

Attitude

Let's Change it for 2019



Hi! I'm Patricia. I'm a personal Separation & Divorce Coach on a mission to help men and women motivate themselves to make positive changes in their life. I work one-on-one with individuals to get their life back and create a balance lifestyle.

Every year I set myself with new goals. Why! Because it gets me motivated, keeps me focused and I feel a sense of accomplishments.

Doesn't it feel great when you finish a project in the home or even after you clean up the house or your room. You feel like you accomplished something, and it feels great.

Create a Plan to start off the new year with a goal for success. Work on YOU and create balance in your life.

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Start by changing your outlook on life.



Start by changing your ATTITUDE. It doesn't mean you have to be smiling all the time or forget about your life situations. It's about making each a day a better one.

I hear all of stories about life situations and they are angry, grumpy, take it out on everyone around them.

People don't take the time to find solutions to their life problems. As Dr. Phil says all the time **"You can't fix what you don't acknowledge"**. I love that saying. Having a positive attitude helps you get through the day easier.

Create a plan to solve your problems. I always say there is a workable solution to every problem. It might not be the one you expect but it can always work itself out somehow.

I had a young lady approach me one day and I asked her "How is your day going so far". It was at that moment she broke down and started crying. She said nothing was going right, she lost her security pass, had to pay extra money to get a new one, had to take the bus that made her late for her appointment and just was having a bad day. So I said "But what's the real problem why you feeling this way." She replied she didn't

have a job and was in debt. After getting further details and discussing the problems I offered her a set of solutions as go to the bank and merge her credit cards to help her payments to pay her debt and be able still function until she can get her life back on track.

Being angry, sad or frustrated doesn't help the problem. Find a workable solution.

In the meantime, the power of positivity may change your personal and professional life it helps you keep focused to make sound decisions. It will also help you seek happiness, health and a happy ending regardless of the situation.

Even in tough situations, it is healthier to think **positive**.

I met this man not long ago and he had the most beautiful smile and was so cheerful. But finding out that the man had been going through a huge struggle and his heart was crying. He had renovations done on his house that cost over \$100,000.00 thousand dollars and lost it all from a contractor. He showed me pictures of the renovations of his house.

His house was never completed, and he is still living in it and working two jobs to keep up with his debt. He will never be able to catch up on his debt. But I looked into his eyes and said you are amazing to keep such a beautiful smile and have such a great attitude and deal with your situation every day.



So, no matter what your life struggles are keeping a positive attitude is important to be able to get through the day.

Take away your anger, frustrations and walk with a smile.

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

I'm here to guide you throughout your journey in life and achieve your goals.

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous