



LOOK GOOD,
FEEL GREAT

BY HELENA MCINTYRE

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Being Me...

I've always lived my life to the full; grabbing opportunities and seizing the day.

Doing so taught me that no experience is beneath me or out of my reach. My adventurous attitude has seen me trek through the Himalayas, sail the Indian Ocean and win a race car rally. It's also meant that, when I've had to, I've been able to roll up my sleeves to clean rooms, wait tables and paint houses. I've enjoyed adventures and endured the mundane. Through living a full range of life experiences, I have developed a deep appreciation of the beauty of the human spirit.

I have worked and travelled with people from all walks of life. I've been humbled by humanitarian work and whisked around the world by corporates. I've gone from having to make my own clothes to, later in life, entertaining clients on a yacht. Whatever has come my way, it's been my resourcefulness as well as my can do/will do attitude that took me to wonderful places and brought me to meet inspiring people. I continue to marvel at the mystery of life and remain open to where it will take me next.

I've been on many grand adventures, including one of the greatest quests a person can take - the journey within to know and love myself, bringing all of my glory out into the world. I continue to be on a journey of transformation and I invite you to join me because I have come to know and understand at my core that we all have greatness within us.

Through the combination of my experience, learning and training as a Coach and a Certified Access Facelift and Bars practitioner, I offer you the gift of receiving healing, mentoring and support. We'll begin with the baby steps of addressing your thoughts and feelings, opening you to the wonder of what else is possible. The awakening phase fosters clarity and a sense of calm which allows you to feel safe to dip your toes into the pool of possibility. From this space, you'll naturally gravitate towards the igniting actions that propel you towards transformation. I'll be with you every step of the way as you find your courage and confidence.

Take my hand – let's go on an adventure.





Helena's Got It Going On...

This is my signature statement and
it is as true for you as it is for me.

We all have so much going for us; we just lose sight of our greatness. That's where I come in. Through my training as a Coach and my wealth of knowledge in understanding a person's shape, style and colours, I help people transform from the outside in and the inside out. I use a holistic approach that transforms you on multiple levels; it's the secret to magical, true and sustainable change.

I'm passionate about seeing you live everyday celebrating the unique individual you are and expressing that to the world. That's my joy. I cherish being able to support, and travel with you through an internal journey of discovery and an external blossoming of expression. So, let's connect and have fun finding the real you. With my guidance and support you'll be amazed at what's possible when you take a leap of faith.





Awaken



Chapter 1

Realisation – Who Could You Be?

What I've come to learn from my clients is that most people simply want to look good and feel great. They want their clothing to fit better and they want to feel confident about their bodies. What so many don't realise is that reaching a certain body fat, size, or weight goal won't make them truly happy. They need to love and appreciate all of the glorious aspects of their bodies as they are right now.

By making peace with our bodies, we give it the love and respect it so richly deserves. Our bodies put up with a lot of judgment that not only comes from strangers but also, sadly, from ourselves. Many of us wish parts of our bodies were different in order to conform to a societal ideal. What if we looked beyond the images of perfection being ingrained in us by mass media and looked at our bodies from a new angle?

Your body has always been there for you. It has never stopped breathing. It has healed itself when you've been hurt or ill. It has carried you no matter what the numbers on the scales were. It's time to respect your body for all the incredible things it does for you each day.

I was 31 when I got comfortable in my skin. I started experimenting with different clothing styles and colours. I got great feedback. My confidence began to build. I realised that I didn't have to wear the latest trends, I could create

my own style. The same is true for life. We can create the lives we want; we just have to get curious and dip our toes in the water.

We'll be travelling through 3 processes in this book:

1. Awaken

It's time to awaken to what feels good for you by following your intuition. You've seen the pool and you're curious and excited. You are ready to dip your toes.

2. Ignite

It's time to take action and dip your toes. You might not always like it, but you're committed to taking new steps.

3. Transform

This is the flow on effect of taking action. You're now seeing changes happen in your life that you acknowledge, celebrate and feel grateful for.

You really can have a completely different life if you want it and are committed. Through this book, I'll be introducing ideas and concepts to awaken you to your true essence. I'll help you go beyond perceived limitations and look at your body with pride, love and kindness. So, tell me, who could you be?





Chapter 2

Confidence Is waiting for you

No baby has ever come out of the womb unsure of its cry or insecure about its large umbilical cord. They arrive blissfully unaware of external judgment and remain concerned only with their own experience and needs. I'm not suggesting that we should be oblivious to other people, but I think it helps to remember that confidence was our original nature before it got chiseled away over time.

Self-doubt and self-criticism are behaviours we learned as children and still run in the lives of many adults today. As we awaken, we become aware of this and begin to question it. What do I think that about myself? When did I hear that? The answers can be confronting but remembering where and when we lost our confidence can help us to reclaim it.

I've found that people often think confidence means knowing you can create the outcome you desire. But being confidence doesn't make you unsusceptible to the ups and downs of life. No matter how talented, smart, or capable you are, you cannot predict or control everything that happens in your life. Confident people lose jobs, relationships and sometimes their health.

I feel that true confidence comes from knowing you are competent while also acknowledging you are not solely responsible for creating your world. When you take that weight off your

shoulders, you realise that sometimes the twists and turns of life have nothing to do with you.

I experienced such a twist when I first moved overseas. I got a job interview and had no appropriate clothes to wear. At first, I didn't know what I was going to do, but then I found a sewing machine and got some fabric. I made a skirt and jacket and yes! I got the job! It was a situation beyond my control, but I had confidence in my ability to make the clothes I needed. I took action, and I got the result I wanted.





Here are some things you can try if you're not feeling confident:

1. Do Something

If you're feeling stuck and don't know what to do – do something, anything. Go for a walk or put out the washing. Just moving your body will help you clear your head and you will feel better doing something instead of sitting and worrying.

2. So What?

If you're not taking action because you're worried the outcome won't be what you want, ask yourself "so what?" Then once you have your answer, ask yourself again "so what?" You'll find yourself letting go of fear and ready to go do what you need to do.

3. There Are Always Going to be People Who Say "No."

Confidence comes from knowing that there will always be people who will turn you down and that your power comes from knowing that it's your choice how you choose to handle that.

We all experience self-doubt and a lack of confidence from time to time. When you start feeling unsure of yourself remember, we were all born with confidence; it's waiting for you.





Chapter 3

Excitement – Why Wait?

Let me ask you a few questions:

Have you decided not to go somewhere because you didn't feel comfortable in yourself?

Do you find yourself adjusting your clothes across the day to better hide your 'flaws'?

Would you love to leap out of bed feeling sexy and comfortable in your skin, ready to grace the world with your presence?

Yes? Well, read on...

When we awaken to what's possible in our lives, excitement stirs. You start to see the baby steps you can take towards the life you want. Even taking the smallest of baby steps can create amazing changes which can encourage you to take another and another.

We can take it all so seriously, especially when it comes to our body image and perceived flaws. It's baggage we have carried a long time. Getting curious about what styles and colours work for you shines your body in a new light and draws your focus away from your flaws. New colours will start appearing in your wardrobe and you'll leave shopping disasters behind.

Many times in the past I would go out to buy something for a special occasion only to find I had bought yet another black piece of clothing that was nearly identical to something I already had.

There's no point in investing in new clothes if you have not invested in understanding what styles and colours work for your body. The same is true when it comes to personal development. There's no point in investing in courses and books if you are not willing to commit to doing the work. In both cases, you want a return on investment, so do the work and get excited!

Two things to do before you go shopping:

1. Get Your Colours Done

Find an image consultant to help you determine your colours. These are the colours that make you pop and sparkle and make your purchases a wise investment.

2. Know Your Body Shape

Again, an image consultant will help you understand what styles best suit your body shape. Knowing this as well as your colours means you will be sure to have a wardrobe full of fabulous clothes.

Knowing your colours and your body shape sets the foundation for building an amazing collection of clothes for yourself. Start seeing your clothing purchases as an investment instead of a means for personal gratification. It's time to stop feeding those old behaviours and start getting excited about the new you ahead. Why wait?





Chapter 4

Relief – It is time!

It's time to walk with confidence and show the world just how beautiful and fabulous you really are. If you cannot love, honour, respect, forgive and be gentle with yourself, how can you expect anyone in your life to treat you the way you deserve to be treated? Think about it! You cannot ask for things that you're not willing to give to yourself.

It's not been unusual for me to hear clients say that when they were growing up, or even in their later years, that they experienced all sorts of criticism. Not only from themselves but their peers, family and friends. Overtime, I have come to see that when you own your worth, you can look in the mirror and see a beautiful person looking back at you. I'm talking about owning who you are, and that starts from the inside.

Our bodies are amazing and forgiving. In general, how we treat our bodies determines how it runs, our longevity and how much energy we have to keep going. I used to get up early to exercise because I was working long hours. It would help me feel energised in the morning, but I was usually exhausted by the evenings. Something had to give. I burned out and became sick. My body decided enough was enough. I could not keep going at that pace; I had to respect and honour myself. Instead of trying to squeeze exercise into my schedule. I moved towards finding balance in my life. Exercise is

important and so is rest. The balance I found gave me more energy for work.

Take some time to think about areas in your life where you could be more kind, gentle and loving towards yourself:

Could you introduce some gentle exercise?

Could you make more nourishing meals?

Could you find more time to relax?

People, please. It's time to reclaim your truth and take back your power. Embrace your body, your personality, your past, your mistakes, your triumphs, your lessons and your entire journey. When we drop resistance, our true power opens up. It is time!





Chapter 5

Visualisation – The New You

“I feel good in my own skin because I’ve accepted the fact that I’m me. That’s what’s so great about being alive and being on this planet, everybody’s different.” – Kelly Osbourne, Glamour April 2012

What would the new you look like?

What if you accepted and loved your body?

What if you found a style that you fell in love with?

Here’s the thing, change is not a date on a calendar. Your potential to change is within you, and it’s your commitment to taking action that brings about sustainable life changes.

Commitment is a concept many people find terrifying. Can you imagine what it would be like to be committed to actualising the new you? Where you transcended any fears?

By committing AND taking action, you create momentum. You bring your life back into balance. Before you felt everything was out of whack, and now you feel everything is back where it should be. You feel accomplished and full of possibility because the action you took started a snowball of momentum, causing great things to happen in your life.

I used to work in the hospitality industry. One day the General Manager called me into the office. The owner had decided the hotel was doing so well, only one Sales Manager was required. He told me to work it out with the other Sales Manager which one of us should go. At that moment, I knew I could not respect the General Manager and it was time to move on. I went home, wrote a business plan and started my first business. It was my decision to commit and take action that took me into a world of new possibilities.

It takes 3 steps:

- Decide what you want (this can be harder than it seems. Get clear).
- Work out what the first action step is (even a baby step is enough).
- Do it!

So, go for your dreams, be bold and adventurous. Start to imagine the new you.





Chapter 6

Worth – Owning Who you are

Tall and thin yet curvaceous like an hourglass with symmetrical facial features to die for. These characteristics have long been held as the classic ideals of beauty despite the fact that women rarely embody all of them.

A person who is naturally thin may not endure the weathering effect of being told they are fat or ugly but for many, they experience being told that they are too skinny or that they should eat more. It seems it just doesn't matter what size you are, there's always going to be judgement. People who are skinny can experience self-loathing as much as someone who is overweight. Fat or thin, people of all shapes and sizes are deeply uncomfortable in their own skin.

The sad truth is men, women and children, are bombarded with messages (externally and internally) of being unworthy and unlovable. I spent a long time disliking my body. I couldn't have children, and I wanted them. I would go to the doctors with hope in my heart. This was a journey of being poked and prodded routinely only to have my hopes shattered. I was angry at my body. Over time I have learned we must own what is ours. Doing so comes part and parcel with being self-aware, transparent and counting your blessings where you have them.

I found a gift in sharing my story with others. When I told my story out loud without shame or fear, I gave others permission to do the same. The more I shared and opened, the more others opened and shared their stories with me. Storytelling creates a community of voices around lived experiences of impaired body image and self-esteem. Through that community, we can collectively heal.

Have a think about a story from your life that could connect you to others. Try writing it down if you like. If you do decide to share it, my advice is to stay with your experience. If you go off on tangents about other people or external events, you can lose that heart connection.

In my heart, I know I am here to shatter the thin ideal and shoot holes in the patriarchal designations of what is and what is not beautiful in our world. I am passionate about helping people to learn how to accept and love themselves, owning who they are.





Chapter 7

Empowerment – Look Good, Feed Great

“With realisation of one’s own potential and self confidence in one’s ability, one can build a better world.” ~Dalai Lama

I believe that we are all beautiful, especially when we are confident, strong and empowered.

Empowerment is a product of confidence. When you feel confident about who you are, you have a sense that you can do whatever you set out to do. Body image is one of the main obstacles to empowerment for both men and women. The key to looking good and feeling good is to take control, change your thinking, step outside the square and walk with confidence knowing that you have the power to make things happen.

Look Good

I love playing around with clothes and experimenting with different styles, colours and fabrics. And how easy is layering? I love that it is now ‘in vogue’ and it adds interest to our outfits. Where was I going with this? I’m talking about getting creative, exploring, having some fun with your clothes then stepping out and walking tall. It’s amazing how you can pull off an outfit and receive compliments by being confident with the look you have created.

When I came back to New Zealand to live, I started mixing and matching second-hand clothing with my corporate clothes from around the world. People began complimenting my

outfits and wanting to know where I got my pieces from. At first, I didn’t want to tell people that some of my clothes were from second-hand stores. I didn’t want them to judge me or for them to know they were not the latest trend. However, I soon realised that it was my ability to be creative with my clothes that made me so good at what I do. I changed my thinking and was able to tell people proudly how I had created my own style by pulling pieces together and making them work.

Feel Great

Confidence comes from within. You don’t need anyone else to make you feel confident. It’s all about your mindset, your thinking and how you allow your thoughts to affect you.

There’s a quote that says, “Whether you think you can or you think you can’t, you’re right!” You don’t have to change your body to love it; you just have to change how you think about your body. It’s time to look at your body from another angle and appreciate all that it does for you. Change your thinking, change your mindset and feel content and empowered in your own skin.





Here are some baby steps to empowerment you might like to try and see how they make you feel:

- Read an inspirational book
- Create a vision pin board
- Say some affirmations about your body (thank it for carrying you and for healing when you've been sick).
- Reward and pamper yourself by doing little things like taking the time to have a cup of tea with a magazine.
- When we change our mindset, we become kinder and stop beating ourselves up. Allow yourself time to regenerate and nurture yourself.

Once you dip your toe in the pool of empowerment and take baby steps towards looking after yourself, you will be on the path to look good and feel great.





Chapter 8

Understand – When you move providence moves too

Providence to me is what happens when you are truly committed to what you do or dream that you can do. Begin living with intent and observe as everything falls into place in your life.

That's what happened for me. I was not happy with where I was at in my life, my job and also in my relationship with myself. I had so much going for me and yet, something was missing. I was not doing what I wanted to do, and I knew that something had to change. I stepped outside the square and made some changes and as I did, what I wanted to do became clear. I then I made the commitment to do it. What happened next absolutely blew me away.

Yes, I was an evidence-based person. I used to wait until a client deposited money in the bank account before I allowed myself to get excited. By trusting and committing to what I wanted, my life changed. I became more aware of opportunities being presented. I learned to celebrate achievements as they came to me. More business started to flow because I walked into meetings already feeling excited instead of waiting for the money to be in the account. Things were happening, and life was becoming a whole lot easier. To this day, it still surprises me that it was as simple as committing to myself.

My top tips for staying committed are:

1. Pause

Even for the smallest of wins, take a breath to take it in.

