

Jessica Ell
coaching

Love It

The First Step in Getting from “Here” to “There”

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Jessica Ell | Life Coach, Change Consultant, Author

Recommended for “Love It” Vibes

The best physical location that’s available to you right now

A drink you actually enjoy, in a glass, mug, or container that feels special

The class workbook

A notebook, laptop, or app you like using



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Stop settling for what you don't want.

You've already taken an important step: admitting that **this** isn't it.

"Not This" is enough for now.

Chart a course toward a new chapter, even if you don't know exactly what you want.



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The Three L's: Changing Your Life When You Don't Know Where to Start

Love It

Leverage It

Leave It





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“Love It” Purpose of This Workshop:

Build the springboard to launch a leap of faith

- The stepping stone of staying put
- Strategic pauses
- Create space for Big, Magical, “I can’t believe that happened” possibilities you can’t imagine yet

Who Am I?

Life Coach / Change Consultant
Author / Speaker

Many “Former” Things led to... “Not This” Navigator

Storytime:
Summer 2020 / “What do you **not** want?”

Accomplice in creating Big / Magical / “I can’t believe that happened” lives



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3 Practices to Make Space for Big / Magical / "I can't believe that happened" Possibilities

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Practice One:
The Airing of Grievances

- The directional relationship of feelings and circumstances

- Storytime: “I’ve never made money before.”



Exercise:
Meet Your Inner Eeyore

Write down 2-3 things you really want and don’t have.

Prompt: “Brain, why can’t I have the things I want?”



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That Whole Air Mattress Thing

Storytime: The time my life resembled a bad romantic comedy



Practice Two:
“This Too Shall Pass”

There are reasons you’ve stayed this long.

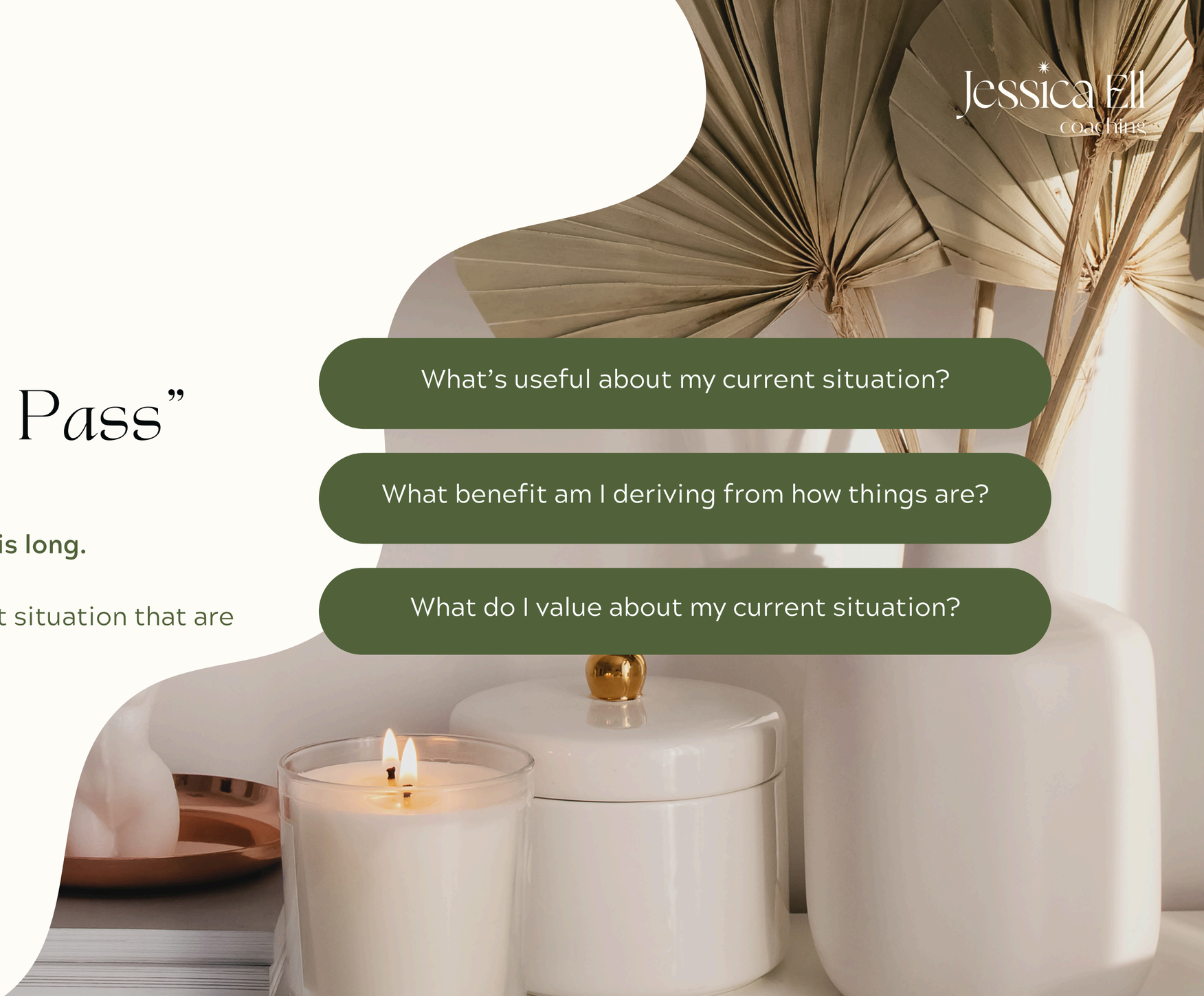
There are things about your current situation that are useful and valuable.

