Your Exquisite Life Playbook

How to have an Exquisite Life by regaining your joy, confidence, and energy in less than 90 days.

WHOLE SOUL HAPPINESS™

Your Exquisite Life Revealed



The first thing we must do before we take steps to having an Exquisite Life is to examine what you might be thinking, feeling, or doing that could be blocking your progress.

How NOT to Achieve an Exquisite Life #1: Putting Yourself Last

Ever feel like your life is not your own? That you are living for everyone else BUT yourself? Do you find your schedule unmanageable, and you are losing WHO you are – your essence?

What about this? Have you found yourself saying the following things while holding back tears or an uncomfortable feeling in your gut, wondering where all your time – your LIFE – is going?

"I'm overweight but I'm too busy to work out."
"I don't know when to fit self-care into my schedule."
"Where did life go?"
"Is this what my life has turned out to be?"
"I don't feel energetic."
"I feel old and lazy."
"My life is hectic.
"I'm aging too fast."
"My stress is killing me."

You are not living but existing without happiness … putting all your hours towards everyone else's happiness instead of your own. Yes, you have responsibilities but at what point will all your effort and focus on everyone and everything BUT you cause complete burnout?

You are a hard worker, mom, sister, aunt, grandmother, wife, taxi driver, launderer, housekeeper, scheduler, accountant, gardener, nurse, and more – but with all of this work, you feel little or NO reward. No life?

Without the tools and mindset to put yourself first AND to take care of others and all your responsibilities … how are you going to live life with unabashed joy, y,confidence, and energy?

How are you going to have an Exquisite Life?

If you want to live passionately and feel in control, then staying on that hamster wheel without the gusto to say, "NO" … without implementing specific strategies in your life … and living without an awareness about what it is you need to do, when it makes sense to do it and how, then you're never going to feel fulfilled in this lifetime.

Imagine if you could take control and manage your schedule while still taking care of others AND yourself, while getting adequate rest, a healthy diet, a clean home, weekly mini-vacations, self-care, exercise and more, while decreasing stress and increasing your wellness to regain your joy and confidence all at the same time? This is what an Exquisite Life looks like.

Living day-to-day with scattered Post It notes and a crazy to-do list running from one errand to the other while feeling stressed and running out of time is NOT the way to regain control of your joy, confidence, and energy … your life … your essence. And not being able to say "NO" will not help either.

Newsflash: we are not put here to live life stressed, tired, sad, lethargic, or unable to experience joy. Yep – we are here to live an Exquisite Life with joy, and YOU deserve it!

The reason for this is simple: we are here for a reason, and we are here to make a difference in our lives and in the lives of others. Without you here, the world would not be the same. You may not even know the ways you have touched other people's lives … or what you may do in the future. But we women are overscheduled.

There is NO badge of honor in being busy.

And that busyness is messing up our hormones, our bodies, our minds, our family life, our work life, our souls. We are caught up in the day-to-day … running on fumes. We were not put here to live life completely off course and messy … and not fulfilling our own goals and dreams!

Yes, things (and tragic things) happen in life. But having things in life completely drag you down permanently is not necessary.

Here is Maslow's Hierarchy of Needs. Basically, his theory suggests needs lower on the pyramid, basic Physiological Needs like air, water, food, shelter, etc. must be fulfilled before anyone moves higher up – to Safety Needs, Love and Belonging, Esteem, and then finally Self-Actualization – the desire to become the most that one can be. That is growth.

https://www.simplypsychology.org/maslow.html



But how can we, as women, begin to even strive for Self-Actualization and a glorious life if we don't even have a strategy for eating healthy, whole foods or getting a needed good night's sleep??? Those are Basic Physiological needs that millions (billions) of women CANNOT and DO NOT achieve. BASIC NEEDS seem to be out of reach! Not good.

Studies* show that women's happiness and joy have continued to decline every year since 1970. This is not a surprise to many. All this means is that while women have gained more economic stability in the workplace, their workload outside of work has not decreased. Essentially, we are all working two jobs. If you are a stay-at-home mom, that includes you because our children's lives have not gotten simpler – only busier and more complex, especially since Covid19. And if you are striving to be that perfect mom, wife, and friend you are probably exhausted.

What is even more disheartening is that the longer you live without getting basic needs met, the harder it may be for some to find the motivation within to put themselves first. They get trapped in a negative loop, and it seems so hard to get out of that loop to regain control.

