

# ***LOVING LIFE E BOOK***



## **HOW TO LOVE LIFE** *Today and Everyday*

# *Loving Life*

Loving Life is a choice of healthy decisions that sets your intention to look at the brighter side of life, especially when things don't go according to your plans.

Maybe there is a good reason things haven't gone according to your plans. Maybe there is a better choice that you aren't seeing at this moment.

Instead of being disappointed see it as an opportunity to refocus and check out other options, they are always there, if you look.

When you think about it, life would be very boring if there was only one way of doing everything.

Giving yourself different options can be more exciting by choosing the right one's for you at this time. Maybe the other options will work better another time.

The key is not to narrow down your choices but to open them up, even when it seems impossible.

Allow your senses and intuition to be your guide, stepping out of the box to try other ways that could possibly work. Ask your higher self what could I do here and write down your answers.

# *Loving Life*

The Loving Life Workbook supports you in eliminating old programming and limiting patterns to reveal your hidden opportunities that ignite your passions for Life.

As you step into the best version of yourself having great relationships with those important people in life. Having the strength and know how to deal with life situations confidently. Appreciating everyday and what it brings while being grateful for greater life fulfillment.

Using my structured framework sets you up for success, by guiding you towards the results you are looking for..... while understanding the different relationships you have with the people in your life.

Using my proven system step by step can and does give massive results.

You move forward comfortably navigating life's hurdles easily and successfully making great choices that are in alignment with your future path.

As you adjust energetically with your choices and decisions it makes moving forward effortless.

Allowing you to be the person who accomplishes their dreams by making their plans and goals happen.

Appreciating and Grateful for every day and what it brings,, being your own best friend, living in each moment.....

# *Loving Life*

During the workbook you will find your mind drifting back to memories good and bad. It will be the revisiting of those times, that you will be able to clearly define where you are today. As well as what is right for you Now.

You will be looking at your dreams to make sure they are in alignment with where you are heading. Or will you need to update them to ignite your passions? Loving Life workbook will be making sure you are crystal clear on your now and future dreams.

It will become clear what is important to you, who is supporting you and who isn't. Who is draining your energy, and who is supporting & inspiring you.

You will find the answer to those questions when you take time to reflect on the different relationships you have. You soon get to realize which relationships are meaningful and which are not.

By clearing out the people that no longer serve you, frees up space and time to engage with new people who are more in alignment with who you are and what you want to do.

# *Loving Life*

When you are comfortable making space in your life for the right people ..... they turn up and fill that space, just like magic.

You are destined to meet the right people at the right time. Your emotions act like a tuning fork making sure you are in the right place at the right time.

As you work through the workbook, you are fine tuning your physical, emotional, mental and spiritual bodies to respond accordingly with your words and actions. Knowing you have the power to steer your life in the direction of your choice.

Be your own problem solver and make things happen now..... Step out of your comfort zone and be the person who accomplishes their dreams by making plans that make it happen.

This is your opportunity to re-evaluate your priorities and be true to yourself making everyday special. Be you own best friend, be thankful and grateful for all the people in your life.

Remember gratitude for everything, even when life doesn't go according to your plans..... there is always a reason.....

Live Life passionately and it will Love you back.

# Loving Life



**PART ONE:** Getting to Know Me. Deep dive into your feelings, revealing how you truly feel about life and the people in your life. Ask, what are you really learning from them? Are there any necessary changes,? What would they be?



**PART TWO:** Taking care of me. Get to know clearly what your needs are & what you need to do, to make sure they are met. Updating coping skills getting the results you want. Uncover how to get your needs met with our step by step plan giving you the results you desire.



**PART THREE:** What I love about me. Become clear about all the things that make you special and stand out. Understanding why some people are just not meant to fit into your life anymore. Build a strong support system . Knowing who supports you in Loving Life.

# *Loving Life*

Loving Life is getting to know and understand yourself at a deeper level. To have a very clear understanding of what exactly is going on in your life. To be absolutely clear about who treats you well and who doesn't.

Know what choices are available to you, so you can deal with any situation and turn it around in your favor.

Clearly understand the quality of the relationships within the family, work, partnerships and friendships, so you can openly and honestly do what is best for your needs.

To live passionately you need to reveal any underlying objections that are preventing you from living your passions/dreams. On finding any objections you learn to navigate around them or through them. There are always choices to overcoming what you feel is standing in your way.

Developing coping skills to address our past, present and future is key to moving forward comfortably and realizing what no longer serves the person you have become.

Allow yourself to dig deep to find the answers you are looking for and to embrace the empowering results of knowing the truth. It allows you to address self love at a deeper empowering level emotionally mentally and spiritually.

Healing our own negative self and knowing how to set healthy boundaries with others in life gives an extra support system when needed. Being absolutely clear why the people in your life are there helps you to find all the answers you need to love life.

# LOVING LIFE COURSE

13 Week Course that reveals your hidden opportunities and new perceptions to re-ignite your passion for Life

\*great for a confidence and self esteem boost,

\* increase inner strengths and inner knowing

\* update your values and beliefs

\*master self-awareness, \* upgrade your intuitive self,

\*become crystal clear on life direction/path.

All this and more can be achieved in this 13 week course by using my proven system. We start by identifying your doubts and fears, taking care of them, by learning to overcome them.

This immediately upgrades you to the next level to reveal your interchangeable skills and talents. You easily create a solid base with more freedom and me time, giving you a much-needed confidence and self esteem boost.

We use an in-depth process to help you in uncovering your passions. This helps to keep you focused and determined to quickly overcome any new fears or doubts that may surface.



Your success lies in overcoming your negative self and turning it into your positive confident self. We show you how to build the perfect support system for you ensuring that you continue to be successful now and in the future.

We tackle the transition side from where you are to your biggest and best outcome, building strategies so you always see yourself and life from a positive outlook. Knowing exactly what you have to do at any time.

If you are ready to use this proven system making sure you achieve your goals using the step-by-step process, getting the results you want and more.

This is for you, we have a limited number of places available.

I know I am asking you to step out of your comfort zone by making a quick decision, but it is worth it, and you have everything to gain.

For \$1,694.00 you get the opportunity  
to use a proven system  
that gets results so you confidently  
make the best choices  
to re-ignite your passions for Loving Life.

To register for Exclusive or Group Coaching: [Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)

## Exclusive Coaching

You get to work one on one with me  
on weekly zoom classes  
to dig in and get to.. what prevents you  
from Loving Life Fully.

I am also adding \$310.00 in bonuses

Bonus 1.' How to say No' comfortably Workbook that  
helps you take back your time to do as you  
please..... \$100.00

Bonus 2. Self Hypnosis mp3 to keep you self assured  
and optimistic..... \$75.00

Bonus 3. Your Indepth Intuitive Reading. your future  
self road map .....\$125.00

Bonus 4. Loving Life Journal .....\$10.00

Interested in Exclusive Coaching, please contact me  
for the next available dates.

Email: [Hazel@Hazelburton.com](mailto:Hazel@Hazelburton.com)

To register for Exclusive or Group Coaching:  
[Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)

## Group Coaching

Group Coaching .....\$380.00

Plus 3 Bonuses \$185.00. ....FREE

Bonus 1.' How to say No' comfortably Workbook that helps you take back your time to do as you please.

..... \$100.00

Bonus 2. Self Hypnosis mp3 to ensure you stay feeling self assured & optimistic.....\$75.00

Bonus 3. Loving Life Journal.....\$10.00

Interested in Group Coaching,  
please contact me for  
the next available dates.

email:Hazel@hazelburton.com

To register for Exclusive  
or  
Group Coaching  
email: Hazel@hazelburton.com

## RECAP ON YOUR OPTIONS

LOVING LIFE EBOOK.....FREE  
HARD COPY.....\$7.00

LOVING LIFE WORKBOOK.....\$25.00  
JOIN ONLINE GROUP PAGE .....FREE  
HOW TO SAY 'NO' WORKBOOK (\$100.00).....FREE

OR

JOIN WEEKLY GROUP COACHING GROUP.....\$380.00  
HOW TO SAY 'NO' WORKBOOK (100.00).....FREE  
SELF HYPNOSIS MP3 (\$75.00).....FREE  
LOVING LIFE JOURNAL..... (\$10.)....FREE

OR

EXCLUSIVE ONE on ONE COACHING.....\$1,694.00  
HOW TO SAY "NO" WORKBOOK(\$100.).....FREE  
SELF HYPNOSIS Mp3 (\$75.00).....FREE  
60 MIN. INTUITIVE READING (\$120.).....FREE  
LOVING LIFE JOURNAL..... (\$10).....FREE

Interested in Exclusive or Group Coaching,  
please contact me for  
the next available dates.

Email: [Hazel@Hazelburton.co](mailto:Hazel@Hazelburton.co)

To register for Exclusive or Group Coaching:  
[Hazel@hazelburton.com](mailto:Hazel@hazelburton.com)

# *Loving Life*

**Family Needs**

**My Needs**

**My Needs**

**Work Needs**

**Friends Needs**

**My Needs**

# *Loving Life*

**Family Goals**

**My Goals**

**My Goals**

**Work Goals**

**Friends Goals**

**My Goals**



## *MY HEART'S DESIRE*

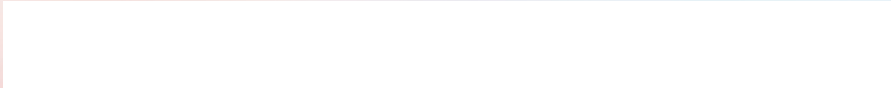
*If you could have anything, what would you ask for  
and why?*



*What are your  
AFFIRMATIONS for Loving Life?*

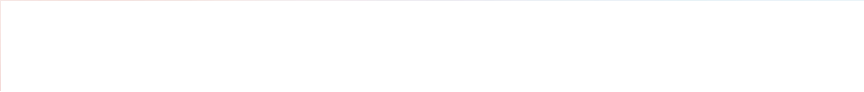


# *What I need to do Now for Myself?*



# *What I need to do Now for my Relationship/s*

# *What I need to do Now for my Family*



# *What I need to do Now for my Work*

# *What I want for my Future Self*

