



EPISODE 65

The Art of Change: My Roadmap to a More Meaningful Life



Nancy: So many of us pick up a book with exercises in it, and we either read the book without doing any of the exercises, or, we start reading and do one exercise halfway through and decide it's too much work and we just put the book away. The Art of Change is different with this journal. It's like I'm right there with you coaching you. It's so much more than just a journal.

It's a proven roadmap that will guide you to make the choices and take the actions in support of the vision and change you desire.

Hi, and welcome to Your Permission Prescription the podcast that teaches you how to confidently say yes to you and consciously create the life you desire. I'm Nancy Levin, bestselling author, master life coach, and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt-out people pleaser.

Living my life for everyone around me and ignoring my own needs. Fast forward to today, and I've successfully coached thousands of recovering people pleasers to set boundaries with themselves, and the people around them, so they can live a more fulfilling life on their own terms. I created Your Permission Prescription to help you do the same.

Be sure to tune in for actionable coaching methods from me, interviews with other incredible coaches, speakers and authors, plus one-on-one live coaching calls and so much more. If you are ready to start saying yes to you, then you are in the right place.

Welcome back to another episode of Your Permission Prescription. If you are listening to this episode right when it drops, I'm so excited to let you know that my brand-new book, The Art of Change comes out next week. The Art of Change is a guided journal, eight weeks to making a meaningful shift in your life.

You can visit Nancylevin.com/journal to get your copy. In honor of this book being born into the world, I thought I'd share a bit about my own author journey with you today. And then next week I'll share specifics about what's in the book and what you can expect from interacting with it. So, The Art of Change is my sixth book.

And I can hardly believe it, especially since being a published author was never a destination for me. While I've always been a writer, I've written since I was 11 years old, I've always been an avid journaler and I have a master's degree in poetry. Publishing wasn't something I thought I would do. I always had the sense that my writing was extremely private and that it wouldn't really resonate with anybody else.

But the truth is, the more personal, the more universal. And to illustrate that point, there is a story I often tell about getting on stage in Pasadena. As I was MCing a Hay House event, and I shared a poem of mine right before I introduced Wayne Dyer.

And at the end of the evening, a woman approached me and said, I thought I came here to see Wayne Dyer, but I now know I came here tonight to hear that poem. And in that moment, I really understood how essential it is for each of us to nestle into what's true for us and to share the truth of ourselves with the world.

So we can feel seen and others can feel seen as well. My author journey began with my book of poems, *Writing For My Life*. And I followed that with *Jump... And Your Life Will Appear*: an inch-by-inch guide to making a major change. I self-published these first two books. And what I really loved about self-publishing was that I could have a book in my hand quickly.

Whereas traditional publishing with a publishing house can take 18 months to two years. Self-publishing is really just a few months. And as I was beginning to build the foundation of my own coaching practice, I could use these two books as leverage. They became my calling cards, so to speak. They gave me some street cred, and I knew as I was writing *Jump and Your Life Will Appear* that I was going to create a coaching curriculum out of it from the 10 steps.

And it was very exciting to see that the process I created out of necessity for myself, worked with my clients as well. And shortly after I self-published *Jump*, Hay House picked it up. And at that time they also contracted me for my next book, *Worthy: Boost Your Self-Worth to Grow Your Net Worth*. And for *Worthy*, what I did is I created a very detailed outline and began coaching a beta group through the outline.

So I could really be sure that the 10 step process was proven that it worked for others before I published the book. So I was coaching from the outline and writing the book, incorporating client stories and their insights and experiences with their permission, of course. And then once the book itself was complete, I created the coaching curriculum.

And began using that with one-on-one clients and coaching groups. And I repeated the same process for the next two books, *The New Relationship Blueprint*, which was retitled for paperback and ebook as *Permission to Put Yourself First* and also for *Setting Boundaries Will Set You Free*. So this next book, *The Art of Change* is completely different from any other book I've ever written.

And as a lifelong journaler, it is my dream come true to have had this opportunity to create this journal for you. And from a process perspective, it's different because I actually created the coaching curriculum first and then wrote the book. I developed my reinvention coaching model

that I've been using for a few years inside my Levin Life Coach Academy training and certification program.

And then, I wrote the book and it was really interesting, creating a book in a new way. I, I love the experience and I also know I couldn't have gotten to this place if I hadn't worked my way up to it with each book and with each coaching model, I became more confident in how to put it all together in the way that it needed to be.

The Art of Change is also different because it's so much more than just a journal. It's a proven roadmap that will guide you to make the choices and take the actions in support of the vision and change you desire. With this journal, it's like I'm right there with you, coaching you. We're moving through the process a week at a time, and I'm guiding you through daily journaling prompts.

One of the reasons the subtitle is "Eight weeks to making a meaningful shift in your life" is that I invite you into a container of commitment and accountability set in time. So you can keep engaging with momentum in a manageable way. So many of us pick up a book with exercises in it, and we either read the book without doing any of the exercises, or we start reading and do one exercise halfway through, and decide it's too much work and we just put the book away. The Art of Change is different in that there are literally bite-sized, realistic, doable, daily prompts that invite you to engage in your own self inquiry and self-discovery. Putting pen to paper is potent medicine. And when you acknowledge what's true for you and witness yourself on the page. You will be guided where you wanna go. There's no greater gift we can give ourselves than telling the truth. And living in alignment with our truth. To me, that is our greatest freedom. I hope you've enjoyed this little window into my personal publishing journey and a little peek at The Art of Change.

As I mentioned next week, I'll be sharing specifics from The Art of Change. So remember to visit Nancylevin.com/journal, to get your copy and know that I am excited to dive in with you. To see what you discover.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful if you'd leave a review and share your experience even better follow this podcast. So you never miss a new episode. And if you'd like some extra support or guidance, head over to my Transform Together Facebook group for an engaged community.

Where you can speak your truth, receive inspiration and ask for help as you navigate life's journey or visit my website, Nancylevin.com. Where you can find resources to help guide your path to reclaiming what's truly important to you. Thanks again for joining me.