll know when to say ‘yes’ and when to say ‘no’.

Do You Run Out Of Time?

When you know what you want and you can easily say ‘no’ to the rest, you’ll find that you have more than enough time to go around.

O.K. Let’s get started!

Dream It

It’s time to put on your dreamer’s hat. Yes, I really do have one. When I put it on, it reminds me that I am in dreamer mode and the sky is the limit.

This is the time to figure out what you want. Start with the big picture and then fill in the details. Or some would rather start with the details and then figure out the big picture. Either way is perfect.

We use the following tools to delve into dreaming:

- **Dream Designer™** Take a look at the nine Environmental life areas and choose which one you want to start with. Don't try to do them all at once or you'll get overwhelmed and give up. The other pieces will fill in when the time comes.

Design your dream with these things in mind. Your dream should:

1. Be stated in positive terms
2. Be as specific as possible
3. Be within your control
4. Preserve the benefits of your current behavior
5. Be described using all five senses
6. Be worth what it will take to get

In NLP terms, these six steps are what we call WFOC or 'well formed outcome'

Following these steps takes the risk out of "wishing" for things to happen and makes sure that your dreams are all yours.

- **Limitation Destroyer™** What you believe – is true for you.

Are your beliefs useful? Meaning, do they support you in achieving your dreams? Or, do they limit you?

Life would be limitless if we did not have negative beliefs.

We are intelligent people and we already know what our negative behaviors are. Yet how is it that we can't seem to control them?

It's because there is a little voice inside your head saying "It can't be done."

NLP recognizes these unconscious behaviors and sees them as neuro-logical patterns in the body and mind (there's the NLP Master Practitioner coming out again getting all technical). Our love-n-life loop will help you overcome this unconscious programming plain and simple. One by one we'll chip away at these negative beliefs and turn them into positive beliefs so you can enjoy life on your own terms.

The step to take here is to be aware of what you are saying to yourself!

Shape It

By now, you know exactly what is important to you. Plus, you have destroyed your limitations by being aware of what they are. You are talking to yourself in a more supportive way.

Think of 'Shaping' as the bridge from dreaming to doing. This bridge creates a step by step action plan to go from dreaming to achieving your dreams.

You may be looking at the end goal and see nothing but problems in your way. 'Shaping' looks at it from the point of view of "hindsight is 20/20". Look back and you can see a clear path that it takes to get there. We'll figure out what step you can take TODAY to get on your way.

To shape your dream we'll use three hats: Dreamer, Planner and Critic.

Dreamer

Put on your Dreamer Hat again. This allows you to realize that absolutely anything is possible. Any judgments you might have

about whether it is possible or not are left behind. These are the tools we use:

- **Storyboarding:** You've probably heard of a dream board. Have you ever tried storyboarding? It's not quite the same. Storyboarding will get your mental juices flowing by giving you a big picture of your dream.
- **As If:** When you are in an 'as if' frame of mind you can step into the future and take a look around. What did it take to achieve your dream?
- **Mentor Modeling™:** Who do you admire that can offer ideas on what you need to do to accomplish your dreams? Think of it as a list of your advisors (doesn't matter if you even know them – you probably won't). We'll take a look at your dream from their point of view.

Planner

Now, put on your Planner Hat. This puts you in the frame of mind where you can plan, arrange and organize anything. You will still leave your judgment about whether it is possible out of the picture. There will be time for that.

- **Reverse Imagineering™:** Take a look at your storyboard again while wearing your planner hat. Use it to create simple action steps for today. Then edit your list to sift out the gems from the rhinestones.

Critic

It's time for your Critic Hat. You won't actually need a hat for this because this is the hat that most of us wear every day. Honestly, you have a hard time taking it off! Don't you? This is where you figure out if it will work or not. This constructive criticism will save

you time and money from making mistakes but be aware: the critic can crush your dreams if you let it.

- **Quality Control:** Review your action plan with a critical eye.

Live It

I'm sure that you, like me, have created dreams and plans before but failed in one area – *living the dream*.

That's really the most important step isn't it?

You can guarantee your success when you make sure that your vision is firmly implanted in your subconscious mind. This is basically the law of attraction in action. Our thoughts influence our life. Unfortunately most of us think more about what we DON'T want instead of what we DO want – which unfortunately keeps the problem around longer.

We allow our Sculpted Dreams to seep into our subconscious mind using these tools:

- **EnvironMental Manifesting™:** Take charge of the environments that you *can* control such as your home or your office. Your external surroundings should align with your internal thoughts. Everything you lay your eyes on is noted by your subconscious mind. What do you see when you look around? Clutter? Or have you chosen your decorations with your dreams in mind?
- **Higher Self Activation:** Harness your Spirit using art and stories to put your goals and dreams into alignment with your Higher Consciousness. Children as well as adults learn best

from the stories we hear. The conscious mind is entertained as the subconscious mind learns from the story.

Dream It + Shape It + Live It = Love N Life

Now, I don't want you to be overwhelmed at this point. The system is fun to go through because it's all about you!

Whenever I get stuck or lose my focus I come back to it and see which step I am missing. Even with my one on one coaching clients, we return to it to keep shaping and molding the dream. It's an ongoing thing. We don't carve a dream in stone. We figure out what works or didn't work. We figure out if we really even want it after all or decide if we need to tweak the direction. But we need to start. We need to take action and see how it fits for us.

My emails will serve to keep you on track. With each new understanding of possibility or discovery of choices you are moving closer to living your dreams.

Just start from where you are right now. Enjoy the journey!

Love-n-Life,



Your Personal Online Love-N-Life Coach

"Happiness is when what you think, what you say and what you do are in harmony." Ghandi

About Sherri Frost



Sherri Frost is certified as an NLP Master Practitioner, Hypnotist, Time Line Therapist, Reiki Master Practitioner and Neuro-Linguistic Love-n-Life Coach®. Her background also includes a degree in Business Administration. She teaches and provides NLP, Hypnosis, Reiki and Life Coach Certifications at prestigious Bennett/Stellar University giving you skills to put you on the cutting edge with your clients by helping them achieve deeper more meaningful outcomes. What makes Sherri unique is her emphasis on communication skills to develop deep rapport, enhance relationships and influence others with integrity using Neuro-Linguistic Programming.

About D.J. Frost

You've probably seen him recently on Fox News, WABC, WCBS, and CTV (and heard him on numerous radio shows too)...



DJ Frost is a certified hypnotist and NLP Master Practitioner that has helped a slew of people with weight loss, phobias, anxiety, stress and to quit smoking. His private sessions and workshops have created rapid change for everyone that's ever been there. People have sought him out from all over the World for his insightful and creative abilities to give them more confidence, increased mental strength, and laser beam focus. DJ has been changing lives using the proven techniques of hypnosis and NLP for more than five years after he studied and became certified with top notch Bennett/Stellar University.