2. Celebrate

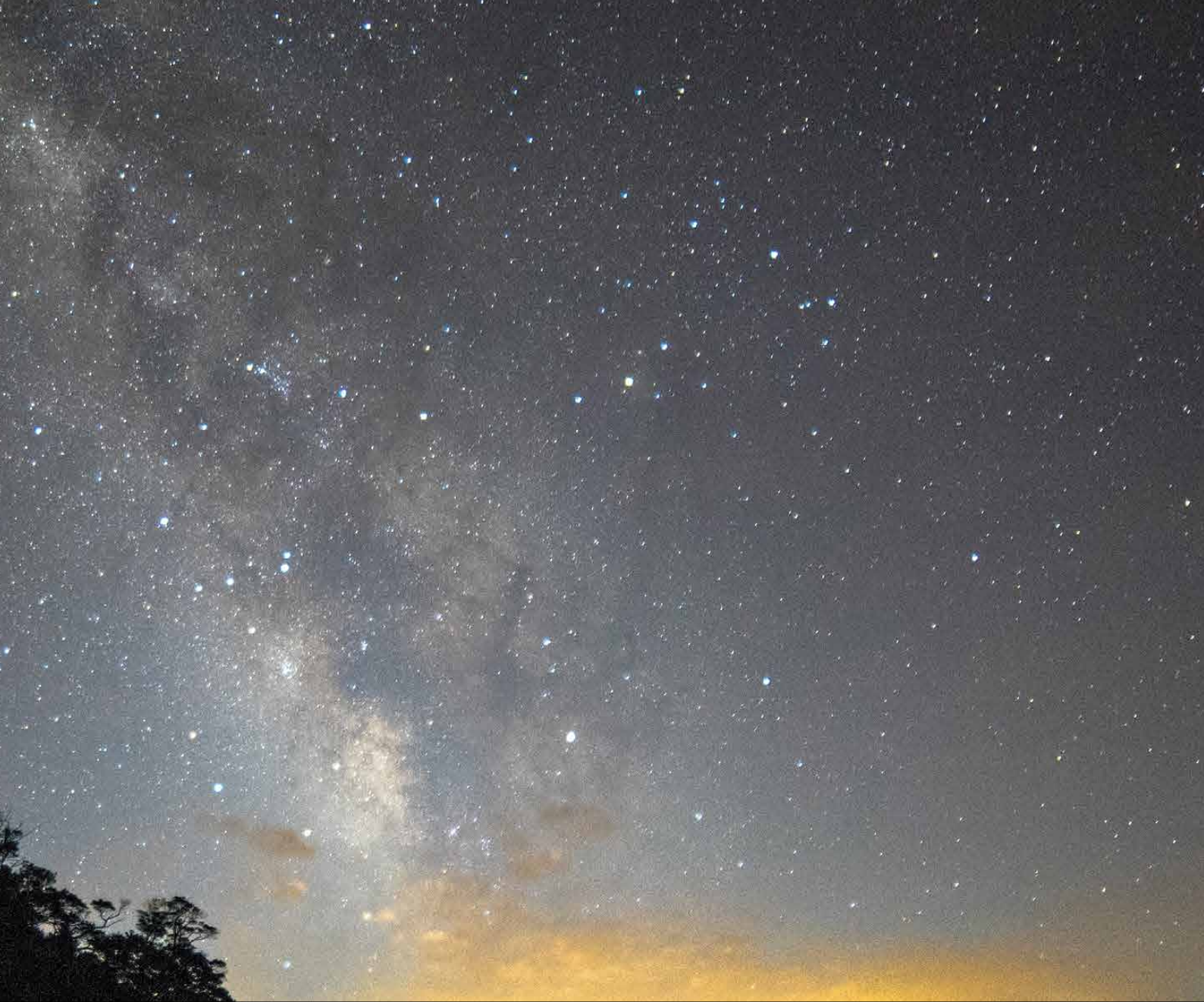
Again, even just a small acknowledgement to yourself will keep you energized, and in the flow of the momentum, you're creating.

3. Share

Let people know what you've achieved. Be a role model of commitment and celebration.

Are you ready to make the decision to follow your dreams? Don't wait for things to happen; you don't need permission. It's about being committed and bold with your ideas and dreams. By doing so, you will begin to enjoy and understand the magic this brings.





Ignite





Chapter 9

FUN – Exploring A Whole New Side Of Yourself

At times in my life, I have felt like I was in a movie playing different roles. Depending on the situation, whether work or social, I had a persona. Persona comes from the Greek word ‘mask’, and it is how we wish to be seen by the world.

However, I wasn’t always in roles I wanted to play and as I became more aware of the mask I was wearing, the more I felt I wanted to just be me. No more pleasing others then judging or feeling annoyed at myself for not speaking up.

As Confucius tells us “and remember, no matter where you go, there you are”. You can wear the mask, but you cannot hide from yourself. Who was the real me? I had perfected the masks for so long; I had to rediscover me. I allowed myself to be raw and vulnerable with others, pulling myself apart and putting myself back together. I started to peel back the layers I had created, unveiling my authentic self and I liked what I saw.

I can now say that my life is an enjoyable journey. I’m out of the box, exploring life and loving the new me. My view and perspective on life has changed. Where before I could see how I was becoming withdrawn and frustrated at my world, I am now more aware, alert, content and happier. Don’t get me wrong, I still have

my duvets days, however, they are few and far between. It has taken commitment and hard work. There have been tears; there have been times when I wanted to give up, and there has been laughter. What kept me going was that I had a taste of what my life could be and I wanted more. That was my choice.

I have a story to share, and I hope that it encourages you to explore and experience how good your life could be.

Imagine a charming lolly shop filled with shelves and shelves of all of your favourite lollies. At first, you are only able to see the bottom shelf, but as you become more aware of the realm of possibilities, you start to see all the shelves. Imagine being able to choose lollies from any shelf?

The lolly shelves in this story are the parts of you that you are yet to discover. Peeling back the layers allows you to see more of who you are. It’s a chance to explore a whole new side of yourself. It’s time to come out and play.





Chapter 10

Creating - Igniting the power of colour

Who doesn't want some colour in their life? (whatever that means for each of us). It is a known fact that colours affect us and it is even suggested that we feel colours more than we see them.

My wardrobe used to be filled with black with a splash of colour; then I decided to introduce more colours. The colour red had the biggest impact on me. I felt uplifted when I wore it. I was intrigued, so I started to read up on colours. I learned all about dressing a room to create different moods, and I came to see how colours changed the energy of a room. The same is true for clothes.

I know that when I'm feeling a tad flat, I intuitively look for something to wear with colour that immediately lifts my mood. Take a peek inside your wardrobe and see what colours you have surrounded yourself with. What are those colours and what might they say about you? Why not explore what works to calm, inspire or energise you?

Where to start:

- Get your colours done. Once you know the colours that make you 'pop' and sparkle, you have some basic tools to work with.
- Trust your intuition. If you feel drawn to a colour, explore it more. If you feel repelled by a colour, don't force it.
- Get curious about colours! There are so many shades for every colour, have fun exploring them all.

