

HAPPY LIFE

DREAM JOB

RESET YOUR LIFE
EBOOK

JUST FOR YOU

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RESET YOUR LIFE E-BOOK

Celebrate the wonderful unique ways that make you special.

Set healthy boundaries to free yourself and gain more of your time for your needs,

Learn how to self generate your confidence and self esteem to make everyday great.

Use your own creative solutions to overcome life challenges and obstacles.

Release yourself by letting go of grudges and disappointments and move on.

Discover how to make more effective life choices and decisions to better serve your highest best self.

Embrace self worth with a firm knowing of who you really are.

Value and embody your personal strengths, talents, abilities, loves and passions .

See this, as your empowerment to being successful.

Let your inner light shine brightly and set you up for success.



Reset Your Life

This is a journey of taking responsibility for your life, because you are the soul creator of your life and of the person you are now.

The workbook is your journey to discover old patterns that slip in and become engrained personal habits.

Our busy lives can often distract us from making necessary changes and creating a better life.

Everyone can become trapped in dysfunctional habits. However being "stuck" in this situation, can be exactly what you need to realize that you are going no where fast.

It can be an epiphany of sorts, where you can make an illuminating discovery about who you are and about your life.

The great thing about the workbook is that it changes your "*no where*" into "*now here*", living present in the moment and seeing clearly.

Everything in the workbook, is designed to help you redefine your priorities and to put yourself first. It's all about learning to apply "healthy selfishness."

Many people think that being selfish is negative.

However, the concept of "healthy selfishness" is actually being very smart and productive. How can you help anyone if you cannot help yourself and find the way forward?

It is smart and productive to make your own path, so that others can see how to do it and learn how to do it themselves. You are not a follower unless you want to be.

The workbook will help build your confidence and self esteem to the next level and show you how to continue to build it up repeatedly through life.

Learn to set boundaries comfortably taking back your time and energy without feeling guilty. Create your future self taking full responsibly as you let go of old programing and other people's ideas. Replacing them with your plans that clear the way for your future self.

Take complete charge of your life by setting boundaries effortlessly without feeling guilty, taking back your time and energy. Leaving you with free time for your own enjoyment and plans.

Keep your energy high creating a not to list with things you don't want or need to do and leave you feeling exhausted. Life is about your happiness and what makes you happy and contented.

Putting yourself in the driving seat and feeling comfortable with your decision making takes confidence and self assurance, that it is right for you. Showing others they too can put themselves first and feel good about doing it.

Learn to embrace all of who are accepting everything about yourself is huge in setting yourself up for success. Knowing you can easily make informed decisions and choices that are best for you and feeling comfortable in seeing them through.

Achieving life balance is also a work of art and still achievable when you follow your desires and wants. Find your comfort zone in knowing what serves you and what doesn't, by learning how to navigate life's hurdles successfully.

If you are ready for greater fulfillment in life and ready for healthy fulfilling relationships in all you do.

Reset your Life reminds you.....you are the author of your Life Story. Your workbook shows you how to rewrite your story giving you the freedom and choice to live your best dreams the passions in Life.

This is your near future life story and you get to choose what works best for you and what doesn't. Time to become the best version of your self.

Reset Your Life is transformational it takes you on a journey revealing where you have given up and/or given into life situations. You learn where to take back your power and how to take it back. Enabling you to follow through with your own plans and goals. Everything you are asked to do is for your greater good, giving you back your time space and life.

Reset your Life supports people in making progress in their life situation that cause them to feel overwhelmed and bogged down. By providing effective tools to manoeuvre through lifes challenges and obstacles. Providing new skill sets to continue to use effectively and confidently as needed.

In the workbook you will be provided with many tools that you can continue to use until they become second nature. Taking you through the ups and downs of different relationships we have. When you learn how to handle your relationships for your greater good it makes for a much easier life with more time for you.

Learning to set healthy boundaries with all the people in your life gives you back more time for you to enjoy doing what you love. The workbook helps you realize where you give up your precious time and how to deal with it for your best.

You will learn to build inner strengths, courage, goals

Below are questions to get you started thinking about change.

Pause take a few deep breaths then answer from your heart.

1. What challenges are you struggling with at the moment?
(*Make a list.*)
2. What is important to you at the moment?
(*Make a list.*)
3. What is missing in your life right now?
(*Be honest and reveal it all.*)
4. What do you really really want?
(*Get it out, crazy as it maybe*)
5. If you could have anything. What would it be?
(*Think deep about the answer.*)
6. Describe who you are now?
(*Be open and honest.*)
7. What do you like about yourself?
(*Answer from your heart.*)



8. What opportunities are missing?
(No holding back let it flow.)
9. What are you prepared to do now?
(Be really honest on your commitment.)
10. Who do you admire?
(The first person who comes to mind.)
11. Why do you admire them?
(What do you see.)
12. Where in your body do you feel stuck or held back?
(Close you eyes and ask the question write the answer.)
13. Who would You Be if you really believed in yourself?
(Take you time and let your inner most self answer.)

By answering the random questions above, you have already shifted your thoughts., Take a few moments to ponder on how you are feeling and maybe even how you are thinking differently.