(Note: Women who I work with have already wizened up to this and adopted my new, proven and better system to manage their lives, which equates to better scheduling, better time management, and self-care that results in a much happier way of living with joy, confidence, and energy. So that's the good news. Let's connect now. I can help you get off the hamster wheel and have Your Exquisite Life … Revealed).

If you don't allow yourself permission to reclaim your life, you will never thrive and become who YOU are meant to be. Now, do you want to live like that?

Because you don't have to. If you want to learn more about how to give yourself permission to reclaim your life and define who you want to be, don't hesitate. Now's the time to book a call with me here.

How NOT to Achieve an Exquisite Life #2: Ignoring the Need for Balance in All Areas of Life

An Exquisite Life requires balance – in all areas. But far too often, women may focus on only one area of their lives while ignoring the others. You cannot achieve WHOLEness if all areas of your life are not in sync and getting equal amounts of attention.

Yes, committing to exercise can lead to healthier habits … but if you do not have a strategy to maintain healthier habits, it can lead to disappointment in self and loss of confidence.

Plus, committing to an exercise routine, for example, is not the only area of our lives that needs attention to achieve health, happiness, confidence, and balance. It is important to focus on Food, Activity, Rest, Sleep, Movement, Home/Surroundings, Self-Care, Relationships, Spirituality, Fun, Family, and more to achieve an Exquisite Life.

Focusing on only one area of your life with the hope of things just falling into place is NOT the way to arrive at happy. Also, not being strategic and forward-thinking with your schedule and life is NOT the way to arrive at happy, either. You must think ahead and be tactical with your life and schedule.

Using awareness and specific tactics that matter TO YOU consistently will allow you to build out your life (and your family's/partner's life) in a way that is manageable and doable for a lifetime.

How NOT to Achieve an Exquisite Life #3: Trying to Overhaul Your Life All at Once

OK – we just talked about the importance of focusing on WHOLEness and making sure that all areas of your life are covered. But another way that women lose balance in their lives and run on overwhelm, which can lead to disappointment, is by trying to implement too many changes in their life at once.

Let's say you start that exercise routine. You feel fired up! And so, you decide that you want to start cooking homecooked meals every night and commit to a clean house/car/garden, and load all your errands up, make time for extracurricular activities, and this … and that … and this … and that.

Unless you are seriously Superwoman, trying to overhaul a schedule and make changes and commitments to what you want all at once will not work.

Again, this can lead to burnout, loss of self-confidence, and frustration. It is a problem!

It is so important to manage and take control of your life for YOU, but if you do too much at once it could end up turning into what you DO NOT want … a never-ending cycle of stress you cannot get a hold of. Changes are short-lived because you have not implemented strategies and invested the time to create lasting habits and a strong commitment to self. You will still feel unfulfilled, tired, heavy … longing for joy but change seems to be ever elusive.

How wonderful would it be if you could make significant changes one at a time… where one builds upon another, so you begin to create long-lasting habits on your path to Your Exquisite Life?

How NOT to Achieve an Exquisite Life #4: Lack of Self-Awareness About What is Important to You

What do you need to make you happy? We know that we need WHOLEness in our lives in order to be balanced and healthy. But what gives you joy? Do you even know what will make you happy?

If you feel like your personal life is busy but stagnant at the same time, that is self-awareness. Do you have the awareness about what things in your life need to change first when it comes to your health and happiness … to get out of that stagnation?

Everyone's life is different, so having an awareness about what is important to you and what is holding you back from achieving your dreams is crucial when it comes to living an Exquisite Life with joy, confidence, and energy.

When women are on the hamster wheel … taking care of others … not saying, "No" … not allowing themselves personal time to reflect … it is difficult to carve a direction in life to figure out: What is missing? What is there too much of? What needs to change?

Only when women can begin to implement self-care, time-management, and a little selfishness can they regain CONTROL of their lives.

When we SLOW DOWN and "listen" to ourselves, we begin to gain awareness about things that are important and what needs to be implemented to achieve joy, confidence, and energy

Going, going, going but not getting anywhere in your life, health, and more can affect all areas personally and professionally. Plus, your spirit may be down. But by learning how to be self-aware, you can move towards a more optimal life and the ability to notice God winks in your life.

How NOT to Achieve an Exquisite Life #5: ComparingYourself to Others

Do you have that well-meaning friend or family member who tries to give you advice all the time about what you are doing wrong and how to do it better? Do your friends or other family-members seem to be managing their life on the surface more than you? Does that aggravate you and nag at you? Does it make you feel less-than?

Listen … your life is your own, and only you have the skills and talents within you to make it work for you!

Yes, people are all well-intentioned and want to feel like they are helping with giving advice, but with the right strategies and mind-set, you can manage and control your life in the way that is important and works for you and your family. No one can step into your life and manage it better than you.

All too often, we see others who seem to have it all together. Guess what? They are NOT perfect, and neither are you. And you do not have to be. Trying to be perfect (perfectionism) is a way of trying to maintain control over the chaos in your life.

But, managing and truly CONTROLING your life takes a little effort, but it does not have to be difficult. With a few skills and awareness, you can make your life run smoothly … all with joy, confidence, and energy – YOUR WAY.

If you're frustrated about not having control of your life and it seems like everyone is doing it better than you, I can help you here.

How NOT to Achieve an Exquisite Life #6: Not Believing in Yourself and Loving Yourself

You are important. You are wonderful. You are loved! You can do anything you commit to! If you do not believe in yourself and have lost all confidence in WHO you are, that is OK. But to have an Exquisite Life, you must shift your paradigm and learn how to love and believe in YOU.

For many of us, we are living our adult lives trying to undo the damage that seeped into our subconscious when we were children. But many of us are not aware that the thoughts, feelings, and emotions we have today are the same reactions to things from the past. For example, if you are living life today with anxiety, there is possibly a childhood incident or issue that caused anxiety at the time … in the past. But you likely have not unraveled that in your mind today … so you continue to be plagued by anxiousness. *Trust me … I know!*

If you don't live life with unabashed enthusiasm and you're plagued with sadness, anxiety, depression, various other issues, and DRAMA … you have to learn that you do not have to live that way.

Commit to making the appropriate changes and mind shifts to believe in yourself and learn how to love yourself. You absolutely can do this, and if you need some help, contact me here.

Remember, time-management, self-care, and balance are all crucial to living an Exquisite Life.

But if you do not love and believe in YOU, you will stay on that hamster wheel, living for others.

Do not lose this precious time we have here. Do not settle with being lethargic and sad. Heavy. We are here to create a life of our dreams, so do not lose out on this by not loving yourself and not implementing time-management techniques to add self-care into your life.

If you are serious about getting your life on track and managing it well so you can wake up with joy and satisfaction, click here.

How do I know you can live and manage your life beautifully and regain your joy, confidence, and energy? How do I know you can live an Exquisite Life?

Because I have done it, and I am trained to help you do it too. I know what it is like to live on that hamster wheel. And the biggest issue I see with the majority of clients I work with is time-management and lack of self-care and balance leading to exhaustion, stress, and unhappiness.

And we fix their lives … together.

To really manage your life: All you need is a simple program that is easy to use and helps you implement balance in all areas. It is absolutely possible.

All you need is a program that gives you 100% control, allowing you to decide how to run your life by implementing what is important to you.

All you need is a program that will build your joy, confidence, and energy while allowing you to take care of you and others – without stress and burnout!!

The New and Proven Way to Regain Your Joy, Confidence, and Energy Using a Simple Time-Management Program

Have you ever tried to run your life and it seemed like you were managing only to have everything crumble around you by one unexpected event?

It's heartbreaking and stressful.

Life happens … it is life. So, there are a few steps you can implement right now to manage your life in a way that is not stressful, even when life happens.

Step 1. Have a Sense of Humor

This is not about having a sense of humor if a tragic accident occurs or if someone in your family falls ill. Having a sense of humor, though, in the day-to-day tasks and happenings in life is what I mean, especially if something does not go as planned.

Do not get derailed when unexpected things happen. Two unexpected things actually did happen in my life while I was writing this – all in one day.

The neighbor's gardener was mowing her lawn and a huge rock somehow catapulted into the air and hit the back-passenger window of my husband's parked car so hard that it completely shattered the entire window. Glass everywhere!

That led to "WTF?" and then documenting pictures, insurance calls, glass repair company calls, cleaning up shards of glass from inside the car and in the grass (not easy), taping a garbage bag to the window with hopes of the rain staying away a few days until the glass repair company's first-available appointment (6 days away). That took a few unexpected hours of our day … time away from work and a little stress. Unexpected!

THEN my beagle's vet called and informed us his stool sample from a week ago came back showing he has parasites, and she wants him on medicine as soon as possible. That means I had to look at my schedule that was already pushed back because of the car window incident, rearrange the next few days even more to jump in the car, drive over to the vet and pick up his medicine for him to start immediately. Unexpected!

Instead of getting angry and upset, it was easier to change my mind-set and laugh a little. While these two UNEXPECTED incidents happened, I maintained calm, used tools to reschedule and think of how to handle things, and acknowledged God's sense of humor. This was just in one day!



That's my beagle Champion, aka Champs or Champie!

Step 2. Commit to Giving Yourself Space to Decompress

When you are managing your life and that of others, you have to give yourself permission to decompress. If you do not give yourself time and space to decompress and relax, you will not be able to recharge.

It is OK to take a few minutes to yourself to breathe, pray, meditate, take in some sunshine – whatever works for you. Take a nap, if you need to! Your mind and body will relax, and you will be able to think and perform better. Anxiety will begin to melt away.

But you have to commit to it and allow it. Just 10 minutes of allowing yourself to decompress is truly life-giving. By decompressing, you can get used to putting yourself first, gaining self-awareness, and loving yourself.

Step 3. Let Go of the Idea of Being Perfect

We talked a little about perfectionism earlier, but perfectionism can cause disillusion and disappointment. People who are perfectionists tend to have more depression and stress … and that can lead to other mental health issues.

Now, I am not saying that it is not important to do your best and to try hard. But the idea of being a perfectionist can actually lead to paralysis and procrastination. That is not good for time-management, self-care, balance, joy, confidence, energy, and living an Exquisite Life.

Let go of the idea of being perfect … literally LET IT GO. Give it up to God or your higher power.

The best and fastest way to ensure you are on your way to regaining your joy, energy, and confidence is to have a better way of managing your life with tools. This can be done with my Exquisite Life Time-Management System.

Exquisite Life Time-Management System

The Exquisite Life Time-Management System will help you implement more than 40 Key Objectives that you will master in your life – easily and effortlessly and give you complete balance and control. Here are just a few things you will master:

Feeling confident and incontrol
Ability to say "No"
Stress management
Creating new habits
Developing motivation
Learning how to be forward-thinking with activities
Begin thinking of important responsibilities and where you can eliminate some tasks
Thoughtfully being able to plan healthy meals while eliminating the stress of not being prepared
How to maintain good health through moderation
Learning where it makes sense to exercise
Learning about sleep health
Learning how to delegate
How to incorporate self-care into your schedule
Incorporating a weekly mini vacation
Learning how to be compassionate with yourself
Learning how let go of being perfect
Learning how to jump back on the bandwagon when life throws you curveballs

This all leads to joy, confidence, and energy … Your Exquisite Life and knowing you are on the right path for your life and your loved ones.

What's next?

There are specific tools and practices I use in my system to help you craft your life in a way that gives you control and allows you to make the decisions that are right for you when it comes to time-management. It is my hope that this playbook will provide clarity and help you get a better idea of what your life could look like when it is managed, and you feel in control.

This system eliminates all the guesswork in how to create balance and health in your life – joy, energy, and confidence.

If you would like to speak with me about how I can help you incorporate this system into your life, I would love to talk to you.

There is never any pressure if we chat. My objective is to help you figure out the main reason your life is unmanageable, why time is not on your side, and figure out the best plan of action for you. If you would like to set up a time-management talk, follow the URL below to do that:
www.lailamorcoszissis.com/apply

Feel free to send me an email if you would like to share anything, have any questions, or just want to say, "Thanks for the playbook." If this is the case then send me an email at laila@lailamorcoszissis.com.

Looking forward to talking soon about how to have *Your Exquisite Life Revealed.*

Laila Morcos Zissis
Founder/CEO

**Stevenson B and Wolfers J. The paradox of declining female happiness. Discussion Paper No. 4200. Institute of the Study of Labor (IZA); Bonn, Germany; May 2009. Available at: http://ftp.iza.org/dp4200.pdf. Accessed June 22, 2020.