Knowing your colours doesn't mean that you are only limited to those colours - but when you experience that 'POP!' you'll know that you've ignited the power of colour.

Get creative and ignite your power, see what happens.





Chapter 11

Exploration – Exploring all facets of yourself

“The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” ~Anais Nin

It takes courage to look beyond oneself and commitment to continue on that road. We've got to look at all facets of ourselves, our perceived warts and all. Imagine what it would be like to live a life of equanimity. There wouldn't be bad days; you'd be living and sustaining an empowered state while experiencing continuous happiness from a place of love.

You are who you are and the sooner you embrace who you are, the sooner life will start (and I mean really start) to unfold with ease and flow.

When I started my journey to embrace myself, it was a bit of a wobbly road at first with many dips and cracks. There was resistance because sometimes it was painful. That I was unable to have children was something I had tried to put away but, it kept coming back. It was a road block I had to look at, especially when my girlfriend had a baby. I found it incredibly hard to go and visit her even though I loved both her and her little baby. I needed to deal with my pain so I could be at peace with myself and enjoy her journey. Through embracing my pain, I was able to heal.

Whatever wobbles you come across as you journey within, I encourage you to:

- Stay on the court. Keep the commitment even when it's hard.
- Face it, deal with it and manage it. It's a road block. It needs to be dealt with so that you can move forward.
- Embrace it and explore it. In coming to understand your pain, you learn so much about yourself.

I found the journey became easier as I became more committed. Some days the wagon wheels came off, but I put them back on. At first, I didn't notice any changes until one day it was just easier and I knew I was on the right road. I was enjoying exploring who I am.

How well do you know yourself? Are you ready to find out?





Chapter 12

Mindset - The journey of feeling good starts within

For most of us living in the Western world, we aren't made aware or taught about our mind-set and how this affects our lives. What I see is that people either have a fixed mind-set (where they believe they just have their basic qualities), or a growth mind-set (where they believe that their basic talents and abilities can be developed over time).

When we start on our journey of looking within, what we find is not always pleasant. We see things in ourselves that we really don't like. However, the magical part of becoming aware of ourselves is recognising the things we do like. In life, we are very quick to put ourselves down but how often do we talk ourselves up or even acknowledge our greatness?

To overcome my road block of visiting my friend who had a new baby, I had to become really present to what staying away was costing me. I was missing my friend, our connection and a chance to share an amazing experience with her. I got out of my comfort zone and moved beyond my road block. Doing so meant I could continue along my path and gain momentum again.

What challenge are you facing (or not facing) in your life right now?

- Get clear on what it's costing you
- Connect deeply with those costs
- Decide to commit and move beyond your road blocks.

Looking within is not about discovering how smart you are, how you will look or the mistakes you might make. It's about stepping outside your comfort zone. See challenges as exciting rather than threatening and understand that this is a chance to grow. Welcome the process and the opportunities presented. This is the growth mind-set, and this is the start of your journey to feel great from within.





Chapter 13

Vibration – When you change your world changes

There have many books published on this topic. One that most of us will have heard of is ‘the Secret’ which is based on the law of attraction. When I read it, it made sense to me and ignited my curiosity around the vibration of thoughts.

To be blunt, it’s time to stop your stinking thinking! If your thinking is of a low vibration (bad or negative thoughts), then what you are giving off energetically is the mirror to your thoughts. When you change your thoughts, your world will change. Now, some of you may be thinking “yeah right!” but I challenge you to give it a go and see what happens – you may be pleasantly surprised.

I was a great one for thinking negative thoughts. Something would happen, and I’d often think the worst or make myself wrong even though, on another level, I knew I wasn’t. The domino effect was that it created a lot of worry and anxiety in my life. When I became aware of this, I was able to notice how often I was thinking negative and bad thoughts. I realised what a habit it had become.

I noticed ‘stinking thinking’ and consciously choose more positive thoughts – that’s what I call ‘testing the waters’ and wow, that was it for me. I found some affirmations that I liked and surrounded myself with them in the house and car. Situations would arise and I’d have a chat with myself, choosing to handle things differently.

I changed my thinking and started creating positive thoughts (of higher vibration). The reverse domino effect was that my life started to change and not just in one aspect. I can be bold enough to say, actually, everything started to change in all areas of my life.

There are many things you can do to improve your thinking such as:

- Using affirmations.
- Walking in nature.
- Surrounding yourself with positive people.
- Pampering yourself with small rewards.

Try it and over time you’ll start to see evidence of positive changes happening in your life. That’s what happened for me.

I began to see things differently and noticed little things about the world around me. They were always there, but I had changed, so my world changed.





Chapter 14

Radiate – As you blossom you radiate different signals

If we understand that the mind is a super highway of electrical signals which processes and delivers millions of messages to our body, then we can start to understand that, as human beings, we emit enough electrical current (energy) to affect one another. For example, we can sometimes feel drained when we are around a particular group of people. The fact of the matter is that as humans, we can absorb and emit electrical current.

Have you ever noticed someone looking good but you can't put your finger on what's changed? Perhaps you're noticing that the person is happier, lighter and that they've got more energy? They might be exploring new ideas or activities. They're more motivated and active - you just know something has happened.

This is what an internal shift looks like externally. Because there's been a shift in their energy and you can't see a physical change, it's hard to pin point what's different about them. Whatever you want to call it, a vibe, energy, a sense or feeling - there is something out there beyond the physical realm. Stay curious, be open, explore and embrace the unknown.

When I started to blossom, I didn't notice it at first. It wasn't until people started commenting that I realised what was happening. They noticed

my skin was glowing, I looked younger, I stood taller, I was happier and smiling. My energy had shifted, that was why I was radiating. I was being seen in a different light although I was still the same person. I no longer lacked self-esteem and confidence. I wasn't worrying about pleasing people, looking good or being seen to do the "right" thing.

