



# *You Were Born to Love*

Mastering the Art and Science of  
Creating a Life You Love

Coaching Program Developed by  
**Gloria Coppola**



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Please visit **[www.gloriacoppola.com](http://www.gloriacoppola.com)** for more details, exercises, and valuable resources.

Please visit **[www.seraphimhealingarts.com](http://www.seraphimhealingarts.com)** for more art, mandalas and creative resources.

PLEASE NOTE: By purchasing You Were Born to Love™ coaching program or accessing any of the  
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This is a sample of the 12 week program offered by Gloria Coppola at [www.GloriaCoppola.com](http://www.GloriaCoppola.com) to create a life you love.

## ~ INTRODUCTION ~

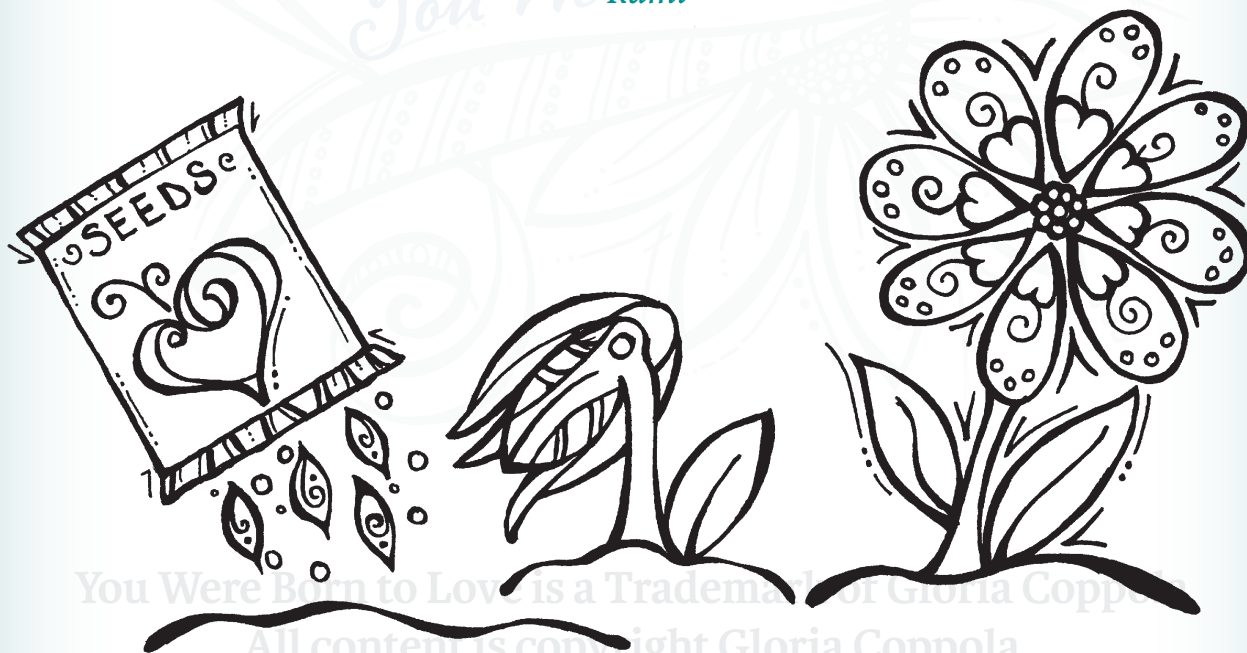
Thank you for joining the Clarity webinar.

I want to provide you with some tools that are helping thousands of people gain more clarity in their lives.

Simply follow the instructions and apply the lessons. Repeat as often as you desire. It works... especially when you have faith and activate it with your feelings.

I hope you will consider the opportunity to gain more clarity and direction by joining us for the 12-week life enhancement program.

*Only from the heart can you touch the sky*  
- Rumi



*Let's plant your seeds, watch them sprout,  
nurture them and see what blossoms in your life.*



## GLORIA COPPOLA

***Author, Educator, Certified Health Coach, Clarity Coach and Soul Purpose Sage and transformational retreat leader. A former massage school and holistic health center owner.***

Gloria has had a courageous journey in life, one of many trials, tribulations, losses and challenges. Her unstoppable nature has opened doorways of spiritual opportunity. Since childhood she's followed her intuitive nature and as an adult she has been supporting and helping others reach their full potential.

This sample guide of her program ***You Were Born to Love*** gives you a sneak peek of the guidance she provides to help you attract more of what you love. Her mentors have continuously helped her move through those uncomfortable areas of life and willingly she took the steps necessary to gain the peace, balance and harmony she desired to achieve.

Now it is her desire and pleasure after almost 40 years of studying and opening to a life of love, that she shares her journey, her tips and resources through compassionate understanding. She knows that sometimes life has bumps, but if we pause and breath, the miracles are waiting for us.

For more information about Gloria visit [www.GloriaCoppola.com](http://www.GloriaCoppola.com) or email her if you have any questions at [Gloria@GloriaCoppola.com](mailto:Gloria@GloriaCoppola.com)

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*"Gloria ... is the most credible guide and coach for healing your negativity and turning your assets and attributes into moving parts in the process of creating the life you want. Her 'You Were Born to Love' 12-week course is the best thing that's happened to me in a long while."* -Y. Fleming

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# You Were Born to *Love*

## LESSON - I DECLARE

The clearer you make your statements the more you will create the change you desire.

What do I *Love*?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Take the time you need to write more about what you love in detail.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **AFFIRMATION:**

*I am one with what I love*





## WRITE YOURSELF A LOVE LETTER

*Example:*

Dear \_\_\_\_\_ ,

*I want to tell you how amazing you are. Every morning when I wake up and see my reflection in the mirror I get so excited to see my beautiful face.*

*Life has been so wonderful ! I am such a kind hearted person, filled with compassion and love.*

*I love the way \_\_\_\_\_*



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*"Writing the Love Letter to myself was an impactful, eye-opening and heart-opening exercise. Allowing my Highest, truest voice to speak through me, TO me shifted me into a space of greater love and compassion for myself. It is a beautiful letter, filled with love." - Candy Lyn Thomen*

# You Were Born to Love

## LESSON - I DESIRE

Desires can often show up in our dreams, thoughts, visions, art work and writings. They can be places, feelings, people, colors, sounds.



Let's get really clear on what you desire.

*For Example:*

*I desire to be financially successful through my creative endeavors.*

Now add to that EXACTLY what that means for you.

Clarity is the key to creating your desires, otherwise anything can come your way and it may not be exactly what you desire.

List at least 5 things you *Desire* this year in your life:

1. ....  
.....
2. ....  
.....
3. ....  
.....
4. ....  
.....
5. ....  
.....

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*Grant me the grace to take hold of my dreams and desires.*

## LESSON - DESIRE STATEMENT

Now choose one of the items from the list on the right that is the most important to you and create a Desire Statement. Be very clear about exactly what you desire, what you will commit to in order to make it happen, and what the ultimate outcome will be.

I Desire

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I will commit to

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in order to

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until I have

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# You Were Born to Love

## LESSON - DAILY GRATITUDE PRACTICE



It is important when attracting more of what we love that we learn to be grateful for everything we already have and for everything that is coming.

Start your day with gratitude. It can be something as simple as:

*"I am grateful to be alive"*

End your day with Gratitude:

*"Thank you for an amazing day. I am blessed. I continue to be grateful in attracting more of what I love."*



**ACTION**

Acknowledge what you are grateful for. Make this a daily practice as well. You can say it verbally, think about it or write it down. I like to do all 3!

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*I Give Thanks for the Love in my Life*

Go to [www.gloriacoppola.com/lifestylecoaching](http://www.gloriacoppola.com/lifestylecoaching)

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Thank you for participating!

Remember to go to the link where you downloaded this PDF to watch the video.

Take the time to follow these instructions over the course of a few weeks. Notice what you notice and what shifts in your life when you make the sacred agreement to attract more of what you love

Gratitude, Gloria

# You Were Born to Love™

Mastering the Art and Science of  
Creating a Life You Love

The group coaching program consists of 12 weeks and includes the manual developed by Gloria Coppola. "YOU WERE BORN TO LOVE" will guide you through the process.

Gloria will also provide personally :

- (2) 1 hour clarity sessions
- (1) 1 hour closure session for you
- (4) Live Webinars

Group Facebook Coaching Support Page

Extra Bonus Videos in a 24-hour membership only access

## **BONUS OFFER - SIGN UP NOW and RECEIVE**

(3) extra personal coaching sessions for a total of 6 private 1:1 coaching

**PAY IN FULL SAVE \$200.00**

## **1 Extra Special BONUS**

Everyone gets a free autographed copy You were born to love that enrolls in the program.

Estimated release date fall 2017

Go to [www.gloriacoppola.com/lifestylecoaching](http://www.gloriacoppola.com/lifestylecoaching)

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