

## How Are You Living?

Right now, you could be living in one world. Yet, the moment you decide you're done with it, ready for a change, then with fierce determination, your mind fires up to design a new experience.

One example of that is your choice to acquire this book and consider entering into the *Convivial Collective*—a community of people who hold a deep desire to explore, discover, and act on their one call to action in this lifetime. It's the call to create a *convivial life*, one that involves walking your own path, discovering your own truths, following your heart's desires, exercising your unique creative abilities, mastering your true strengths, and serving the world as a result of it all. What you do after putting this book down is what determines your commitment to the quality of your life's unique design.

By showing up to this page, these words, and this idea of living more in integrity with your personal beliefs and desires, you officially place your name on a roster of creative, courageous kinfolk. You are ready for meaningful change.

Perhaps the time has come for you to put yourself first so you can truly offer your best to others. Is it time to shed those self-conscious tendencies coming from a not-so-enlightened upbringing? How about that search for love in all the wrong places...are you prepared to turn up the volume on personal responsibility to your own happiness and let love notice you?

**Meaningful change is forgetting the talk and putting on your **fuck it** shoes to finally walk the walk.**

It could be ending your days as a self-sacrificing do-gooder and experiencing fulfillment when you say "No, thank you." We could be talking about a complete do-over as it relates to your response to life and the ways in which you engage in it.

# When you make the move to acknowledge your heart's incessant yearnings and demonstrate the will to pursue them, you soon find yourself consumed by the courage and freedom to LIVE them.

We are fed all of these messages growing up that do nothing to encourage us to venture out and take an exploratory approach to living. I'm here to let you know that the world is here for you, waiting for you to immerse yourself in it...to see, taste, feel, breathe, admire, walk, climb, drive, fly over, lay on, dig your feet into, curl your toes under, and adorn yourself with it. Why aren't you doing it, more often, as often as you can?

## What Do You Aspire For?

For material possessions? For titles and certifications? While they are fulfilling endeavors, it's easy to lose sight of why you may be pursuing more education and experience. It's not to set yourself apart from others, but to grant yourself the expertise and ability to serve and share your experience with others.

What you want to create—whether it is a new life, career, book, a baby, a business, or even a place to call home—is worth the fight. Many times, there will be a fight because such transformative decisions naturally go against the norm. Many times, the battle is within you. Be strong and know that you are meant for greatness, to create a lasting impact and to leave a legacy.

I want to thank you for saying yes to this convivial experience; it's the beginning of many as you set out on this new journey. To welcome you and help light the way, I've spent much time pouring my heart into the material that awaits you on the pages ahead. It's all with the desire to contribute what I can to what's already brewing deep within you.

This book is my creation, my gift to you, and its message now ventures into your hands with the desire to enlighten, restore, and transform you in whatever way you see fit.

See the world from a convivial perspective starting *now*.

In a 2001 interview with Barbara Walters, I heard Julia Roberts first utter the word "Convivial" to describe her experience working with the cast of *Ocean's Eleven*. I'd never known of a word that sounded like this before and hearing how it could be used to sum up an entire experience proved to be a lasting memory. That one word was destined to open up a whole new world for me.

As writer and creator of *The Convivial Woman*, I have come to believe that this word perfectly describes the state of mind and lifestyle every person seeks. It best represents your spirit, talents, and intentions here on earth. It's a guiding light that can lead you down a path *all your own*... if you are willing to spark the fire within you.

**This book is my initial declaration on what the word convivial means to me and what it can potentially mean for you.**

I have weaved together stories from my own experience along with down-to-earth guidance, insights and exercises to inspire you to begin your quest to awaken the *living* work of art in you.

You are here because your dreams are *your* priority and you know that your life is *your* responsibility. There is a voice inside calling you home to who you truly are. Perhaps you're starting to hear it more and more and by taking steps to convert the faint echoes in your heart to a lifestyle

all your own—a convivial one—you are fulfilling an innate desire within you that constantly craves your energy and attention.

It is your right to heed the direction of your heart, even if in many instances it doesn't make sense to you, to others, or doesn't feel comfortable. There is no one goal we aspire to except to develop and express the one thing *you* were born to do. It's that one thing you are driven to do, that keeps you up at night, that brings you and others joy, that gives back to the world around you because it expresses the very essence of who you are.

**What can the word CONVIVIAL mean for your life? How can it begin to represent YOUR spirit? How can YOU use it as a guide, as a chosen way to approach and view your life?**

This journey began for me because of my desire to write and to accomplish the feat of every conscious, creative person...self-actualization. I share my transition from people-pleaser and permission-seeker to convivial woman and defiant creator. I talk about how I rose above conventional wisdom because it didn't fully nurture and support my spirit. I decided to create a new story for myself, one that continually evolves, and one to which I'm fully committed. You can do the same.

The pages ahead have one underlying theme in each story I share—CHOICE. When it comes to the design and experience of your life, the choice belongs to you. What you want matters and I want to empower you to let your desires ride shotgun as you sit behind the wheel of your life and drive with conviction.

An important aspect to convivial living is taking the time to cultivate a close connection with your inner muse, with what inspires you to create. The muse is your constant companion on this journey back to you and it will serve you well as you endeavor to courageously share the true version of who you are with the world.