

SUSAN BOCK

COACH AUTHOR SPEAKER



Are You Living Your Life in **Technicolor**?

From: Susan Bock, CEO (Chief Everything Officer!)

Everyone's life has superlative moments – times when we feel extraordinary and our experiences are recorded in **Technicolor**. Think back to when you were a child – everything was new, exciting, bigger, brighter. You could become so excited by something you would burst with energy and find it impossible to stand still! Do you remember?

Fast-forward to today. How many **Technicolor** moments do you have? When was the last time you were so excited you couldn't stand still? What was the most recent **Technicolor** event you can recall?

These memorable moments provide us with an inner-connectedness to live our lives to the fullest – to being totally present in the moment. Granted, not every moment is enjoyable. Events can thrust us into an emotional turmoil or become a major upset in our lives. The turmoil can often lead to a big Aha! or epiphany. As an example, the emotional turmoil could sound like “I can't take one more day of working as a corporate lawyer!” or you suddenly wake up wondering “How did I get here?” The realization could be as basic as “I don't like my life.”



We don't need a hue upset to have an epiphany. Preferably, we can have them in a much less emotionally-charged environment. Extraordinary moments happen spontaneously, and others can be encouraged by our own decisions and behavior. If your life seems to be passing in a dull blur, try these tips for spicing up your life.

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Volunteer:

Become part of a community that is making a difference in the world – making it a better place to live. Join a cause you are passionate about. If you don't know what you are passionate about, try surfing the web to find a cause that peaks your interest.



Challenge Yourself:

The challenge can be mental, physical or spiritual. Do something you've never done before – go sky diving, learn to play the piano, run a marathon, read the complete works of William Shakespeare, practice meditation.



Buy experiences, not things:

Take a vacation - even for a day – rather than buying that handbag or new sofa. Go somewhere you've never been before – just for the fun of it. Create a garden, or have indoor spice plants. Take in the joy of watching the plants grow.



Daydream about your future:

Have a love affair with your future. Dream, design and direct the motion picture of your life – visualize what you want to do, who you will be doing it with, where will you be. Get specific, see the details. Write it down, commit to a date and make it happen! And dream in Technicolor!

What will you do today to live your life in *Technicolor?*

A special thank you to my editor, who consistently provides me with encouragement, inspiration, and opportunity to laugh at myself.

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I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at www.SusanBock.com

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Have Questions? Give me a call 714-847-1566

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