

Jessica Ell
coaching

✨Leverage It✨

Using “Here” to Get “There”

jessicaell.com

Jessica Ell | Life Coach, Change Consultant, Author

Jessica Ell
coaching



“Leverage It” Purpose of This Workshop:

Practical ways to build a bridge from where you are to where you’re going, using what you already have:

- The goal of Leverage: Take what’s good in your life and build something new with it
- Learn “how” to make a big change by making small ones
- Experiments you can try to see what might “stick” in your next chapter

“Love It” Recap

Taking strategic pauses and creating the foundation for leaps of faith that lead to Big / Magical / “I can’t believe that happened” lives

- Airing of Grievances
- Meeting Your Inner Eeyore
- Blooming Where You’re Planted



Jessica Ell coaching

Jessica Ell
coaching

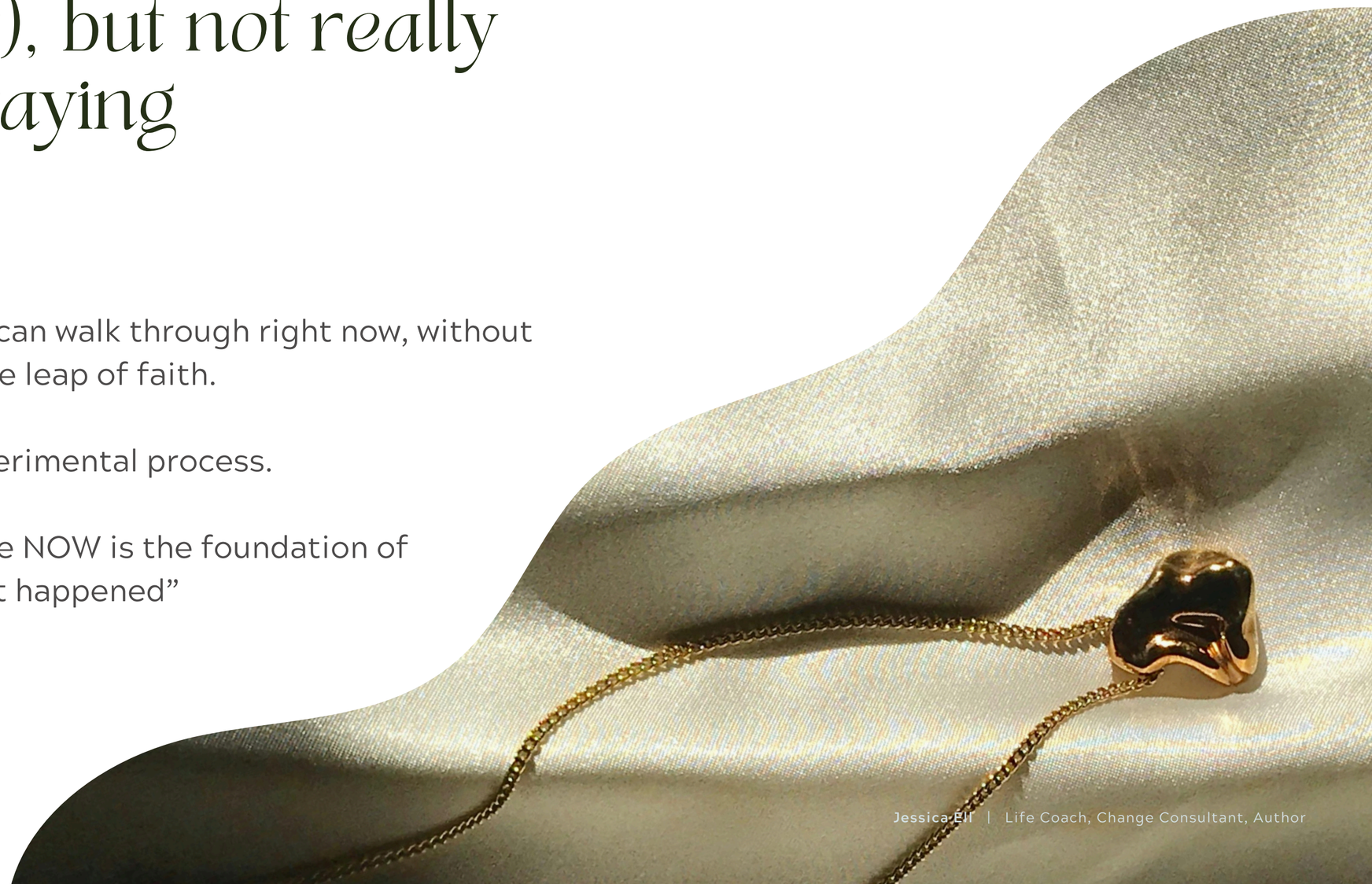
Not leaving (yet), but not really committed to staying

