

What is Under Your Umbrella?

The concept of What is Under Your Umbrella came about while driving one rainy afternoon. I was waiting at a traffic light when I glanced over at several people waiting at a bus stop. There I saw several people standing under their umbrellas. Each one had a different expression on their face. Some were smiling..Some were scowling..Some were just staring blankly into the air. I remember the thought came to me . What is that person like? What are they feeling right now? What kind of life do they lead? How do they feel about themselves? I wanted to ask……What is Under Your Umbrella?

Who are you really? What kinds of things do you say to yourself? Are you the person you desire to be? It are those kinds of questions that lead me to ask: What is under your umbrella?

Most people walk around in life just being. They get up, do what they have to do, sleep, and then start it all over again the next day. We start on the Ferris Wheel called life, and we just keep going round, and round in a circle. We do not know how to live our dreams, or find the purpose of our life.

The "What is Under Your Umbrella Self-Esteem Workbook Program" takes you on a journey of self exploration.

You will learn to "Connect to your past" so you can see what paradigms were set up in your life. We will explore why you do the things you do, believe the things you believe, and most of all you will learn to let go of your limiting beliefs.

In the workbook "Clarity in the present" you will explore where you are in your life, and where you desire to go. We will explore your habits, and self-defeating behaviors. What new belief systems do we need to create so that you can live the life you have always dreamed. Learn to see and appreciate the real you.... You will learn to implement daily self confidence builders.

How do I stay on track? What is my passion in life? How do I manage my time? In the workbook "Commit to the change" you will learn the secrets of creating powerful affirmations. You will create systems for success in the 7 levels of your life. You will see how by improving your self-esteem, you will create greater balance in your life.

In the final workbook of the series"Commence your vision" you will learn how to implement the life you were meant to live. How to take daily action steps to create "forward motion" every day. Learn how to wake up, and live your passion each and every day. Learn how to live a life of Outrageous Excellence.