



Freedom-Based Business



Mentor to Women

Changing the World

7 Steps to Creating an *Extraordinary* Life and Joyful Business

Ready to take a giant leap into experiencing a
divinely magnificent life?

Prepare to draw up your flight plan, spread your wings and step
into new possibilities starting today.

www.leesahubbard.com

Introduction

In this book, you will learn a simple process for creating an extraordinary life and a business you love. This isn't just a simple goal setting exercise. It's a powerful and holistic process for calling in your hearts desires. While I don't claim to have a PhD in Manifestation, I can assure you that from my own personal experiences, this process will create miracles in your life as it has in mine.

I will show you step by step, how to chart a course toward a living truly fulfilling life, and you may even surprise yourself to find that you are closer than you think. I promise you there are more opportunities available to you than you previously thought were possible.

Our destiny is shaped by the decisions we make in our lives. The smallest actions outlined in this process, when done consistently, will create your future and who you become in the long term.

I wrote this because I learnt so much through my own journey in becoming a conscious creator and designing a life I am truly proud of and passionate about. I realised this had everything to do with the choices and decisions I've made along the way and my ability to overcome self-doubt, course correct when necessary, and overcome major setbacks along the way.

Of course, I inevitably faced fear and obstacles each time I made a decision to move forward courageously in a new and different direction. What I can tell you is that EVERY time I made a decision to go for what I truly desired in my heart, things had a way of magically working out and my life dreams came true.

Our power lies in the thoughts, decisions and actions we take that can either move us in the direction of our dreams or take us completely off-course. Regardless of our experiences, the most important thing I've learnt is that there is creative force that lies inside of each one of us. When we take 100% personal responsibility for our lives, we take control of this creative power and we can use it to create what we most desire.

Personally I believe putting yourself first and making it a priority to consciously design your life is not only imperative for your well being, but I have discovered is also your number one ingredient to creating to the fulfilment and success you've been striving for.

Yes, we are all have busy lives and the idea of 'life planning' and having a clear vision for your future may not be something you've thought about before. The choices you make about how you use every moment of your day are ultimately up to you.

The truth is, you'll always have time for what is truly important for you – so let's be honest. You do have time to take control and start to become the architect of your future - starting today!

My Story

I truly believe getting clear about what you want, envisioning your ideal life, *and then going for it* is the biggest gift you can give to yourself - to experience true joy and fulfilment, honour your precious existence, and confidently step into the life you deserve to live

Allow me to share a little about my journey to discovering this wisdom. From the time I was 18 (and probably even younger), I was a real dream chaser and a go getter. I seemed to know what I wanted early on in life and people knew me as the woman who inspired others because I didn't just talk about doing things, I went on to do them!

What I didn't realise was that I had this magnificent power to continually make things happen in my life. When I graduated from high school I made a bold decision to go live and work in the UK and travel around Europe. By the time I was 30, I had lived the life I always wanted. I got my university education, travelled the world had major success in my career.

By the time I was 25, I had the experience of growing a 7-figure business from scratch and taking it international where it went on to become a globally recognised brand. I even got invited to have tea with the Queen at Buckingham Palace! As a girl who came from a very humble upbringing, growing up in the cold prairies of Western Canada, I had no idea that living this kind of life was actually possible.

The ultimate dream test came when I had this deep desire to live in Australia, which at the time seemed completely impossible. Regardless, I made the decision that I would go for it and after several years of working toward this dream, I had the joy of experiencing it come true. I gained my Australian citizenship and ended up spending 10 blissful years living in a place I love and adore - it was one of the most exhilarating and fulfilling accomplishments of my life.

From there my manifesting journey continued... I went on to meet the man of my dreams.. and in the most unexpected way! What stunned me about the experience was that I had clearly written down in my journal the qualities of my 'ideal life partner' and this guy was a 100% match!! It was another moment where I realised that *I was consciously creating my life*. I also realised that for the longest time I always had a plan written out for what I wanted and a vision for where I was going. Sounds rosy? Well that part of the story certainly is.

