

# A LIFE – TRANSFORMING ROAD MAP

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# Change Your Life From your sofa

## In 28 Days

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**For The Hatter, La Rock, Lala & Boy - Boy.**

**For C.M and A.M- You were created for now,  
be faithful to your journey, yourself  
and your purpose.**

**Familia super omnia**

# This book is for you if:

- You feel unfulfilled in your life, which makes you feel depressed at times.
- You have all you could ever want but are not happy.
- You have no motivation to do the smallest things.
- You know something needs to change but don't know what.
- You feel stuck in your life and don't know why.
- You feel you have nothing to look forward to in life.
- You feel your life is set and can never change.
- You struggle to think of life goals you want to achieve.
- Have no idea who the REAL YOU is your values and your inner desires.
- You're nervous about taking the next step in your life & challenges terrify you.
- You think you're too old to change your life now.
- You can't stop comparing yourself to others and feeling like you're failing to measure up.
- You continually put off doing tasks, finding excuses not to complete them.

## A Message from Clarissa

Yay you made it! Congratulations on showing up for yourselves in this way, on the journey to TRANSFORMATION! It's AMAZING that you've decided to invest in yourself, your transformation and life changing goals.

It's totally possible for you to work through the tools & exercises in this little book to transform your life and how you feel about yourself in just 28 days! However, I encourage you NOT to rush through this process, and proceed at your own pace, 28 days is intended as a guideline ONLY to show you what is possible. But commitment to this transformational process and honouring the REAL you is far more important, so take your time!

Most of all, I really want you to ENJOY this process of transformation. Appreciate the highs and push through the lows, they will provide you with insight and growth. Try to do this consistently. You will experience realisations and some discomfort but overall, the feeling of accomplishment!

Use this book and it's exercises as a tool. In any order you want!

Draw, paint, scribble, note, journal, stick or cut. This is YOUR transformation, do it YOUR WAY! Please feel free to contact me for more information on any of the content in this book.

This was my journey in 2013 as a newly single mother to a beautiful baby boy. His arrival helped me start the journey to total life transformation. Once I had decided that I could do this and that failure wasn't an option, my life started to quickly change. I had a new found purpose – my trigger – and very soon, doors were opening to me as I found the courage to say “No more”, and I forged forward alone.

I left toxic relationships behind me and began to shed damaging belief systems. The path was not always easy. I sometimes suffered terrible bouts of anxiety, as fear gripped me and my ego brain berated me for standing up for myself, for staying resolute in decisions I would never have DARED to make just months earlier.

When I think back to that time, I feel the familiar fear gripping my chest, even though I have long since moved past this time in my life, and even though I am a trained Life Coach, with the skills to transmute this fear-based energy. My mind takes me back to a place where the future was very uncertain and I contemplated the possibility of deep failure, the threat of violence, and the knowledge that not everyone in my circle supported my decisions. But what I had in this time was a loving and supportive family, and a new baby – finally, after heart breaking miscarriages - to guide, provide for, love and teach. I knew I had to try something new (and slightly terrifying) if I wanted a chance at the future I finally dreamt about, for him and myself. And I knew I would have to start it alone.

I quit my job and left my partner, vowing never to put my son in nursery for 10 hours each day, no matter what, as long as we were fed, clothed and sheltered. I set about writing my own business plan & finding funding for my business idea. I had dreamed about the business for years, believing I could never do it. I didn't know it at the time, but I had set a powerful intention to the universe, and it started to manifest immediately because of the vibration I had unknowingly attached to it: unwavering belief and love. The more joy I experienced, the more turned up! I started to feel finally free of my old fears, free of anxiety, free of doubt and free of toxic relationships that I had left behind me as I set up my new business and we left London behind.

In the last 7 years I have witnessed manifestations that I had forgotten I had dreamed about, I experienced synchronicities that can only be described as divine intervention and I have touched moments of indescribable wonder, joy and ease. Until I could do nothing else but accept that I am the creator of my reality, and whether it was wanted or unwanted, what I focus on, I manifest.