Why people feel “stuck”

Finding the hidden doorways you can walk through right now, without burning down your life in a massive leap of faith.

Leveraging these assets is an experimental process.

Leveraging what’s good in your life NOW is the foundation of Big / Magical / “I can’t believe that happened” opportunities.



Jessica Ell
coaching

3 Curious Ideas for a Big / Magical / "I can't believe that happened" Life



Jessica Ell
coaching

Curious Idea One: Clarity is not necessary

The staggering array of options between staying forever and burning down your life

The PROCESS of leaving vs. “decisions can happen in an instant”

Storytime: Amarillo Fog

TAKEAWAY:
You don’t need to know where you’re going in order to start this work.



Curious Idea Two: Shake One Tree...

...and fruit will fall from another.

Results aren’t linear, and we have a very limited concept of cause-and-effect

The results you want are likely to come in an unexpected way or form

Commit to continuing (this is why not hating what you’re doing is so important)

Storytime: A 100k year



Reflection: Reverse Engineering Magic

What is something in your life that you would’ve said was impossible before it happened?

What events transpired that led to that thing?

Could you have predicted the way things unfolded?



Curious Idea Three: It Doesn't Have to Last Forever

Insisting that things last forever creates paralysis.

The thing you do now doesn't have to be forever. Leverage a "Now Thing" to subsidize the "Next Thing"

Client Story: Subsidizing her dream



Jessica Ell
coaching

Jessica Ell
coaching

3 Bridge-Building Experiments

Experiment with these action-oriented ways to put the Curious Ideas to the test.

Let It Get Bigger

“New Relationship” Energy

Dream Test Drives



Experiment 1:
Let It Get Bigger

The clues to what will satisfy us are everywhere, not just in the area we want to change.

Storytime: “What’s fun? NOTHING.”

Inventory: What do you enjoy doing right now? What is fun or satisfying? What have you enjoyed about past jobs, relationships, location?

Experiment: Let it get bigger! Increase the time you spend doing that thing, even if it seems irresponsible. Tell someone about it.



Experiment 2: “New Relationship” Energy

Style matters... and it’s so much more than clothes.

Bring “shaved legs” energy to your current circumstances

Experiment: Document your personal “new relationship” approach - how do you show up? Show up to your current circumstances that way.



Experiment 3: Test Drive Your Dream-Ideas

Clarity is developed through action. This works best when you've paralyzed yourself with thinking you need to "figure something out" first.

Storytime: Test Driving Salt Lake City

Experiment: Pick something you think you might want. Find a way to test drive it. (Visit the city, buy a wig, test drive the car, go on dates)



Jessica Ell
coaching

Results of "Leveraging"

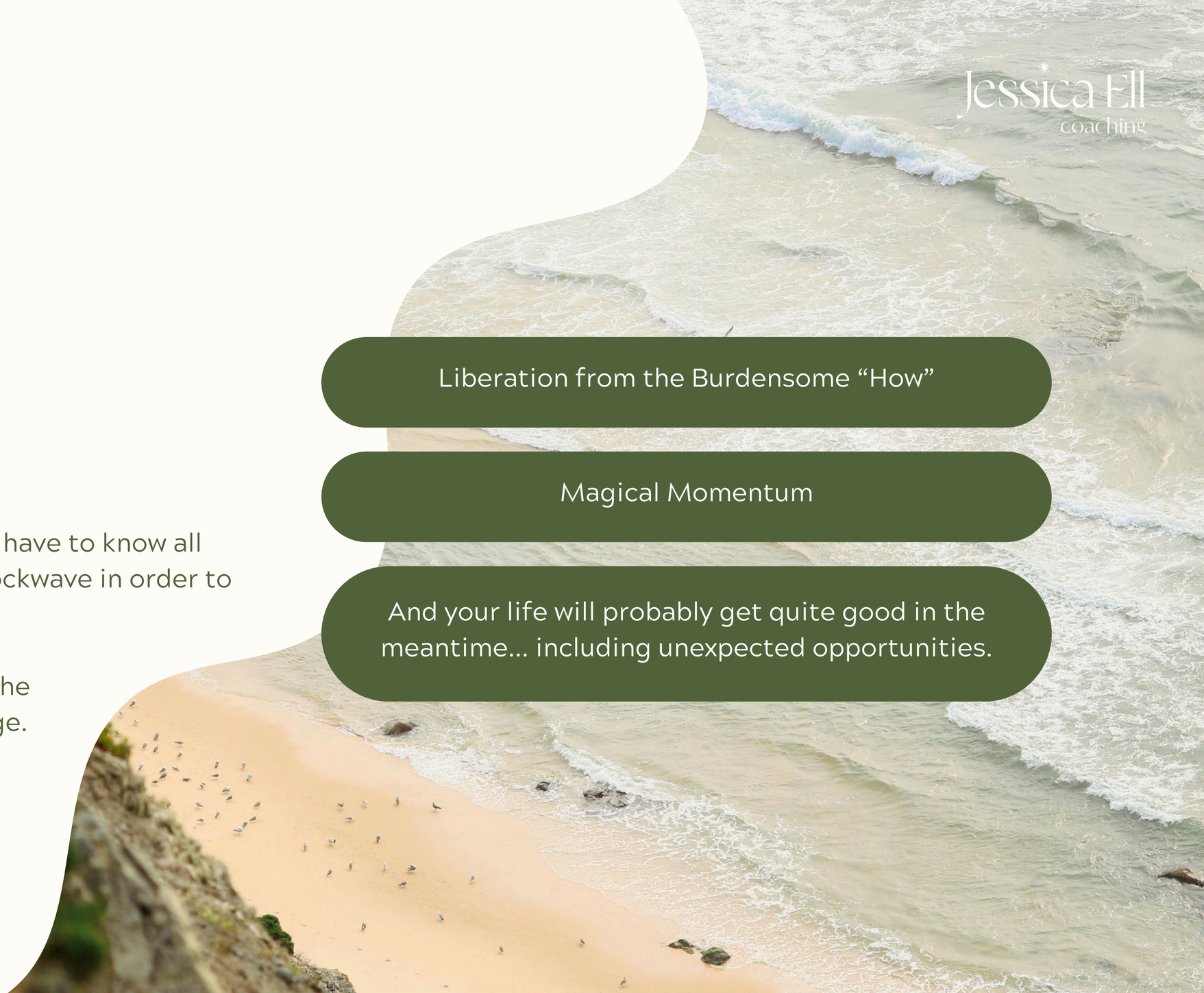
We feel stuck because we think we have to know all the details and initiate a major shockwave in order to change.

Leveraging your circumstances is the precursor to initiating major change.

Liberation from the Burdensome "How"

Magical Momentum

And your life will probably get quite good in the meantime... including unexpected opportunities.




Jessica Ell
coaching
“One day, you’ll look back and connect the dots,
and it will feel like magic.”
Jessica Ell
jessicaell.com

Recap: The Three “L’s” of Changing Your Life

Love It

Leverage It

Leave It

