

STOP THE CHAOS: FIVE STEP TO PEACEFUL PUBLISHING

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Stop The Chaos: Five Steps to Peaceful Publishing

is a group coaching program designed to support authors on the road to publishing their book. Writing, publishing and promoting a book can be stressful and create chaos in your life. Stop The Chaos: Five Steps to Peaceful Publishing will show you how to minimize the emotional ups and downs of publishing. It is a whole life program that looks at all aspects of chaos in your life and will actively move you from a life of chaos to a life filled with peacefulness and joy. As the quote highlights, you must choose peace as a way of being in order to experience peace in your life. Publishing is not different. The experience can be stressful and difficult or it can be peaceful. Which do you desire?

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."

— Martin Luther King, Jr.

How would you answer the following questions?

1. What is my chaos? Where do I experience the feeling of chaos in my life and in publishing of my book?
2. What is my vision for my life as I publish my book?
3. Am I ready to experience Inner Peace on my journey through publishing?

Chaos

Chaos shows up in our physical, mental and emotion worlds. It shows up when we try over and over again to achieve a result and we continue to fail. The over stimulation and high demands of society today creates chaotic energy that depletes our resources. Roadblocks appear, things don't happen as planned, and our dreams go unanswered.

Our inner peace evaporates into the air of stress, tension and mental chatter.

The Five Steps to Inner Peace are:

- Observe

- Shift
- Clarity
- Self-Care
- Celebrate

The Law of Attraction

The Law of Attraction works when you have clarity and when you take action. The Five Steps to Inner Peace moves you to clarity, through action and into celebration. Simply thinking positive and asking for what you want is not enough. Our subconscious minds are in control and affirmations, positive thought, and other techniques at the conscious level often do not permeate the unconscious to make the shifts necessary for significant change. To truly create the life you desire, you must examine the core of your thoughts and feelings – Observe. Then you must change those thoughts, beliefs, and choices that are not serving you – Shift. Now you are ready to get clear on your goals and execute an action plan – Clarity. Along the way it is critical to practice Self-Care and Celebrate the journey.

Is this program for you?

- Are you suffering from mind chatter and negative self-talk?
- Are you unable to accomplish your goals and write with passion?
- Is your life running you instead of you running your life?
- Does the idea of self-promotion create stress and nervousness?
- Would you like the support of other authors as you overcome your challenges and create success?

Benefits of Stopping the Chaos

- Ability to think and act spontaneously rather than from fears based on past experiences.
- Minimize writers block and successfully complete projects on time.
- Ability to enjoy each moment and embrace change.
- A loss of interest in judging self and increase ability to self-promote
- Access your writing passion.
- Contented feelings of connectedness with others and nature.
- Reduced conflict and worry and face adversity with an inner peacefulness.
- Create a Dream Team of supporters and resources.

What is a Group Coaching Program?

Stop the Chaos: Five Steps to Peaceful Publishing is a 10-week group coaching program designed to actively move you from Chaos to Peace.

Group coaching uses the power of structured content combine with the wisdom, energy and support from a group of like-minded individuals. In this program, you apply the Five Steps to Peaceful Publishing to your life. You will learn, practice, share and be inspired. Your life will change as you make a commitment to actively work the five steps. The more you engage in the process and use the techniques, the more benefit you will gain. You are responsible for your outcomes. Your facilitator is a guide.

Remember, the Law of Attraction works when you have clarity and when you take action. This program will move you to clarity, through action and into celebration.

Program structure

- Five classes with two weeks between classes to apply the steps in your life.
- Each class includes group sharing and support, instruction on one of the steps, and intention setting for the upcoming 2 weeks.
- E-mail support as needed between classes.
- Individual 1:1 sessions are available at a reduced rate for processing challenging discoveries.

The Five Steps to Peaceful Publishing

Observe	Shift	Clarity	Self-Care	Celebrate
1. Inner Critic	1. Self-talk	1. Define Success	1. Contemplation / Meditation	1. Celebrate Success
2. Resistance	2. Patterns	2. Goals / Intentions	2. Live in the Now	2. Celebrate Failure
3. Fear	3. Beliefs	3. Plan	3. The "No" School	3. Celebrate Change
4. Life Patterns	4. Choices	4. Action	4. Support	4. Celebrate You
5. Joy	5. People	5. Affirm / Visualization	5. Me Time	5. Go to step 1

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Rev. Loretta Pickford, CPCC is the President of the Magnificent Journey Coaching and Consulting Services. She brings a diverse array of life, spiritual and business experience to her work as a life and small business coach. In addition to the Stop The Chaos: Five Steps to Peaceful Publishing program, Loretta works privately with individuals in life and spiritual transitions and with small business owners to increase profitability and their level of fulfillment as a business owner. She uses tools such as the DISC behavioral assessment and the Get Clients, Now Marketing program to produce rapid results. Loretta is a Certified Professional Co-Active Coach (CPCC), graduate of the Co-Active Leadership program and is an ordained minister through New Life Path Ministries. For information on this program or her other services, go to www.magnificentjourney.net or call 727-515-9541.