When this, too, passes, what will you miss?

What’s useful about my current situation?

What benefit am I deriving from how things are?

What do I value about my current situation?



Practice Three: Bloom Where You're Planted

Inner World // Outer World Relationship

Tucson, AZ apartment // Client hanging art



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Exercise: Outer World Spark Steps

Spark inner world changes by making small outer world changes.

- Describe your Least Loved and Best Loved Areas (how it looks, how it feels)
- Circle key adjectives
- Make one change to your Least Loved Area that makes it more like your Best Loved Area
  - Subtract // Add
- Repeat



Exercise: Bring the Best of You

Spark outer world changes by bringing the best of yourself to your current life.

The annoying paradox is that when we want to leave something and treat it roughly, the longer it persists.

Storytime: The raise I didn’t get

Prompt: Where are you holding yourself back? Where are you giving less of yourself?



The result of these three practices?

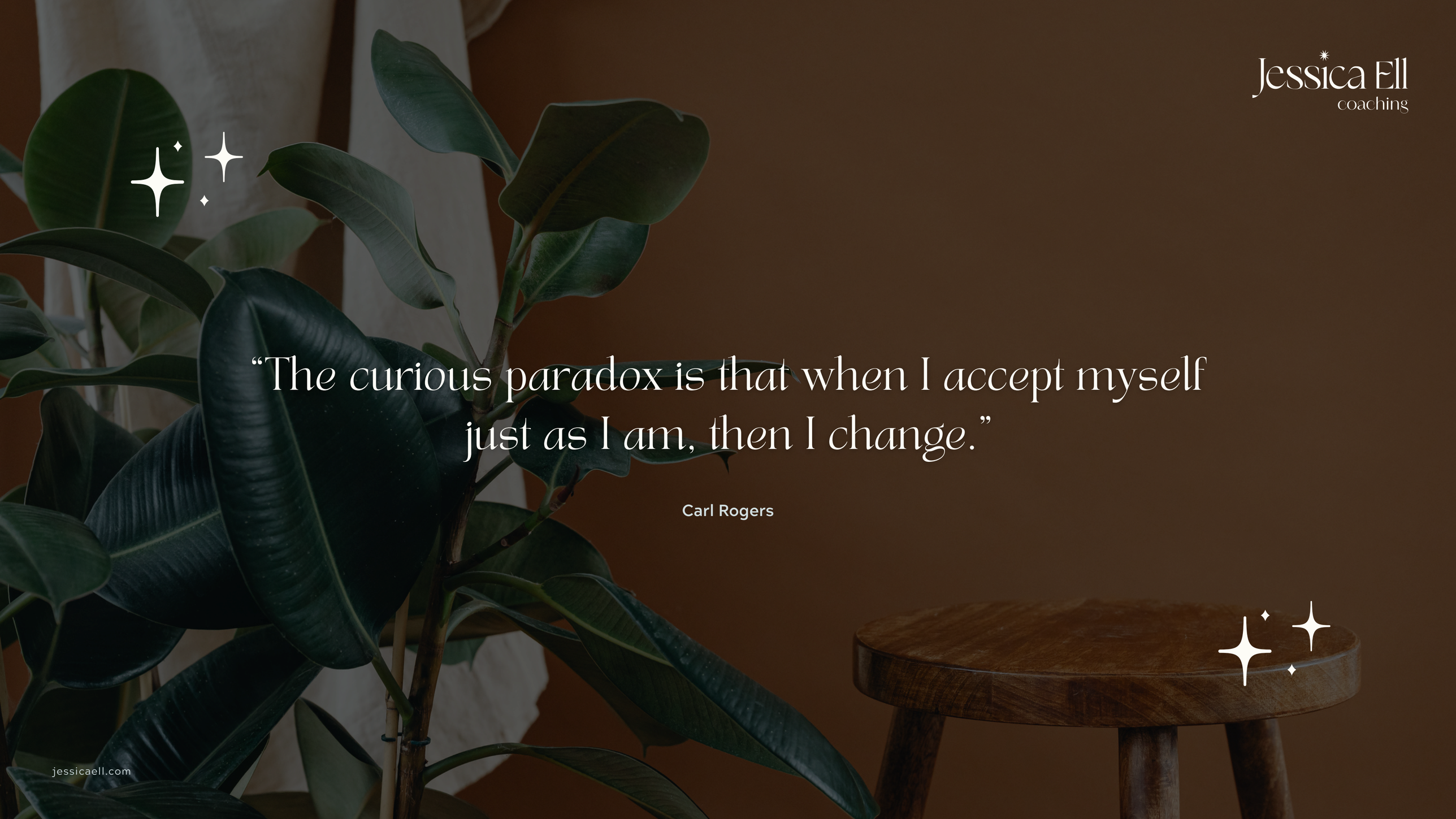
Your life will become the best it can be,
even if it isn't ideal yet.

You **become a magnet** for Big / Magical /
"I can't believe that happened" opportunities.

You **get good at the skill of willingness**,
which you're gonna need when it's time
to make big Outer World changes.



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“The curious paradox is that when I accept myself just as I am, then I change.”
Carl Rogers
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Recap: The Three "L's" of Changing Your Life

Love It

Leverage It

Leave It

