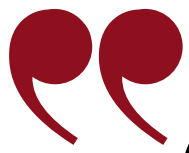




**WHAT IS
AUTHENTIC
REINVENTION?**



Don't ever feel like
your best days are
behind you,
reinvention is
the purest form of
hope. Make today
your best yet.



~Phil Wohl~

WHAT IS AUTHENTIC REINVENTION?

Authentic Reinvention occurs when you change yourself in meaningful and lasting ways.

It results from a shift in values, beliefs, goals, or needs, and it represents a process that alters your actions and perceptions on a grand scale.

TO REINVENT YOURSELF MEANS YOU ENGAGE IN A TRANSFORMATIONAL CHANGE THAT ALTERS WHO YOU FUNDAMENTALLY ARE INSIDE.



When you reinvent yourself, you let go of all the things that are currently holding you back. You change habits, goals, routines, and even fundamental values that are holding you back from what you want to achieve in life.

Reinvention can mean altering the direction of your dreams, expanding your options or possibilities, or forging a path in a new direction. If life is presenting you with more questions than answers lately, it may be time for a drastic change. Being emotionally stagnant, altering your path in life, and being given a wake-up call are all reasons people decide that they are ready to reinvent themselves.

EXAMPLES OF WHY AUTHENTIC REINVENTION IS NECESSARY FOR FULFILLMENT IN LIFE

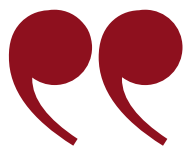
- Perhaps up to now you have found yourself doing things that are not in line with your current values; for example, lying to get what you want. Perhaps this dishonesty has caused you consequences that you are no longer willing to accept. Your reinvention would then focus on becoming an honest and sincere person.
- Perhaps you have suffered from low self-esteem and so your life is unhappy and unfulfilled as a result. Your transformation would then focus on building that self-esteem and reinventing yourself as a person with a high self-worth.
- Maybe you find yourself sick of your work and decide to chase an old unattained dream, so you then go back to college and get a degree.
- Maybe you are a people pleaser and find yourself no longer willing to put others ahead of yourself or your own needs, this is a perfect reason to reinvent yourself.
- Milestone ages are great times to consider reinvention. What needs to change when you turn 40, 50, 60 or even 70 or 80?.
- An interesting example is someone who relies too much on romantic relationships for happiness and survival and so the reinvention would entail letting go of such dependency and dependent thinking and to become willing, comfortable and ultimately secure and happy on their own.

**THESE ARE JUST A FEW EXAMPLES;
THE LIST CAN GO ON AND ON AND YOU
WILL NEED TO DECIDE WHAT YOUR
REINVENTION NEEDS TO BE.**

Whatever your reinvention entails, the change necessary to reinvent yourself requires self-discovery, adaptation, hard work, and commitment. You may need to acquire or build new ways of thinking, habits of mind, and daily routines in order to engage in transformational change.

The other thing that sometimes happens when you reinvent yourself is that when you make room for new goals and a new you, you may need to sacrifice something. You will likely want to give up some of the old ideas, habits, and beliefs that have been previously holding you back.

Reinventing yourself means you are building a better version of yourself. You are shifting in major ways to make choices that allow you to reach your full potential and become the person you want to be.



*Life begins at the end
of your comfort zone*

~Neale Donald Walsch~





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.

Coach Felicia M. Lopes