



**WHAT IT TAKES  
TO REINVENT  
YOURSELF**

“If you are not  
where you want to  
be, do not quit,  
instead reinvent  
yourself and  
change your habits.”

~Eric Thomas~

**REINVENTING YOURSELF IS NOT SOMETHING THAT HAPPENS  
OVERNIGHT, NOR IS IT SOMETHING TO BE UNDERTAKEN  
WITHOUT FORETHOUGHT OR CONSIDERATION.**

**You are seeking to  
transform yourself, which  
can take time, depending  
on its focus.**

**Those that are most  
successful at reinventing  
themselves have some  
common characteristics,  
habits, and mindsets that  
help them to achieve their  
goals. Here's what it takes  
to reinvent yourself.**



# THIS IS WHAT IT TAKES...

## RESILIENCE

Along your journey to a new you, there will be problems, obstacles, setbacks, and even some failures. These are guaranteed to occur and being able to get back up after you've been knocked down in life is what is known as resilience.

Being resilient is essential for reinventing yourself, as it provides you with the efficacy and strength to overcome these setbacks, instead of giving in and settling for less than you want in life.

## DESIGNING YOUR OWN FUTURE

When you are reinventing yourself, you are designing the life and person you want to become. You make choices about the goals that are most important to you, and you then craft daily decisions to form emotional, social, mental, and physical choices.

## SELF IMAGE

If you want to reinvent yourself, you must think of yourself in a new way. Creating and honing a new self-image is necessary for the reinvention process. You are going to need a clear image and notion of what you are trying to achieve in this process, and visualizing and articulating who you want to be at the end of your journey will help you determine the best way to get there. Your new self-image serves as a consistent reminder, too, of why you are choosing to change your life.

 *Nothing in the universe  
can stop you from letting  
go and starting over.*   
~Guy Finley~

## MOTIVATION

Change, like reinventing yourself, takes time and energy. You can't stop being yourself or living your life to focus all your energy and commitment on this transformational process, after all. You still have to go to work, cook dinner, and pay your bills.

Finding the time necessary for the extra activities and habit-building required to become a new you mean you need to dig deep into your motivational reserves to stick with it. Staying positive, tracking your success, and understanding your goals can all help you remain motivated throughout the process.

# TRANSFORM



## SUPPORT

While self-reliance is important, accomplishing transformation requires support from others. A supportive team can provide you with people to lead on, supplement your motivation when it starts to wane, and offer advice when you need new ideas. It's also difficult to make a significant change when the others in your life do not understand or support your efforts.

## REALISTIC EXPECTATIONS

It is crucial that you understand the real, transformational change is not going to happen overnight, and there may be things that you may never be able to achieve. Keeping your expectations high but realistic can help you reach for the stars while also remaining grounded in reality. Set yourself up for success with the right expectations.

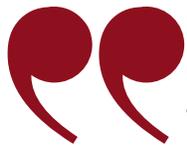
## HUMILITY

Changing yourself can bring up a lot of issues and emotions about the person you were as well as who you want to be. And when you start to achieve some amount of success in your reinvention, it can be easy to feel like you have it all figured out. Don't allow positive results to make you complacent, and always remember that no one is perfect, so everyone has room for improvement.

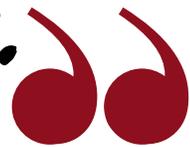
Now that we know what it takes to reinvent yourself, it's time to get down to the nitty-gritty. What are the actual steps to making transformation change in your life?

## COURAGE AND FEARLESSNESS

Any type of change requires some courage. As you head into the unknown and open new doors you must be fearless. You must take risks and believe in yourself and the process.



Each morning we  
are born again.  
What we do today  
is what  
matters most.



~Budda~



**For Women Over 40 Reinvention is NOT Optional, It is Mandatory!**

**A lot of women over the age of 40 have lived through a life storm – be it financial, personal, professional, spiritual, relational, or physical – and are basically stuck in a pattern of thinking that is not beneficial to their success in life. This is why reinventing our lives through becoming our most authentic selves is extremely important.**

**I help women over 40 reinvent themselves after a career, business or life storm by supporting them as they unlock their true authentic selves and get inspired to shift their lives towards personal and professional freedom through entrepreneurship. Ultimately I help women achieve their 2nd chance in their 2nd chapter of life!**

**For a FREE 30 minute coaching strategy session please email us at [WeCare@BusyGallInspiration.com](mailto:WeCare@BusyGallInspiration.com).**

*Coach Felicia M. Lopes*