I've also had tremendous setbacks and moments where I found myself wondering "How on earth did I get myself into this situation?". There were times when I found myself completely off course, feeling exhausted, defeated and trapped by my circumstances. When things weren't working, I realised I was the (un)conscious creator of those things too!

~I walked away from a comfortable, 6-figure salary, only to start a new business that didn't work out (and left me struggling financially).

~I ended up spending years in a serious, long term relationship with a man that deep down was completely unhealthy for me (and in the end I had to leave).

~I co-founded a company I decided to exit that went on to make millions.

~ I lost my savings through bad investment opportunities (more than once!).

Interestingly, these were also times where I found myself living unconsciously (in fear) without a clear vision, purpose or direction. And my negative beliefs were running the show!

The bad times were certainly a great lesson. They led me on the path to discovering my purpose and I started to take my manifestation process alot more seriously!

Luckily, I've never resisted the urge to course correct - to take big leaps in my life and business in search of something greater and more meaningful. I made a promise to myself to continue my journey of living a courageous life and not settling for anything less than what I was capable of being and creating in the world.

This also came from the realisation that *regardless of how bad things got, how many risks I took, the Universe always had my back*. To this day, I still maintain this faith.

I believe it's because of the brave decisions we make, that the world is getting better.

We all have the power to take responsibility for creating what we want in our lives, to shine our light and play our part in making a difference to move humanity forward.

My greatest wish for you is to and step into the vision of what's truly possible in your life and make the decision that you will live courageously, step into your mission and start making the difference you're here to make.

I believe it's your time. To live your dream and serve the world in a way that only you can. To rise to your most powerful self and realize your greatest potential. To feel joyful and fulfilled on the inside.

When you start to believe that anything is possible, I can assure you that your freedom, success and wellbeing lie just around the corner!

In service and gratitude,

Leesa



How to Become the Conscious Creator of an Exceptional Life

Let's Get Started...

When you take control of your designing your life & business - suddenly reaching your highest potential and achieving your biggest dreams becomes possible.

You'll empower yourself and start showing up as the powerful, confident creator that you really are.

This plan is designed to be easy for you to read (in one sitting) and then implement.

Enjoy!

Step 1 - Get Clear on Your Desires

“Desire is possibility seeking expression” - Wallace Wattles

Most people spend more time planning their holidays than they do their lives. In order to create an extraordinary life, your first job is to start envisioning the life (and business) you'd like to have. Its time for you to take time to really clear on your desires and what your ideal future looks like. Then you need to write it all down.

Resist the urge to be 'average'.

The vision of your life is not something your rational, conscious mind thinks is possible - and this is the problem - our conscious mind can only take you so far. Your goal is to have a clear, detailed uncluttered picture of the business and life you really want to have - something that really excites you and feels absolutely divine!

Expand your level of awareness.

In this process you want to 'unlimit' your thinking, give yourself permission to think BIG and be REALLY honest with yourself. I recommend taking a few days to yourself or scheduling a holiday in a place that inspires you and dedicate the time.

Taking time out of your busy life to do this exercise is ESSENTIAL if you really want to get clear on your desires and do this well. The problem with doing it in amongst your day to day activities is that your mind has a tendency to drift back into the reality of things.

Trust me, taking the time to do this will work miracles in your life!

I encourage you to think about each area of your life & business in this exercise: your relationships, health, spirituality, career, finances, time management, and personal interests.

Start with answering these questions:

What does your vision of the future look like in each area of your life?

Why do you want this? What is the purpose?

How would you LIKE to feel?

If money and time were not the issue, what would you be doing?

What would you do if you weren't afraid of failing?

What are your values? What things matter to you the most and why?

See yourself 5 years from now:

Who are you being in the world?

Who do you want to spend time with?

Where will you be living? With whom?

Next, its time to make a firm decision that you are READY and COMMITTED to uplevel your life and go for what you truly desire.

Not knowing exactly HOW you'll get there is not important at this stage. Its just important to know WHAT you want and WHY you want it and be able to clearly articulate this in writing.

The key is to commit and affirm to the Universe that you are ready to start moving in the direction of your ideal future.

ACTIONS:

List each of your desires on a sheet of paper and brainstorm a list of ways you may get there (based on what you know right now).

Repeat this for every item that appears in your ideal life but is not currently in your actual experience.

Write out a 1 page vision of your future in specific detail (use pen to paper).

Create a vision board with inspiring images that represent your ideal life in each area and place it somewhere in your home where its regularly seen.

Step 2 - Take Inventory on Your Current Reality

Now its time to assess - where is your life now? What are the areas of your life do you know need to change? Its important to get really clear and honest about where you are right now so you have direction and focus as you move forward. You'll start to understand what you need to do to close the gap between where you are and where you want to be once you're clear on your current reality.

Keep in mind *this is not about being hard on yourself*. Its very important to have self-compassion when going through this process - we can't be perfect all the time! In my experience, we ALL have at least one area of our lives that needs work. The gift in this process is getting clear about what that is.

Some challenges might be that:

You're working too many hours in your business and you can't seem to get enough clients

You're not clear on the direction of your business and how its going to grow

You often feel overwhelmed by everything that needs to be done in your day

You feel drained energy wise and you'd like to get healthy again

You have too many loose ends in your life (Eg. too much clutter, unfinished projects)

Ask yourself:

What one habit do I need to dissolve to create the (financial / health / business) life I want?

Do I have a pattern of recurring stressful situations for myself? Why?

When in my life have I felt out of whack? What specifically was out of balance?

ACTIONS:

Take stock and brainstorm a list of things you'd like to change in your life.

Take time to journal and reflect on patterns in your life that may continue to keep you stuck.

Write out a 1 page picture of your current reality and where you feel you are in your life.

Step 3 - Become Aware of Your Beliefs

There are only a few major stumbling blocks preventing you from showing up fully and living a great life. These blocks (your limiting beliefs) sabotage your success, keep you stuck, and prevent you from expressing your true magnificence in the world. These are the beliefs we have about why we can't be, do and have what we want in the world.

At your core, deep in your subconscious, *these limiting beliefs drive your life*. The great news is that it's possible to easily and permanently remove these blocks and barriers that have interfered with your happiness and success. The first step in transforming limiting beliefs is to become aware of them. Its time to start thinking about the areas of your life where you feel stuck or limited in some way.

Examine your current thoughts, especially around WHY you can't have (the relationship, money, business) you desire. Your goal is to empty out ALL of your personal limiting beliefs, especially around the areas of your life that aren't working. *Why do you feel you can't be, do or have the things you listed out in your ideal vision of the future?*

ACTIONS:

Write at least 10-20 specific limiting beliefs for each area.

Some questions might include:

What are your limiting beliefs about your business?

What are your limiting beliefs about money?

What are your limiting beliefs about your relationship?

What are your limiting beliefs about your body?

Next, create a list of positive affirmations that are the direct opposite of the beliefs you've written down.

For example, if your belief is *"No matter how hard I work, I never seem to have enough money"*, transform this with a statement like *"Money comes to me easily and frequently"*.

Step 4 - Recondition Your Mind

*“You become what you think about
all day long.”* - Ralph Waldo Emerson

It's time to 'break the habit of being yourself'. This step involves mental reconditioning. By the time we are 35, the majority of our personality, emotions and beliefs have been hardwired into our system. What's even scarier is that of the 60,000 thoughts we think each day, 95% of them were the thoughts from yesterday, and the day before! We're literally running our lives on unconscious autopilot, doing the same things and expecting different results.

Thankfully, research has shown, through brain neuroplasticity, it is 100% possible to change these beliefs, emotions and thought patterns that aren't serving us by creating new neural networks in the brain. New networks = new beliefs.

I call this 'reprogramming the supercomputer' because 95% of our thoughts, feelings & behaviors reside in our subconscious mind and this is what's actually governing the show for us!

Create your new reality

Your goal in this step is to use powerful tools each day to create as many positive anchors as you can so you start to rewire your brain into a new reality.

