

The 5 Best Ways  
to Add  
Sizzle  
To Your Life  
Today

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# The 5 Best Ways to Add Sizzle To Your Life TODAY!

Have you ever thought, “If only I could **find time to do the things I love?**” If so, this might be the most important report you read all year. Here’s why...

## HAVE YOU EVER SAID ANY OF THESE THINGS?

- I don’t know how to **connect with people and make time for myself...**
- I don’t know where to find **the social interactions that will energize me...**
- I don’t want to **just exist and stay in the rut of wake up, work, go home and back to bed every day...**
- I am tired of feeling like **something is missing in my life...**

If you can relate to any of that, then this special report is going to be life-changing for you.

## WHAT YOU’RE GOING TO GET...

In this report you are going to discover the top 5 ways to **live the life you’ve always wanted** fast!

Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Ignoring a problem, doesn't make it go away. It makes the problem worse!

How bad could it get? Well, if you ignore **the fact that you are not living the life you desire** these are the long-term results you are very likely to get:

- You will continue to live a boring, mundane life with no real purpose.
- You will not reach your full potential and die without having made any impact.
- You will continue to deal with feelings of depression and oppression with no cure.
- You will continue to feel alone and be alone forever.

## WHY SHOULD YOU LISTEN TO ME?

After going through a debilitating divorce I found myself in a state of confusion with no idea of how I was going to move forward. I was battling severe depression and wanted to curl up in a fetal position and never leave my house again. But I discovered how to turn my life around and learn to live again. These are the secrets I’m going to share with you.

Now let’s look at the top 5 ways to **live an empowered, fulfilled life**. If you will apply these specific steps you will soon be focused, confident, and connected to your purpose.

## 1. WRITE THE VISION

Take a step back and write down what you desire your life to look like in the next year. Be as specific as possible, detailing everything from your social life, to your level of confidence, your outward appearance, and your health.

When I met Ryanne she was having major self esteem issues. She felt lonely and broken because she had no confidence and didn't feel valued. I connected with Ryanne on an Empowerment Session Call where I meet 1-on-1 with women ages 35 - 45 who also struggle with their self esteem to help them find their purpose and connect with a tribe, identify the #1 obstacle to achieving their goal, and map out a 3-step action plan to help them get their lives back on track and regain their confidence.

Ryanne almost didn't reach out to me because as a busy corporate executive she felt she wouldn't have the time to do my program. In talking to Ryanne, I discovered that her top constraint was not making time for herself and I prescribed a specific course of action. Ryanne implemented the plan and now she has a fresh outlook on life which includes a spa day each month with friends who empower her. Now Ryanne feels refreshed, confident, and totally alive because she finally has time to be rejuvenated and end the monotony of her previous hum drum life.

## 2. MAKE TIME TO CONNECT

Time is often hard for many people to manage. But if you don't find a way to manage your time you will look up and find that you have missed out on the important things in life. Having meaningful connections with others is imperative to living a fulfilled life. The power of engagement, touch and interaction can mean the difference between life-and-death.

## 3. GIVE BACK UNTIL IT HURTS

Finding yourself, giving back to your community and serving others is a powerful way to break out of the mold of depression. Taking the focus off of yourself in your own situation can change your perspective. This is especially powerful when you help those who are less fortunate than you. It helps you to have gratitude for where you are and where you are going and what you've already been through. You value the successes you have made and even the struggles you endured to achieve them.

**ANGELA** is a school teacher who was struggling trying to find meaning in her life. She felt alone and rejected because she would find ways to give to others but others would fail to prefer her and give back. When I met Angela on an **Empowerment Session Call** she was at the end of her rope and thought she would never be able to solve the problem.

**ANGELA** almost didn't reach out to me because she thought it would be too expensive to work with a coach. In talking to Angela, I discovered that her top constraint was being such a giving person and not being on the receiving end and I made three simple recommendations. Angela implemented the plan and is now one of the esteemed leaders in her community. Now Angela feels confident, powerful and respected because she has finally found her passion and is giving

back on a grander scale than ever before.

#### **4. FIND THE FUN FACTOR**

Dealing with the weight of depression and having a low self esteem really sucks the fun out of life. If you can find things that you enjoy doing and engaging in on a regular basis, this will re-energize you. Finding the fun factor in life will supercharge you to fulfill your life's mission and find your purpose. Being around like minded people who enjoy the same things will also bring out the joy and laughter in your life. Don't underestimate the power of laughing and having fun. It is like a supernatural dose of medicine that can heal some of the most broken places.

#### **5. LIVE FREE AND FULFILL YOUR PURPOSE**

When you feel like the weight of the world is on your shoulders it is hard to fulfill your purpose. Being able to stand tall and square your shoulders without that extra heavy load will help you to focus and move forward in your purpose. Having a clear vision and clear direction will give you the tracks to run on as you move toward the end goal. You can leave a lasting legacy and make your mark that will span throughout eternity.

When I met Jean she was confused and felt like she was living under a dark cloud. She felt overwhelmed and defeated because she had been in one bad relationship after another that left her scarred physically, mentally and emotionally. I met Jean on an Empowerment Session Call where I meet 1-on-1 with women ages 35 - 45 who also struggle with their self esteem to help them take a fresh look at their lives and create a plan, identify their #1 obstacle to achieving their goal, and map out a 3-step action plan to help them get re-focused and find their authentic selves.

Jean almost didn't reach out to me because she was embarrassed about her situation and didn't think there was any hope to change it. In talking to Jean, I discovered that her top constraint was her low self esteem and I helped Jean blueprint a plan of action. She implemented the plan and is making better decisions that have created an enjoyable life. Now Jean feels lighter and carefree because she now has the life she wants and is achieving success.

If you want to have a different outlook on life, be confident and feel empowered, follow these five steps, and if you want to get these results even faster, I invite you to book a free 1-on-1 "Empowerment" Session with me.

On this fast-paced call we'll look at your background, experience and current situation, and we'll see what's possible for you in terms of how to create a life plan that will give you a life worth living in the next 3 - 6 months. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back from having the enjoyable life that you want to have and map out a plan to get you where you want to go faster. You'll leave the call feeling clear, confident and excited about taking your life's purpose to the next level.

**[To schedule your free "Empowerment" Session with me, click here.](#)**