You can help to shift your energy by:

- Surrounding yourself with positive and like-minded people. Why not join a group with whom you have a shared interest?
- Also, take time to interact with people with different ideas who challenge your thinking.
- Be open to exploring new and different things – what else is out there?

When we blossom, we become more attractive from the inside as well as the outside. Life suddenly becomes a whole lot easier.

It was due to a combination of changing my thinking, being positive and staying committed that I was blossoming and radiating a new me.





Chapter 15

Celebrate – Your body is your vessel, celebrate it

Your body is home to your breath, mind and soul. I believe to care for it is an honor and a privilege.

What I've realised from talking to people is that generally, everyone has something they dislike about their bodies. People are quick to find their flaws, and even if it's just one, they focus intensely on it making it much bigger in their minds than it actually is. So many of us are uncomfortable within our bodies and wish we could have one that is healthier and happier.

What we are born with is what we have got. It is up to each and every one of us how we choose to treat and look after ourselves. Of course, there are some things that are out of our control, however, I am talking in general about our bodies.

Our bodies are amazing. They offer us a wealth of opportunities and options. They support and carry us throughout our life, through good and bad times. It is up to each of us to look after our amazing bodies.

What we put into our bodies, how we exercise it and what we think matters. When we are taking care of our bodies, it shows. When we are eating healthy foods, and exercising, it makes us feel happier. Research shows that making good food choices sets us up to succeed in other areas of life such as school and work.

A simple analogy that we can all relate to is a car. If you don't service or put the right fuel in your car, it won't go.

So, I encourage you to dip your toes and practice finding eating and exercise habits that work for you.

- Be open to exploring, try something different.
- If you find yourself stuck in a rut, change up your routine to get your energy moving again.
- Have fun and celebrate your body.

Love your body, nurture it and be kind to it. It's perfect the way it is. Your body is your vessel, and it's time to celebrate it.





Transform



Chapter 16

Integrate – The reward for having stepped out

As you go along, the more action you take, the more results you'll start to see. It's about going out there to plant seeds and trusting that the universe will look after you. The more you go into flow and trust, the more things start to happen which gives you confidence to go on.

When you've integrated, you stop looking into the future and live in the now. You keep the momentum going; stuff happens, you meet people and think how did that happen? It happened because you're working with the unknown. What you thought was impossible starts to actually happen. You're living in the now instead of the 'what if's' and the 'what was'.

For many years, I wasn't happy. I couldn't put my finger on why and if you saw me you probably would have said I had it all going on. I did, I just didn't see it. I made some significant changes in my life. I changed careers, moved countries and still, I just wasn't happy. I was searching for the big 'a ha' moment. Although I looked good on the outside, a lot of the time I was feeling flat. I was thinking negative thoughts and my sense of identity was pretty low. One day, when I least expected it, my path turned, and I was offered an opportunity. I decided to take it; I didn't know why but it seemed right and let's face it, I knew something had to change.

My business in Sydney was in Event Management. I was really passionate about

what I did, however, overtime I burnt out. I had business experience but no business tools on how to manage me. I decided that was it. I'd been in the business for 12 years. I wanted down time. I was frazzled. I wanted to come home and be with my family, living the life I'd imagined – balanced with more time outdoors.

In Sydney I was known but not in New Zealand. In fact, I had to get to know me, the real me, not who I was representing in Sydney. I bounced back and forth for ten years between New Zealand and Australia but something kept calling me back to New Zealand. I knew there was something for me there, so, I trusted.

I had to navigate the challenges of integrating with life in New Zealand. After being away for 23 years, I didn't even know how to send a simple parcel in the mail. But I didn't allow the challenges to overwhelm me.

When I decided to step outside my box into the unknown, it was important that I stayed committed to what I was going for. At times, it was uncomfortable to look at myself, my behaviours – yes, warts and all. What kept me going was being able to see what it was costing me. How I was letting my fears limit and control what I really wanted. This was a big realisation. I wanted freedom and to get freedom I had to shift my thinking and set some goals. They seemed huge at first, but now as I look back



and acknowledge where I was to where I am today, I'm so proud of myself. I realised that I was the only one holding myself back. Slowly I transformed into the real me, the fun funky woman that has it going on! It's important to understand that transformation is a journey and takes time.

I found there were 3 important parts to integrating:

- Trust – you have to let go of looking for the evidence and take action towards what you want.
- Celebrate – as you trust and take action, the evidence will show up and when it does, make sure you notice and celebrate when you are in flow.
- Live in the now – past and future based projections throw you out of your flow.

I feel now I have an integrated life. It's easier, and I absolutely love that I am passionate about my work. Things just happen, life flows, and I feel a sense of freedom. That's the reward for having stepped out.



Chapter 17

Belief – Now You Believe It's Possible

You can change your life, all it takes is a choice and we do it every day. These choices shape and create our destiny.

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." ~James Dean

Most of us are evidence based so before we will commit to something or believe something is possible, we want to see the evidence. What if you could just trust yourself enough to believe it is possible? That seems hard to get your head around, but actually, it's not.

Our beliefs sit in our subconscious and are based on our childhood experiences. They are the beliefs we carry into adulthood. The past does not equal the future, therefore, the meaning you give something is your own meaning.

When I started my journey, I needed to start at the beginning and adjust my beliefs, that meant my childhood beliefs. What were the events that impacted on my life and caused me pain? When my parents separated, I formed some pretty strong beliefs such as 'I'm not good enough' and 'I am alone'. This meant in my adult life I felt like I had to do everything myself and be Miss Independent. Wow, it was time to let those suckers go.

I decided to start focusing on what I wanted; to live in the present and leave the past behind. I started to collaborate and co-create with other people. I let the universe take care of the details, pretty out there right?

Here's some points to think about:

- Consider the beliefs you created as a child. Have a close look, which ones are you ready to let go of?
- Commit to taking action; then you'll start to see the results as a function of who you are being.
- Remember to take care of the seeds you plant. Keep the momentum going, water your seeds, be patient.

I set my goals, I found my purpose and started living in the present. I changed course a couple of times and guess what – it all started to fall into place. Not only that, more started to happen and to this day it is still happening – now I believe it is possible!



Chapter 18

Miracles – You manifest new possibilities as a function of who you are

In life, we're not given a manual or recipe to follow regarding how we think, what we do, what we say or how to be – we learn this as we go.

These are important key ingredients in our life and they give us the opportunity to continuously manifest new possibilities.

Sound simple? Actually, it is!

The words 'you are what you think' are often spoken. The mind is a powerful muscle, and most of us take it for granted. Some of us would say we are not in control of our thoughts, but I believe we are. I believe that you become what you think and that you can create the life you want simply by thinking the right thoughts. This power is available to every one of us, and it's free.

When I started thinking about my new possibilities, I didn't go into the how. I was just thinking about the new ideas and beliefs that could bring new possibilities of growth for me. Being a creature of habit, I changed the old movie and put a new movie in. I started saying 'yes' to life overall, remained open to possibilities and believed I had the power to make changes. I was not afraid to try new things or to fail. I knew I would learn from what didn't work.

That's when the miracles started happening. I attended an event and was invited to participate in a process that involved me sharing with the group some of my experiences. I shared vulnerably, with an open heart about overcoming not being able to have children, the joy of finding my passion and realising that I had a message to share. Later people were asking for my business card because they had enjoyed my sharing so much. I realised that I didn't need to worry about where or how my clients would come to me. As long as I remain authentic and trust, clients will show up.

I invite you to do the same and see what happens:

- Step outside the square and into the realm of possibilities.
- Share your journey with others. Allow yourself to be open and vulnerable.
- Practice compassion towards others and their story.

Just by being me, vulnerable, open and sharing, a miracle happened. The new movie became my movie. I am now proficient and capable of manifesting new possibilities as a function of who I am.



Chapter 19

Gratitude - You are unique, you are enough

Practising gratitude is something I do every day. Its a topic thats close to my heart and the title of this chapter hits the nail on the head – yes, you are unique, you are enough.

Stop being who you think you should be and start being who you are! You're beautiful, smart, funny, kind and generous, but most of all you are unique. Isn't that powerful? It's important to be grateful that we're alive and that our bodies work. We may not have everything we think we want but what have we got to give? We all have a story and sharing it allows you to connect with others and inspire.

At first, I thought I didn't have a story to tell, but hello! I do!

I used to think not being able to have children was a loss, but it was a gain. By coming to terms with that, I realised that I am unique, different and that I have something of importance to share with people. It was time to share my story, inspire others and show them that it's safe to be vulnerable.

When I started to share my journey with people they responded by sharing in return. They shared, and they shared – I knew I had a path to take. I saw that sharing could open hearts and heal wounds. I am completely and utterly grateful

to the people I've met who have opened my eyes to the fact that my journey and experiences have made me who I am.

Start practising gratitude:

- Go to bed at night feeling grateful for what your day was and get up feeling grateful for what's coming next. Instead of thinking about what you haven't got, think about what you HAVE got.
- Stop focusing on your flaws. Start focusing on what you have got!
- Stop comparing yourself to other people. You are unique. That's who you are. Have compassion and love for yourself.

As I started on my journey, the layers slowly started to peel away and I found a special unique lady that has so much to offer and so much to share.

Once we reach the space of gratitude, we have come to a place of peace. It will take work and commitment, but once we get to a place where we understand that each and every one of us is unique, we radiate a kind of magnificence. It's hard to put a name to it. It is just as it is.



Chapter 20

Clarity – You know what to do

When I came back to live in New Zealand, I wanted to gain some clarity around what was next in my life. A simple question you may think but oh no, it wasn't. It was a big realisation that I wasn't clear on what I wanted. Before I took action, I wanted to know 'how' things would happen. I wanted evidence. I was too busy being busy and trying to meet other people's expectations. Doing what I really wanted, felt like an impossible task.

I was no longer excited about working in the same industry. I wanted to find a new direction. People would ask me what I wanted to do and my answer was "I don't know". Sadly, many feel the same confusion as I did. I had not taken the time to focus and define what my wants and desires were. I was in a state of confusion. I now know that to get clear in life, you really have to take the time to focus. Don't just keep being busy and 'doing' like I did.

Here are some simple questions to ask yourself to kick you off:

- What makes you happy?
- What have you achieved in the past that was enjoyable?
- What would you do, be or have if you could?
- What would you do if you could not fail?

- If you were given a million, no let's make it a billion dollars, what would you do?
- Who or what inspires you? What are the qualities that they have that you most admire?

For me, when I let go and went through the questions above, I took a new look at my life. I was able to really knuckle down and get some clear answers. Those answers have lead me to what I am doing today. I trusted me, and that was the most important part. I now can honestly say that I know what I want to do. My passion is working with people to accept and love their bodies. I believe that every person deserves to design and live a life filled with adventure, passion and purpose (and let's throw a little fun in too!)

The above are your ingredients, and the next steps are your actions. Immerse yourself in the things you like doing. Let go of perceived limitations such as 'not enough hours in the day' or 'not enough money' (don't sit around waiting to win lotto, you may have already won it). Start doing more of what you enjoy as a baby step in the right direction. This will bring you greater clarity, and you'll find that you do know what to do!



Chapter 21

Arrival – Got it Going On

Arrival is so precious. It allows us to honour and congratulate ourselves knowing that the journey we've undertaken is worthwhile. We acknowledge what it took to arrive and see, actually, that it was exceptional. To be able to share this with others is an absolute privilege.

They say life is a journey – it is, isn't it? How can we know about things if we haven't had some experiences? How do we know how to handle situations, how do we know how to react? These are big questions, and the answers are within each and every one of us. As we go through life and the experiences it offers us, we have two choices – we can look at it in a positive light or choose to see it as negative.

I've arrived! I'm a fun funky woman who has got it going on! My life has and continues to be a journey of the most amazing experiences. When I break it down, the good times have been exceptional and the bad times? Geez, I have learnt a lot from them. I didn't always see it that way. When I had the opportunity to train as a Coach, I was, at first, worried about how I was going to do it, but then I just let it happen.

Doing the training meant I was able to acknowledge my beliefs and behaviours. I made changes and gained an awareness of where I was operating and where I could be operating. That was huge. Now I look at my life as a journey.

I know that where I am right now is where I am meant to be. What I have experienced so far was exactly what I needed to experience. It's made me who I am today.

Consider your life experiences so far:

- What have you learned?
- How have those experiences shaped who you are?
- What can others learn from your journey?

When we explore, gain awareness and practice commitment to forwarding our game, we suddenly see that we have arrived. Not only have we arrived, we see that we have always had it going on! Phew! Now that was a journey.



Chapter 22

Commitment – The degree of transformation is reflective of the level of commitment.

When I scan back over my journey of transformation, I can see that it was reflective of my level of commitment. In the past, I didn't think about or really understand the word transformation. I can see now that the actions I took created a new path for me. I stepped out of my comfort zone and was confronted with things I didn't like. I could see aspects of my life that had to change. I essentially opened my own can of worms.

What brought about my transformation was really a series of events with the last one triggering me into action. My house was being renovated so I was living out of suitcases and boxes in a poky little flat. I was in a job that wasn't producing money and yet, I was working my butt off. As time went on I realised I didn't really like what I was doing. I'd been putting so much effort in and getting nothing in return. When I realised this, my life was suddenly turned upside down. How did I let myself get to this point when I had been such a smart business woman? This was a very uncomfortable time in my life; actually, it was rock bottom. That's when I started asking myself some confronting questions and took the first steps in my journey to transformation. The only thing that keeps me going was that I knew from this place the only way was up. I became present to the costs and started listening to my intuition.

I decided to train as a coach and committed to that decision by taking the action of selling my rental property. It was generating good money as a rental, but I saw that I had to look after me. I knew that what I was doing in my life at that time wasn't serving me and I had to put my own oxygen mask on first. I had dipped my toes enough to trust and rolled up my sleeves. It was make it or break it time, and I knew I wasn't going to break it.

Its time to commit!

- Be open to changing your thinking.
- Step off the cliff. It's a big choice but becoming present to the costs of staying put will help you jump. Step now before you're pushed to the edge.
- Don't kid yourself. You need to be honest with yourself about your level of commitment. That means looking at your beliefs and behaviours and owning them.



Acknowledge where you're at. If you're not okay and you don't feel great – what are you going to choose to do about it?

As I remained committed to my journey, my awareness heightened. I started to see other choices and opportunities. I felt alive again, I was happier and slowly I became more conscious to what was happening in my world. I knew I wanted more and I was prepared to dig deep to look at myself. I saw that change wouldn't happen if I didn't let go, rearrange and rethink. I became more mindful and aware of what I said, did and thought. I am a true believer that in order to transform our lives, we need to change our thinking and that takes commitment!



Chapter 23

Freedom – A new lease on life

Freedom is such a special place to arrive at. I talked about it, I thought about it and in my wildest dreams I wasn't sure it even existed! WOW, it does.

A very positive journey indeed!

What if you could have everything you wanted?

What if?

What if?

Did I think it was possible? I wanted to!! These questions resonated with me because I didn't want to live in the state of 'I don't know'. I wanted to live in 'I know' - isn't that the essence to living?

So, my journey started, and I was ready to make changes. I was committed, and I wanted more out of my life. Something had to give, and I knew it was me, it was up to no one else!

When you're free, you wake up knowing you're being the best that you can be. You're no longer second guessing or sabotaging yourself. You're in the moment and feel compassion for people. You've integrated into who you want to be and you're co-creating with something bigger than yourself.

When people ask me about my life I think that, at first, they find it hard when I say that my journey has been absolutely amazing. Confronting? Yes. Challenging? Yes. Thought provoking? Yes. There

is still more for me to learn, however, I have reached a space in my life where I feel free on many levels. I wish for my journey to continue on this path and share it with others so that they too can have their 'what if...?' moment.

It's a powerful yet subtle way to be, and people notice. People started to ask me what I'm doing at the moment, commenting that I'm different, wanting to know my secret. I'm no longer worried, anxious or confused; I now live in my power. My siblings, who like to wind me up, were surprised that I was no longer biting at their fun taunts and being triggered. I do still get triggered but I've learned how to move back into focusing on what motivates me. When I experience a blip, I stop and consider what I'm am choosing and who I'm choosing to be.

A new lease on life – a simple saying but that's just what I've experienced. The same body but being able to see life through new eyes that are awakened, connected and conscious. Living with a sense of freedom, I am now immersed in what my life should have been like. My life has changed, and I am proud that I was in charge, made the choice and stayed committed. Yes, for me, a new lease of life equals freedom.

Gosh, there is so much to say and so much to share. I hope the chapters of this book bring you closer to your own sense of freedom and style. If that resonates with you, then let's talk.



"What you think about
yourself is going to dictate
how you dress and show
up in the world". *Helena McIntyre*



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