Think about how much more the Reset Your Life Workbook or Coaching Course can turn your life around unfolding dreams, ideas to share with people who actually love and support you for being you.



Reset Your Life

13-week one on one online course turn around your unfulfilled, empty feelings of life .

Set your boundaries, take back your time, your life. build your confidence, overcome obstacles, your not good enough. Instead know your worth and embrace your self esteem

Build the life your heart desires

I have a challenge for you, I am offering you an opportunity to use my proven system to turn your life around and gain a whole new perspective of yourself, and life.

All you have to do with my support is use my proven system to break free of your limiting thoughts and beliefs. Because you are defining yourself and your life from those limiting beliefs, thoughts, and patterns of behavior. So, nothing can or will change.

However, when you change how you look at yourself and life, you start to see all those limiting patterns break up and transform into new perceptions with hidden opportunities to turn your world around into one your heart desires.

This course takes you through a proven system step by step, eliminating the old programming, limiting beliefs and patterns.



We figure out what your New Life will look and feel like to you, so we are 100% clear on what feeling yourself again means to you.

Then we make sure you have allowed yourself the space and time to do your work on building your New You by reviewing your weekly schedule

The weekly schedule is your roadmap for how we will work together, implementing my proven system to make sure you achieve your goal and get the results you want and more.

What you must do, is be willing to invest in this great offer and prioritize your time and effort into using my proven system that produces the results that continue to motivate you into building the person you know you are, living in the world you want to live in feeling loved, free, happy, accepted for being all that you are and more.

So here is the deal for the next while I am offering this at a great price \$1,694.00 for 13 weeks online support with weekly zoom classes where you get your questions answered and we can get to the root of your problem and discover what is best for you.

Together we make sure that all your needs are met everyweek by you doing your homework. I will be supporting you in discovering all the old limiting patterns that have continued to hold you back. The course will teach you how to release and let go of your old self leaving lots of room to build and reset your life for your highest and best. I am also adding 4 bonuses worth \$300. for that extra support ensuring success.



ONE on ONE COACHING

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 true to feeling confident and self assured.\$75.00

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

Bonus 4. Reset Your Life Journal..... \$10.00

Interested in One on One Coaching, for Reset Your Life Workbook please contact me for the next available dates.

Text Hazel: 705 238 3319

Email: Hazel@hazelburton.com



GROUP COACHING

Group Coaching.....\$380.00

I am also adding 3 bonuses for you worth \$185.00. for your continuing support.

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 true to feeling confident and self
assured..... \$75.00

Bonus 3. Reset Your Life Journal.....\$10.00

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

Email: Hazel@Hazelburton.com

Text: 705 238 3319

Check out your options on how to Reset Your Life

RESET YOUR LIFE EBOOK.....FREE
HARD COPY.....\$7.00

RESET YOUR LIFE WORKBOOK.....\$25.00
JOIN RESET YOUR LIFE GROUP PAGE.....FREE
BONUS: HOW TO SAY ' NO ' WORKBOOK \$10.....FREE

JOIN GROUP COACHING GROUP.....\$380.00
BONUS: HOW TO SAY 'NO ' WORKBOOK \$100. FREE
BONUS: HYPNOSIS MP3 CONFIDENCE..\$75.....FREE
RESET YOUR LIFE JOURNAL.....\$10.....FREE

EXCLUSIVE ONE on ONE COACHING.....\$1,694.00
BONUS: HOW TO SAY 'NO WORKBOOK (\$100)..FREE
BONUS: HYPNOSIS MP3 FOR CONFIDENCE (75.)FREE
BONUS: 60 min. INDEPTH READING (\$120.).....FREE
RESET YOUR LIFE JOURNAL (\$10).....FREE

Email: Hazel@hazelburton.com
for the next available dates



Reset Your Life
Write how you feel.
Anything different? What? Why?





Reset Your Life!! NOTES
Things you would like to do!!
Be totally honest no holding back..





How do you want the course to help?

What do you want to gain?

A large rectangular area defined by a dashed blue border, intended for writing the answer to the question above.

How do you want to Feel?

A large rectangular area defined by a dashed blue border, intended for writing the answer to the question above.

Book your Clarity Call today TEXT 705 238 3319
for next available time.





To register: hazel@hazelburton.com

Set some goals for your New You.

Big Goals

[Large dashed box for writing Big Goals]

Small Goals

[Medium dashed box for writing Small Goals]

Big Goals

[Large dashed box for writing Big Goals]

Steps to take

[Medium dashed box for writing Steps to take]

Steps to take

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Steps to take

[Medium dashed box for writing Steps to take]

Steps to take

[Medium dashed box for writing Steps to take]

Book your Clarity Call today TEXT 705 238 3319
for the next available time.





Describe how you would like your
Reset Your Life to look and feel like!

Remember engage your feelings!

A large, empty rectangular frame with a decorative border. The border consists of a solid blue line on the outside and a dotted blue line on the inside. Each of the four corners features a decorative element: a blue teardrop shape with a white dot and a small blue circle.

To register: hazel@hazelburton.com