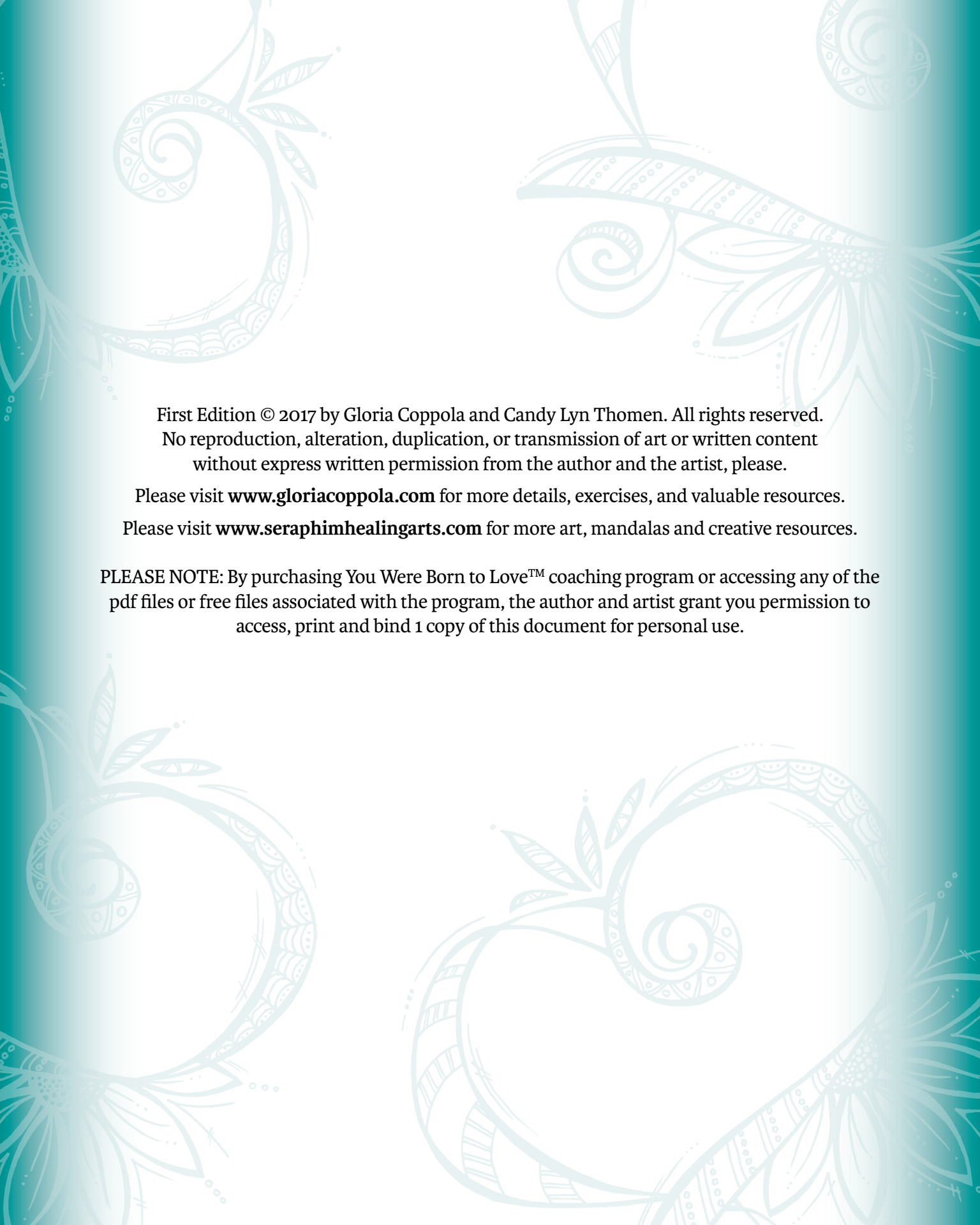


You, Were Born to Love

Living a Life with Purpose



Gloria Coppola



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You, Were Born to Love

This is a sample of the 12 week program offered by Gloria Coppola at www.GloriaCoppola.com to create a life you love.

~ INTRODUCTION ~

I want to provide you with some tools that are helping thousands of people gain more clarity in their lives.

Simply follow the instructions and apply the lessons. Repeat as often as you desire. It works... especially when you have faith and activate it with your feelings.

I hope you will consider the opportunity to gain more clarity and direction by joining us for the 12-week life enhancement program.

Only from the heart can you touch the sky
- Rumi



*Let's plant your seeds, watch them sprout,
nurture them and see what blossoms in your life.*

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You, Were Born to Love



GLORIA COPPOLA

Author, Educator, Certified Health Coach, Clarity Coach and Soul Purpose Sage and transformational retreat leader. A former massage school and holistic health center owner.

Gloria has had a courageous journey in life, one of many trials, tribulations, losses and challenges. Her unstoppable nature has opened doorways of spiritual opportunity. Since childhood she's followed her intuitive nature and as an adult she has been supporting and helping others reach their full potential.

This sample guide of her program ***You Were Born to Love*** gives you a sneak peek of the guidance she provides to help you attract more of what you love. Her mentors have continuously helped her move through those uncomfortable areas of life and willingly she took the steps necessary to gain the peace, balance and harmony she desired to achieve.

Now it is her desire and pleasure after almost 40 years of studying and opening to a life of love, that she shares her journey, her tips and resources through compassionate understanding. She knows that sometimes life has bumps, but if we pause and breath, the miracles are waiting for us.

For more information about Gloria visit www.GloriaCoppola.com or email her if you have any questions at Gloria@GloriaCoppola.com

"Gloria ... is the most credible guide and coach for healing your negativity and turning your assets and attributes into moving parts in the process of creating the life you want. Her 'You Were Born to Love' 12-week course is the best thing that's happened to me in a long while." -Y. Fleming

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CONTEMPLATION

You're thinking... day in and day out "What if?"

"What if I took a chance to do something different? To make a change in the way I act, dress, think? What if I tried something totally new for me, without any fear, and just decided to go for it?"

But instead you think, "NAH, I'm good here, hiding behind these sunglasses. I can peek out and watch the world and be an observer. I'm doing okay, so why do I need to change anything? I am comfortable here."

You dream though. You dream of a different life and sometimes you feel guilty about it. You may think "It's not so bad. I have a nice place to live and a good job. Am I just bored? Am I being selfish desiring something more for myself?"

Yet, there is this yearning and calling inside to explore, to have adventure and freedom, to see the world, to learn about other cultures. Maybe you want to paint, to dance, to learn an instrument. Perhaps write a poem or a book. You feel something inside pushing you.

"Nah, it's crazy, right? How could I possibly do that? I have no time. I don't have enough money and it just doesn't make sense." Did you just make a bunch of excuses?

There are lots of voices that create doubt. These are the old beliefs that limit you. These are the voices that control you and make decisions to keep you in your comfort zone. These are also the voices you can learn to empower, to release and to quiet down.

I know life is short! What if you took an opportunity just for the fun of it? That's easier said than done though, right? What if something went wrong? What if you came home and you had no job? What if you decided to stay in this new place? What if ... what if?

What if you woke up feeling ALIVE!? What if you met people that saw you for who you really are, without any judgments? What if you got to experience things that were once only a dream and it shifted your perception of living? What if you met like minded people who understood you? What if a whole new world opened up to you that brought you so much joy and opportunity? What would you do?

I made a decision today. I said YES!

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LESSON - I DESIRE

What is the soul of your business or what does your heart desire?

What must you become to materialize that which you desire?

What must you embrace for your vision?

What must you release to make it all possible?

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Grant me the grace to take hold of my dreams and desire

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LESSON - DESIRE STATEMENT

Choose one thing that is the most important to you and create a Desire Statement. Be very clear about exactly what you desire, what you will commit to in order to make it happen, and what the ultimate outcome will be.

I Desire _____

I will commit to _____

in order to _____

until I have _____

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ACCESSING THE POWER OF OUR PURPOSE

How many times in life have you thought, there must be something more for you to do? That life has to have more purpose, more meaning than waking up to go to a job and coming home tired. How many times have you felt you heard a voice deep within call out to you, asking you to be more, yet you didn't believe in yourself? How would I know my purpose..... I had a feeling, but could I ever trust what I felt? Has that happened to you?

What is our soul saying to us? How do we access the truth and have faith in what we feel?

Thank you spirit for giving me the precious gift of life today. This day is a new day and I have never lived it before. God, I want to hear you clearer and know. What are you saying to me today? It is my prayer today to trust deeper, to gain more faith and to allow the truth to be heard, so that I may serve.

I remember as a young girl praying each day, serving in the convent on weekends to help the nuns and dreaming of a life where my connection with God was so powerful I would never doubt myself in anything I did in this lifetime.

I remember a day I lost faith in what I believed. A time when things were changing rapidly and the truths I was taught were now being untold and new truths were confusing me. Who could I trust? I believed so strongly in those foundational beliefs and now I wanted to run away from the liars. What I once held so closely to my heart, was now a blur. I wondered, where do I put my faith now, where do I run, where do I hide?

It would be years of searching, studying, exploring only to find something was always missing. Can you relate?

How would I know my purpose? I had a feeling. However, it was greater than I realized. Once I trusted more was revealed.

I went from job to job, never satisfied. I excelled at everything I put my mindset to and gained recognition for many things accomplished. But something, was still pulling me deeper into my heart ~~~ when all became still.

I would once again be challenged to have faith and know that my purpose was being revealed each day. I had a knowing that, once I truly trusted the voice I heard, the power would take over to live on this earth as I was intended to.

One day I would know. I would surrender and say "I am sorry. I have not had the trust to believe you, God, that you would always be there for me." Oh sure, I thought I believed it, but if I truly did surrender I would be living more purposefully and finding the joy in everything I do. I would know ~ a deep knowing. I would feel connected once again.

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Today I stand before you and allow myself to soften, allow my heart to open and breathe deeply into life. I will trust the angels. I have always felt that they will catch me if I fall.

I am becoming a radiant luminous light being living a fuller, freer, expanded life. I am feeling you pull me closer ~ to co-create and learn the laws of the universe that are opening the doors of possibility in my life. I am also chosen and my willingness to learn is my right and to give the gift of myself to you.

The most wonderful things are happening. Life is filling my heart, my mind and body are vibrating, spirit is talking to me daily and I am listening. I am taking action with faith each time I listen. I will know more clearly, in each sacred moment. I will activate these gifts and I am living a life of purpose. I am connected.

I am expressing myself in this world through my truth, my gifts and talents are all through love. I am creating through my faith a life I love. I can and I am creating what I love each day. This is my purpose, my truth, my unity.

I have crossed the invisible boundary that has shown me what is possible. I know that my dreams are coming true. I have faith that is growing each day as I stay focused on the creation of my life.

We each have the power to access our purpose. Once we clear those old voices and trust in our faith that everything is here for us, as I once knew as a child, we can access the power.

I am accessing the power within, given to me because it is my birth right and it is yours. Living in gratitude daily helps me access this power. Believing in myself provides the creative energy I am building. I imagine that I am the greatest gift given by our creator, with enthusiasm and joy.

Without faith I am not. I delight in the secrets and wisdom that are taught to me. I feel the truth enter my heart. Yes I have arrived.

The Angel said "Fear not, for behold, I bring you good news of great joy that will be for all people." ~ (Luke 2:10)

We are the people and joy is our birth rite.

I am designing a life of my dreams right now. I am trusting and shaping my thoughts and place myself fully in this life ~ paying attention to my life force! I am worthy of taking the steps intended for me on this journey of life! I have purpose!

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LESSON - SURRENDER



Faith is an invisible power, just like your connections on a phone or WiFi. Imagine plugging into your faith. How far will the connection go? How strong will it be?

Take at least 15 minutes each day to meditate/pray and envision that 'connection' like a clear laser beam getting stronger. Notice how it feels. Open to feel and receive that which is with you everyday and notice the awareness and depth of the experience.

*"Faith isn't
a feeling.*

Write down your decision to take the leap of faith in one area of your life.
Breathe – GO!

It's a choice

to trust God

even when

the road

ahead seems

uncertain"

~ Dave Willis



If you would like to share anything with me about this process, please feel free to email me at Gloria@GloriaCoppola.com so I can celebrate you.

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This week, commit to living this perfect day. No matter what you are doing or where you are living, imagine it unfolding. Each day, add another part of your "Perfect Day" into your day, eventually working towards actually achieving your perfect day!

Today, I will _____

until I have _____

ACTION

Get up. Go outside. Spend some time in Nature. Sit beneath a tree and allow your en-vision-ing process to expand as big as the sky. Breathe. Meditate. Listen to what your Heart is saying.

Let it flow.

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You Were Born to Love

Thank you for participating!

Remember to go to the link where you downloaded this PDF to watch the video.

Take the time to follow these instructions over the course of a few weeks. Notice what you notice and what shifts in your life when you make the sacred agreement to attract more of what you love

Gratitude, Gloria

You, Were Born to Love™ Living a Life with Purpose

The group coaching program consists of 12 weeks and includes the manual developed by Gloria Coppola. "You, WERE BORN TO LOVE" will guide you through the process.

Gloria will also provide personally :

- (2) 1 hour clarity sessions**
- (1) 1 hour closure session for you**
- (4) Live Webinars**

Group Facebook Coaching Support Page

Extra Bonus Videos in a 24-hour membership only access

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