The photo on the cover of this book was taken by me while at my cleaning job, cleaning the toilets one morning at 5:30am. It is my "before" picture. My spirit guides said "Take this 'before' picture I am showing you. Next year you will realise your 'after' picture". And I knew I would one day look back at this photo and be filled with emotions, joy and gratitude seeing just how far I had come. I've yet to take an "After" photo, there are just too many to choose from. Maybe my "After" photo is still to come, who knows!

I successfully changed my life from my sofa. If I can do it, so can you. I believe in you!

*Love Clarissa xxx*

# Change Your Life From Your Sofa

What do I mean when I say change your life from your sofa? I am talking about the mind, body and spirit...

By buying this book you are already changing. You have set the powerful intention to change your life. Transformation starts in the mind and projects outwardly from the body, enriching the spirit. Dis-ease often happens when we deny our natural instincts to keep moving, learning and growing. In this book I prove that transformation can start from your sofa, with less than an hour a day, from anywhere, so long as you have a phone, tablet or laptop and (sometimes) access to internet connection.

Transformation can be continuous, there is always more to experience, explore and learn. Our true potential is without limit, we have the power to create unimaginable abundance. Abundance in love, health, happiness and money. We have the potential to heal ourselves and past traumas, release ourselves from old emotional wounds, regrets and frustration.

This all starts by going inward. It is so important to train our minds to check in with what we are thinking and feeling on a regular basis. Ask yourself "How am I feeling?". As we have approximately 60,000 thoughts a day, it would be impossible to notice every single one. But there is an easier way to check what energy we're sending out in any given moment. We do this is through our emotions.

What are you vibrating right now? Is it calm, joy, excitement, clarity, love? Or is it frustration, discontent, anger, anxiety, hopelessness?



This book is designed to help you tune in to your mind everyday to be more intentional with your thoughts and begin to focus on gratitude, growth, healing and planning for a much brighter future.

Once you learn to hear your inner guidance system - commonly called your spirit, soul or intuition - you will start to transform. You will learn to easily choose joyful expectation as your 'default setting' and also with clarity, see any lessons that need to be learnt, rather than negatively experiencing the situation. By developing this, you will be able to overcome them quickly with minimal trauma.

The aim at the end of this book is to apply the tools and exercises to daily life. My aim is that the tools you learn in this book will become second nature, automatic. You will continue to use these throughout your life, picking whichever one serves you in any given moment.

Once you've learned to harness the amazing power of your mind, you will never unlearn it.

# Using This Book Will Give You

Clarity of who you are and what you REALLY want.

The power to banish the limiting beliefs and fears that are holding you down.

Powerful tools to help you set positive and achievable goals.

Become motivated and excited about life again.

The confidence to go fearlessly into opportunities without worrying about what people will think.

A permanent lifestyle change.

New opportunities will start to show up & bring you into your best life.

Your daily life will become less overwhelming and chaotic.

You will stop procrastinating. Be able to make decisions easily and confidently about your future.

You will always be more in tune with your needs, forever.

Your friends, family and loved ones will notice the change in you.

# Triggers -Why Now?

What has prompted your trigger/triggers for change and why now? It's so, SO important to have the clarity and correct intention at the very start of this transformational adventure.

# Let's go to Breath...

Meditation can be defined as **“A set of techniques that are intended to encourage a heightened state of awareness and focused attention.”**

Be aware of thoughts that come & go during meditation, don't fight it, just gently bring your attention back to your breath.

## **5-minute Comma Meditation**

Sitting upright in your favourite chair or on your bed

relax your head, relax your jaw and relax your shoulders.

With hands on heart, breath in for 5 seconds, hold for 5 seconds and exhale for 5 seconds. Do this 5 times.

Now let's do a full body check, starting at your crown. Let your attention flow through your whole body, releasing stress as you go down, from your crown to your eyes, to your throat, your shoulders and as on. See any stress or tension in your body as a breath of dark smoke. Visualise breathing it out through the soles of your feet, deep into the earth's core. Throughout this book, your belief systems will tell you that you can't do it, or you look stupid even trying this, or you're not interesting enough, or your look rubbish on camera. Tell it to go (insert your own word here!!) in no uncertain terms.

Remember:

You are transforming already and  
NOTHING can hold you back!!

In this space below note down every thought that comes to your head  
with this sentence: