

Create Your Best Life

By **Elizabeth Hamilton-Guarino and Kris Fuller**



Nestled in the heart of just about everything is a word or action most people either dread or embrace: **CHANGE**

The choices you make and actions you take distract or add to your level of peace. We each have the capacity to access our quiet, most peaceful, optimal selves and to live those behaviors in each moment of our lives.

We also know that change takes time, commitment, and discipline. Whether you need to adjust to circumstances and change or you want to take control of the reins.

We have guided thousands of people in many areas of life to learn the art of change, discover their power and become the best ever you. Both professionally and personally, we must embrace truths, take ownership, and make constant adjustments.

The momentum is up to you. Are you taking an active role in your own life?

This is action. These are the moments where you stop wishing for it and start working for it to happen. Action can be micro-moments, small choices or big decisions but the important thing about action is partnering it with consistency. This creates moments where awareness moves into lasting, transformative change. We start, stop and amplify to take action.

When you find an area in your life you wish to change or improve, it may require some discussions with yourself to assess and create an action plan.

IT'S TIME TO ILLUMINATE YOUR LIFE to become your authentic, best self. Life is jam packed with endless possibilities and the path to change can feel like a grueling uphill climb without the proper gear.

We're here to help you ground yourself in gratitude and embrace your space and the future. Peace rests in your heart. Your joy is in your hands. Have the confidence and love within you to cultivate greatness. Direct your thoughts and actions in a positive direction and seek what is meaningful to you.

No one can do your work for you, but we're here to bring organization, tools and support. We are your biggest fans. We know change and we know it's not easy. You're not going to be perfect at it but you can do it.

We enthusiastically invite you to design the life you want. We want you to choose the best path for yourself. Envision your life one year, two years, five years, ten years, and even 20 or more years out. This vision is what makes it all worth while. You are worth it.

No one can do your work for you, but we're here at each point in your life and process.

There are Ten Points of Change that we developed years ago when starting The Best Ever You Network. These points help our clients make lasting change or cope with unforeseen changes. Elizabeth's first book *[PERCOLATE – Let Your Best Self Filter Through](#)* delves into some of these stages in detail and with coffee metaphors added. Whether you need to adjust to circumstances and change or you want to take control of the reins; this is a process that can be used time and time again to re-balance and adjust.

Our goal is to help you master the ten points of change; so, you can work through a process when faced with something you want to improve, stop or change. In your personal toolbox, these points can help you navigate any hurdle or situation you face on the journey to becoming your best. Commit to live differently.

On your unique life journey, think positively. You only get one passage, one ticket on the train of life. There are many stops along the way, forks in the road, choices at every turn. Are you on the route you want to be in every area of your life? In being your Best Ever You, or working towards this ultimate goal, there will come a need for improvements, evolution; and yes, change.

Our ten points of change are centered around self-love, self-worth and responsibility. Since the points of change were first developed in 2009, we have added the tenth and final point: Impact. This point helps you take your learning to the next level, teaching or mentoring another.

Here is an overview of our 10 Points of Change:

1. Assess In this first point, we practice self-awareness/self-reflection. We examine the truth and what you want to change and where you want your life to go. If you don't know about it, you can't change it, so this is a point of honest self-reflection. If your car had no odometer, you would never know if you were speeding or not.

2. Choose In the second point, we practice the choosing how we spend our moments and realizing we are presented with a choice in how we want to be in each moment. In this point we act, re-create our new path and new reality, as well as establish real steps toward this new you. These are the real steps that you will commit to take to change.

3. Discover In the third point, we practice discovery. Like a scientist taking new data or tasting a new blend of coffee, this is where we learn about ourselves to establish values, goals, beliefs and start to put that in line with our behavior. This and point 2 are usually where people live round and round stuck.

4. Grow In the fourth point, we practice, refine, redefine. As we practice these new steps with family/friend/co-workers; think, ponder; what produces positive results, what doesn't; keep and expand what makes you a better you.

5. Support In the fifth point, we overcome and ask. This can be a moment where we ask for help from others, seek professional help, heal and so forth. This can be a huge pivotal moment for people in how we move from being stuck to taking action and taking the right actions, so we don't fall back on old habits and patterns that don't serve us well. With support may come feedback. Our new selves may need to reach out for feedback. We may give ourselves permission to ask those with whom we interact and take positive view of feedback and redefine if necessary. We may or may not incorporate this feedback based on how it makes us feel to the core.

6. Implement In our sixth point, we improve and implement. We step back and look at what we have become, accept and continue to look at ourselves honestly. We continue to refine always staying true to becoming our best ever you.

7. Accept In our seventh point, we shift our attitude and realize. In this point, we examine our attitude and develop a process of what matters most. We focus the art of realizing each moment matters and decision in each moment how to be, all the while bringing our own unique talents and gifts and realizing our light within.

8. Engage In our eighth point, we gather and give back. In this point, we start to find community and like-minded folks. This is a huge part of change, as surrounding ourselves with the proper people fosters peace and puts everything we want to change in motion. If we can't surround ourselves ideally, then we have the tools to separate ourselves based on our values, goals, beliefs, and behavior and recognize naysayers. Celebrate, accept, always be mindful and content of what makes you become your best ever you.

