

CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

24/7 MEN

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**NOTHING CHANGES
UNTIL YOU DO**

COMING SOON

CHANGE YOUR ATTITUDE...
CHANGE YOUR LIFE

**KEYS
TO A
GOOD
LIFE**

WISDOM TO
UNLOCK YOUR
POWER WITHIN

Are you ready to ignite the next generation of you?

Deb Wilber can help you understand your journey so you can release your fears, feel more confident and realize your purpose.




Deb Wilber, MBA


Coach • Author • Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

**Call or email today
to schedule your
complimentary 30
minute mini-coaching
session.**

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ONE STEP AT A TIME

BY DEB WILBER

You can achieve your dreams (or your holiday to-do list), one step at a time.

As a coach, the goal for my clients is to move forward on their path and in my experience that means keep the steps short and simple. When I conclude a session with a client, we create up to three tasks that they can complete and assess which move them towards their goals. We keep it simple.

Recently, I found myself with a long list of things to do and no desire to do them. I knew once I started and crossed an item or two off the list, my confidence would increase along with my productivity and I would make progress on my list. But, I didn't want to do anything. Nothing. Zero. Zilch. And to make matters worse, I wasn't following my own advice of keeping my tasks short and simple. Every item on my list felt like a "pants on fire" priority.

The past month had been stressful. My mother was in the hospital then a rehab facility and then home. At the same time, I travelled to Italy for a celebration and my favorite volunteer activity was on the calendar. I left for vacation exhausted from the stress of my mother's health and I returned from Italy exhausted from the fun of vacation! And two weeks after re-entry to reality, I didn't expect the stress, exhaustion and jet lag to be hanging around. But it was and my to-do list was getting longer.

I finally listened to my intuition and completed one small step. It was a simple social media post for my business, but it was the step that I needed to complete, to get myself back on track. The next day, I completed another small step. It felt good. And

there I was reviewing all the items on my list and prioritizing them in proper order, not 'pants on fire' order.

Next was the realization that every item on the list that was late was not a life or death situation. Sure, they were important but I didn't need to heap on the added pressure. Being totally overwhelmed was a self-fulfilling prophecy. So, I took a deep breath, stepped back and worked my list with a clear head.

When's the last time this happened to you? It happens to all of us from time to time, especially around the holidays. Don't let the extra-long list or feeling that EVERYTHING is a "pants on fire" priority incapacitate you. Take a deep breath, relax and create manageable tasks. Then complete just one! Don't be an over-achiever or race through your list. Complete one, assess your results and acknowledge your achievement. Then complete the next one, etc. It will serve you to complete individual tasks properly than running through your list haphazardly. It will save you time, too.

One step at a time.

Wishing you peace, love and sparks of inspiration!

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