Ultimately you want to think thoughts that make you feel good, make choices that make you feel good and take actions that make you feel good EVERY DAY.

You'll know when you're making progress when you notice your thoughts and feelings start to change in this direction.

Watch your life begin to change

When you start to watch your unconscious beliefs and patterns of thinking start to shift you'll start to experience radical breakthroughs in your life. I can tell you this step is *one of the most important steps* and is the one that completely changed my life when things weren't working. If you're consistent, you'll start to see changes almost immediately and start shifting into more happiness and peace of mind!

Some tools I use for transforming beliefs:

Daily affirmations
Hypnosis
Meditation
Visualisation
Mind Movies

Set Powerful Intentions

Set a powerful intention for each area of life and create affirmations that supports this. Be sure to state it in the positive. I recommend writing out or saying these affirmations every day. Some examples might include:

My business is thriving and I have more than enough time to get things done. I am so happy and grateful I have a team of talented people who support me in growing my business

I work in collaboration with smart, inspiring people on projects that create good the world

I am youthful and have an abundance of energy. My body is vibrant, slim and healthy.

There is an unlimited supply of money available to me. Money comes to me fast, frequently and in abundance

Let go of complaining

Most people have a habit of constantly complaining - the problem with this pattern is that it disempowers us in our business and continues to attract more of the same negativity in our lives. Changing any habit starts with recognising what you're doing and WHEN you're doing it. Again, having awareness is the first step to dissolving old negative patterns of thinking and behavior.

ACTIONS:

Consider the tools listed above and use at least 1-2 methods for neural reconditioning.

I recommend a combination of all 4 tools, including affirmations, hypnosis, meditation, and visualisations.

Create a powerful set of 5-10 affirmations you'll use daily to continue reconditioning your mind to create the success you're looking for.

THE POWER TO
CHANGE

Lies Inside You



Step 5 - Start Calling in Your Future

“Whatever the mind can conceive and believe, it can achieve.” - Napoleon Hill

We've been conditioned to 'live from the outside in', accept our circumstances as 'the way it is' and feel like there's not a lot we can do to change things- its time to flip this thinking around , take back our power and start consciously creating & *living from the inside out*.

Your goal is to keep putting yourself in the right state of mind, have focused intention and take the actions that will condition your mind into accepting your future reality as your 'new normal'.

Regardless of what anyone says, there are an INFINITE number of possibilities available to you. Your job is to focus on your desires and continue dialling them in using the power your mind.

Think independent of your current circumstances.

Its very important during this process that you don't continue to focus on (and get frustrated with) your current circumstances, as this will just create more of the same. *Your past does not equal your future, unless you live there.* So the key here is not to let your current circumstances DICTATE your new future reality.

Energy flows where attention goes. Keeping your mind focused on the present and what you are creating moment-to-moment is what will move you forward and eventually create the radical shift into your new reality.

Visualise

This is by far, one of the most powerful ways to call in your new reality. In your mind's eye, see yourself at your very best. Take time to visualise yourself and your ideal environment, where you'll be and what you'd like to be doing. If you do this every day, soon you will be living EXACTLY what you see in the movie theatre of your mind.

Intend it Now

Whether its going into the travel agency to start putting together your dream itinerary or writing out the job description of the superstar staff you're going to hire to take your business to the next level, intend it now!

Immerse yourself in new experiences

If its travel you're desiring, go into the travel agent and start planning your trip now. Be specific about where you want to go and for how long - this will send out a message to the universe thats clear and direct. Your feelings are a significant part of calling in your desires.

If you're ready for a holiday in the tropics, start eating pineapple & papaya - immerse yourself in the feeling of what it will be like eating tropical fruit on your holiday. Imagine you had a windfall of \$100,000 that came into your business. *Write down exactly how you would spend it.*

If you are looking to upgrade your wardrobe go and start shopping NOW as if you already have the funds to make the purchases. If its a new home you're after and there's an open house - go in and explore your new home starting today.

You want to NORMALISE the feeling of what its like to have what you desire. Continue the process of calling in your desires by adding new experiences. This gives your mind new ideas and inspiration to draw upon in the creative process.

Schedule it in your calendar

Start scheduling your dreams into your calendar. Regardless of your time, money or resources, this action will send a message out to the Universe that you're fully committed.

If you desire going to Italy in the spring next year, *schedule it in now.*

Practice Gratitude

Having deep gratitude for what you already have is the key to getting more of the same.

Be grateful for how far you've come and the simple things that brighten your day. It would be ideal to sit down and write a list of 5 the things you are grateful for EVERY DAY.

ACTIONS:

Calendar in appointments with yourself to work on creating these new experiences.

As a busy entrepreneurs, we know that what gets scheduled gets done!

Declutter your home and business environment. *Nature abhors a vacuum.* It requires every space to be filled, so this will allow space for new things to come into your life.

Continue to collect photos, thoughts and experiences that lead you in the right direction.

Create a mind movie with a collection of images, affirmations and music that inspires you.

Step 6 - Continue Taking Action in the Direction of Your Dreams

The goal in this step is to continue to focus on small simple manageable steps that will continue moving you in the right direction. Try to avoid making things complicated or getting discouraged that you're not there yet. Just one simple action each day, combined with you mental reconditioning will get you there.

Take Inspired Action

If your day is continually packed FULL of what you feel you "should" be doing and not what you "want" to do - this lowers your vibration reduces your ability to create your future.

Make sure you are consciously setting up your schedule not just with the things you have to do but the things you're inspired to do that are moving you closer toward your ideal future.

Pay close attention to what you're inspired to do and then do it. Your intuition will give you clues as to what actions to take. Ideally you want to create as much "free space" as possible to let inspired thoughts come in and then be spontaneous to move on them in your day. The best I way I found to do this was to simplify my life as much as possible so that I could focus more on these inspired actions leading me in the right direction. Having simplicity also translates to clearer thinking and more effective action.

How you start your day is how you live your day

Establish a morning ritual that will get you in the groove of having a positive mindset and set your day up for success.

Set yourself up for a great day with some powerful affirmations in the morning, such as: *I love my life. Everything I do today will bring me joy. All is well. everything is working out for my highest good.*

I recommend carving out the first 1-2 hours of the day so they are non-negotiable and dedicated completely to self-care. During this time you can focus on doing your affirmations, meditation, visualisation, and journaling along with a healthy breakfast and exercise. It seems like alot to ask in carving out this time but once you've made the decision to get up earlier and put your self care first, this ritual becomes much easier.

How live your day is how you live your life

Your goal is to master your day to day reality. Every day we deepen the groove of habitual thoughts that directly influence our power and our ability to create what we want in our lives. What we think and say to ourselves on a regular basis has a DIRECT influence on our behavior and our ability to make things happen.

This is why mental reconditioning is so very important. Continue to be mindful of habitual thoughts and how you are operating in your day so you can continue to make small changes and course correct. What we continue to put out there has *great effect* on what we get back.

A powerful way to manifest quickly is to write down the top goals you are working on every single day. This process has been proven to dramatically increase your chances of achieving your goals as it literally “programs the brain” to intently focus on the conditions and actions necessary to achieve them every day (and significantly reduces your chances of being distracted).

Be patient with the process

The key to creating the life you truly want to live is to balance positive expectation with patience during this process of creation. Creating an extraordinary life for most people doesn't happen overnight. Its the daily actions and a solid mindset that move us forward, closer each day.

Trust that life WILL bring you your desires if you stay focused on this process. The key is to have positive expectation that it will happen and then LET GO of how and when you think its supposed to show up for you.

If you doubt, you're out

There is a saying that “God’s delays are not god’s denials”. Maintaining your faith is ESSENTIAL. When things aren't going as planned know you have an opportunity to course correct and be patient with the new outcome. When we enjoy the journey, we create the feelings that will continue moving us in a positive direction.

ACTIONS:

Schedule the goals & actions that will move you closer to your ideal reality and ensure they are consistently prioritised. Life gets busy and prioritisation is key.