9. Master In our ninth point, we enter a mastery level, as we can now recognize how to expand on concept of understanding and how to bring ourselves back to peace and all core principles of being our best. Routine practice and highest best self-mastery are present within and all we encounter. We have a sense of You, Me, Us and We and we encounter others with a sense of gratitude, compassion, and collaboration. We are mastering awareness and self-discipline, where our moments matter. We are not rushed, and we have the ability to balance. We become our best ever you and are our highest most peaceful self, regardless of anything and everything.

10. Impact In our tenth point, we become a mentor, a teacher and are using our knowledge to help others and be the change you wish to see in the world. We are leaders who, recognize the intangibles We also recognize that while we are teaching, we are also receptive to being taught. We are life-long learners. There is respect for others who know a subject better than us and we realize there is plenty of room for others. Our impact, comments and interactions are respectful to all we encounter, even if we challenge the status quo.

Changes takes time, commitment and discipline We hope this helps you review, learn or master the ten points of change. If you want a more coffee version of this visit PERCOLATE – Let Your Best Self Filter Through. Remember, we have a choice in every moment of how to be. We have choices in what we say, what we do, how we react, and more. There are so many choices in each moment every day. We invite you to be mindful of these points of change. This a process that doesn't happen quickly. Change takes time, commitment, and discipline.

Assessment & Applying Points of Change to Our Lives

In each of the areas below, gauge how you feel by a score of 1-10, with 10 being ideal and no changes needed. We invite you to visit BestEverYou.com/Journal for more information on how to learn to apply the points of change to your self-assessment and work directly in our group or personal coaching setting. You'll also find information on that page to purchase your copy of our new 52 Week Journal.

Your Overall Vision for Your Life:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Attitude and Inspiration:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Overall Health:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Finance:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Daily Well-Being:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Appearance:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Home:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Relationships:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Career:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Leisure:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Religion/Spirituality:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes: _____

Food and Nutrition:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes:_____

Volunteering:

1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes:_____

The Long Run (Aging and Longevity):

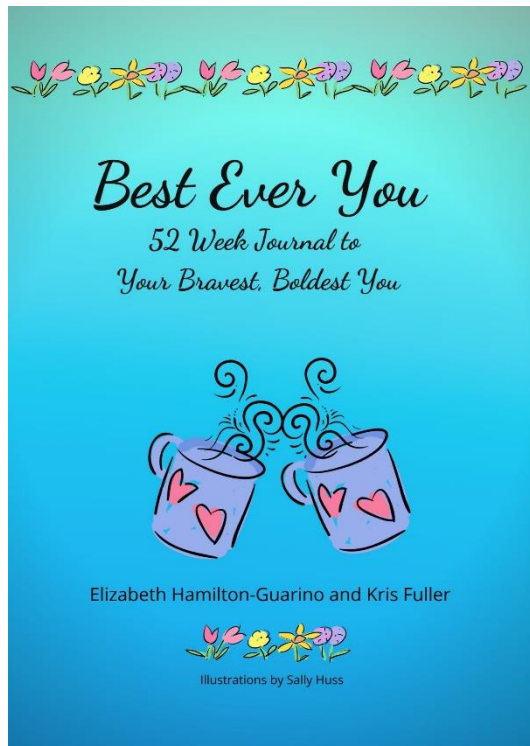
1 2 3 4 5 6 7 8 9 10

(Needs Improvement)

(No Changes Needed)

Notes:_____

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Visit us at BestEverYou.com/Journal



Join us by purchasing your copy of our ***52 Week Journal to Your Bravest, Boldest You!***

The creators of the Best Ever You Network and Your Life Sparkles have teamed up to bring you this inspiring 52 week journal. You'll become your bravest, boldest you as you write about your life, values, habits and more in this year-long journal. You are the coffee in the cup of life. What are you brewing? Create your own best blend. Using our Six Principles, you will take a look at different aspects of your life. Be real with yourself, enjoy the process and keep going on the journey towards becoming your Best Ever You!

When you purchase a journal, you are invited to join our exclusive Facebook Group, with free guided weekly assistance direct from Elizabeth Hamilton-Guarino and Kris Fuller.

About Us:

Elizabeth Hamilton-Guarino and Kris Fuller are experts at helping us make changes in our lives. Both leaders are tireless champions of others, who believe in the need for the individual light within to raise the collaborative power of us and we.

Elizabeth Hamilton-Guarino

Elizabeth is the CEO and founder of The Best Ever You Network, co-founder of Compliance4 and author of five books, including the Hay House book *PERCOLATE: Let Your Best Self Filter Through*. Specializing in mindset, strategy, leadership and change-based action, Elizabeth helps people and companies around the globe be their best.

Kris Fuller

Kris is the CEO and founder of Your Life Sparkles and the Chief Creative Officer of The Best Ever You Network. She is an author of three books, including the upcoming 2021 release *Terramara: Mara's Transformation*. Kris is an inspirational speaker and host of empowerment events. She has worked in public education in Ontario, Alberta, BC and England.