

Live the life your soul intended

Through Liza's signature 3E Method...

Evoke ~ Embrace ~ Evolve

Master the emotional fears that keep YOU from being your very best through this knock out course, laser focused coaching, and community inspired support.

- ❖ You are ready to relax, let go and be valued as the leader you are meant to be.
- ❖ You know you need more quality time for yourself and set time to find balance and alignment.
- ❖ You seek clear cut plans of action to end the fear based issues that block your path to healthier being and living.

Your journey starts here

How you show up in the world from this day forward is up to this two words: "I Matter". You deserve to live the best version of you – because You Matter.

If You Don't Feel 100% Thrilled With The Life You're Living……

You do not have depression, but have repressed and suppressed feelings that cause you to feel less thrilled. We'll look at obstacles that you have conditioned yourself with – more importantly, you have allowed yourself to be conditioned and are holding on to.

Give Yourself Permission to Finally Break Free From the Invisible Pattern That Keeps Holding You Back!

In three session and with The 3E Method you can go from survival to survivor - disown to ownership - discord to unity.

Let's tap within, attract and create your desired outcome in just three sessions! This is not about attracting what you want, but what you are - the "I AM".

Evoke what was - let go of pain
Embrace what is - gain clarity of your inner strength and purpose
Evolve to what will be - feel the power in taking life-changing risks.

"Sometimes deciding who you are now is choosing to never be the same as you were." -Liza



This is high time to flush out the past – Your history does not define your new story.

Evoke – what was.

To evoke what was, is to review your past patterns and experiences and bring to surface. Acknowledging your initial programming from the day you were born to this very moment. The foundation of when all your habits and behaviors were formed – what you know it as “patterns”.

Sometimes you think that all the things from your past are the culprit and are keeping you from doing what you want to accomplish or do today.

You were not born as a smoker, overeater, or an angry anxious being, yet somewhere in your early stages of life, you developed the habits and behaviors that stayed with you to today. To evoke is to explore and review your history, only to have an understanding of the core or beginning stages of your pattern formation.

Evoking is to peel away one layer at a time. Or you can choose to break them down all at once – only to reclaim and rebuild the best version of you.



Embracing all of WHO you are and not what you are gives you the tools to move beyond that insidious feeling of "not being good enough."

Embrace – what is

To embrace what is, is to accept, appreciate and validate yourself – just as you are now!

No one can be more critical of you than you. If you believe yourself to be loving, negative, caring or a nagger; if you think you are overweight or self-conscious; sad, depressed or angry; or you are joyful, successful, and happy go lucky. Then you are.

These are your behaviors and habits – not who you are.

Only through self-love and self-acceptance you come to appreciate all that you are – then share and give love to another.

You have many positive things in our life, you just have not recognized all your assets. Time to stop the blames and excuses that have kept you from reaching what you want.

When you are open to new ideas and are ready to change, you become open to your full potential. Think it – Become it.



Having an open mind is not accepting everything but being attached to nothing.

Evolve – to what will be

Evolve is to make subtle or substantial changes. Having a dream, a goal you want to reach, and making it a reality. Sometimes it can be as simple a s "I want to have healthier eating habits" or "I want to stand up and have a voice." Or it can be as big as "I am sick and tired of being in this situation and must change my lifestyle before I can't walk another block" or "if I do not these bursts of anger or smoking, my life is at risk."

You are not immune to reacting to even small challenges and disappointments. But what if you shift coming from 'reactive' to 'creative'. Notice both have the same letters yet two different outcomes.

Evolve… is unstoppable confidence and a world of unlimited possibilities.

Take a few moments to think of a goal or dream you have in life. Take your time. Until you are not ready to let go of what was, you may not be clear in what you truly want and deserve in life. This is time to reclaim your full potential.

You are now ready to create all the positive and loving things you want in life - physically-mentally- emotionally.

Let's paint a picture. Imagine you stepping into your desired goal. What does it look like, feel like, sound like. How do you feel about what you imagine? What do you do, feel, are different than today?

Just like any painting, when you standing too close to the canvas, you cannot see the whole picture – Step back with a sense of awareness not connectedness.

No more BUT's. Be ready to let go of what was, embrace what is, and evolve to what is to be!

By opening your heart, you give yourself permission to find your version of Happiness! You Matter

To Your Health,

Liza Boubari, CCHt.
818 551-1501
lizab@healwithin.com
https://healwithin.com

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