Read books, listen to music and watch inspiring videos to keep you engaged and motivated in creating your future. Remember that how you feel on a moment to moment basis will have a lot to do with your creation process.

Step 7 - Celebrate Your Progress & Maintain Faith

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” – Ralph Waldo Emerson

The goal in this step is to continue to focus on and celebrate the small simple manageable steps you're taking that move you in the right direction, and avoid making things complicated or getting discouraged that you're not there yet. I can assure you just one simple action each day, combined with consistent mental rehearsal, will get you there.

Celebrate small victories

On your way to creating your ideal future and achieving the ultimate vision for your life and business, it's very important to acknowledge and celebrate how far you've come, and have deep gratitude for all that you have.

One of the challenges with high achieving women is that we tend to focus on the horizon so much that it never ends. No matter how much we do or achieve, we think it's never enough and the problem with this thinking is that it distances us from feeling true joy and satisfaction for what we have created along the way. We never stop to think how far we've come - until today!

Get in the habit of celebrating the things you did every day that moved you forward, and you will create more fuel to keep you going in the right direction.

Take 100% responsibility

When we take 100% responsibility for the circumstances in our lives and our power to create them, we soon realize we have complete control over our reality. Our external environment is often an extension (or mirror) of what's going on inside of us!

Maintain 100% faith

You were born to become yourself, to grow and evolve, and expand into new experiences. Remember who you are and just how far you've come in your journey through life. Maintain 100% faith that you will reach your dreams with patience and perseverance.

Set yourself free

What ultimately determines the quality of our lives is the meaning we assign to the things that happen. In the moments where you feel like you aren't making progress or things aren't right, remind yourself of your true purpose and the little things you do each day that truly make a difference in others lives.

Regardless of where you think you are right now, embrace the realisation that the things you do each day can have a tremendous impact on the lives of others.

ACTIONS:

Make a list of your daily or weekly achievements you've done to move yourself in the direction of your desires and think of ways you can reward yourself for these achievements.

Write a gratitude list (preferably daily before you go to sleep) and include the 'small things' you did to positively impact someone's life that day

Recommended Books:

The Placebo Effect - Joe Dispenza

Living the 80/20 Way - Richard Koch

A Woman's Worth - Marianne Williamson

101 Power Thoughts - Louise Hay

Ask and it is Given - Jerry & Esther Hicks

The Astonishing Power of Emotions - Jerry & Esther Hicks

The Magic of Thinking Big - David Schwartz

Think and Grow Rich - Napoleon Hill

The Science of Getting Rich - Wallace D. Wattles

The Game of Life and How to Play It - Florence Scovel Shinn

Where to from Here?



I believe in my heart of hearts, you can live the life of your dreams, make a big difference and create a thriving business that supports your ideal lifestyle. I'm living proof of this.

The world is waiting for you to claim your desires and step into your truth.

Do you currently have women in your life who can support you on your journey to extraordinary living? While we have the best intentions to make changes and move confidently in the direction of our dreams, it can feel daunting to do it alone. Women especially, need support in their lives to truly succeed.

It has been an honor for me to witness women transform, claim their power and step into greater possibilities for their lives and businesses.

When you say YES to yourself, you are saying YES to a new way of being in the world – where you are fully in charge of your life, confident with who you are, and clear about what you have to offer the world.

If you're ready to commit to this journey, allow me to be your guide. Let's start to design your extraordinary life, discover what it is you're truly called for and get crystal clear about how to leverage your time & talents to serve the world.

Are you ready for massive change in your business, well being and success?

I'd love to be that mentor and friend who supports you, and keeps you motivated and inspired to create the extraordinary life you know you're capable of living. So let's connect.

I look forward to being part of your journey.

With love,

Leesa

Website & blog: www.leesahubbard.com

Facebook: <https://www.facebook.com/LeesaInternational>

PS - I would be so thrilled if you would share this gift of this free guide with your family and friends - let's all start co-creating together.

Please send them over to www.leesahubbard.com to download their free guide today.