



# The Art of Living Fully!

A guided practice to release what is holding you back so  
that you can step into your power and create a life that you love.

**Pierrette Raymond.com**  
Let Go. Move Forward. Live Fully.



## *We are more the same than we are different...*

As a mother, wife and leader of multiple businesses, the challenges women face and overcome are more similar than they are different...this is my story...

**Private Journal entry.** « A few days later, while watching Oprah Winfrey accept the first ever Bob Hope Humanitarian Award, sitting in bed with the lights out, while my husband slept, forever changed my life.

Oprah said...

“And my father said to me, 'They are regular people. They're just like you. They want the same thing you want.' And I would say, 'What?' And he'd say, 'To be fed.' And at the time, I just thought he was talking about dinner. But I have since learned how profound he really was, because we all are just regular people seeking the same thing.

The guy on the street, the woman in the classroom, the Israeli, the Afghani, the Zuni, the Apache, the Irish, the Protestant, the Catholic, the gay, the straight, you, me—we all just want to know that we matter.”

Hearing her speak those words lit a fire inside of me. The desire to be fed, to know that I mattered, and more importantly, to let others know that they mattered too, inspired me to create a community, to walk alongside other women who knew their lives had greater purpose and vision. Women needed to know, we need to know, that we are more than the definition of our role at home and at work.

## *And so it began.*

On October 2nd, 2002, I held the first Women Moving Forward meeting and for the next five years, we built a community of like-minded women, setting personal and professional goals that mattered to us, and the lives we wanted to live.



We had monthly outings and experiences to further foster our personal growth and love for life outside of work and our homes. We held yearly retreats and enjoyed a weekend of trying new things, eating great food, having fun and just being ourselves.

## And then everything changed...

My mother died. I was threatened with a lawsuit over a trademark conflict. And every so slowly, Women Moving Forward stopped being what it was, and eventually it was shut.

The loss of my mother affected me profoundly. So much so, that I went back to school to study Death & Dying, Bereavement, and Funeral Services too.

What I realized through my studies is that we all have difficulty letting go.

- Letting go of loved ones after they have gone.
- Letting go of possessions that have lost their meaning and purpose.
- Letting go of obligations that no longer serve us.

This realization of people struggling to let go set me on a path of working privately with families who needed to put their homes on the market so they could let go of what no longer was serving them and move forward in their lives.

They needed help downsizing their property, letting go of what they no longer needed so that they could live simpler, happier, and more fulfilling lives with what they loved and what truly mattered most to them.

Seeing people let go and light up was fantastic!

The journey continued working with caregivers. I found myself working with more women who are now part of the sandwich generation, caring for aging loved ones, children at home, all while trying to take care of themselves.

They were feeling the overwhelm and burden that you may be feeling, being part of the sandwich generation.

My role evolved and I began to provide relief to women from the emotional, psychological and physical strain that caregiving brings.

Caring for loved ones, losing loved ones, while trying to maintain a career, a family and a life, can be incredibly taxing, emotionally exhausting for women who are no longer taking care of themselves.

You may be able to relate.

These women are caught in the middle.

How can you be there for your loved ones and still put you at the top of the priority list?

How can you say yes to your needs and do what is right for you?

How can you live a rich, rewarding and full life?



## Women Living Fully was the next logical step.

Women Living Fully is a group, a community, that began to help women share privately all that they are experiencing without judgement so they could continue to care for their loved ones and find their way through the overwhelm and still be, and take care of, themselves.

Women like this seek guidance and help privately.

They want support and coaching to help them through the overwhelm, to release the burden of guilt, and choose to do things for themselves, to better show up for others.

Women living fully want to live their lives with a sense of peace, direction and fulfillment.

Working together, these women are able to find a quiet place to be themselves, to connect and reignite their goals and their dreams.

This work allows them to create the vision for their lives, reconnect with what matters, and live fully without leaving anyone behind.

Together we build a plan with them at the centre, living lives fully from the inside out, the outside in.

This path for women is exciting. They are able to find themselves again and they are able to live fully.

This place at which I have arrived, this place of helping women live their lives fully with who and what matters most is what my life's mission is about.

Walking side by side with women, hearing their stories and helping them live a life they are meant to be living is both rewarding and gratifying.

*For you, and for me, it's all about living fully.*

I'm here for you should you need any additional help going through this workbook. For a video tutorial go to: [www.PierretteRaymond.com/work](http://www.PierretteRaymond.com/work)





*Are you tired? Fed up? Is it time to let go?*

# TOLERATION

## WHAT IS TOLERATION?

A toleration is something that you are putting up with...it's something that bugs you.

It could be something you are fed up with, or it could be something that you just don't bother with anymore, but you know its been in your life far too long.

We all have stuff in our lives that we put up with...but when that extra stuff begins to weigh us down, cause stress and keeps us stuck...it's time to let it go!

Let's face it...many of you have way too much stuff.

Too much clutter...  
Too much debt...  
Too much stress...

All the additional things in your life, from the physical to the emotional, to the psychological, are making you sick, keeping you in overwhelm and preventing you from living fully.



# SOME EXAMPLES OF THE THINGS WE TOLERATE:

## *Stuff...*

- Clothes you haven't worn in years
- Extra dishes you never use
- Items in boxes that have been stored for decades
- Unorganized chaos at your front door
- Toys lying around every day

## *Personal / Lifestyle...*

- Extra weight you are carrying
- More debt than you are comfortable with
- Feelings of sadness and loneliness
- A hunger to do something for yourself
- Time for you - putting yourself first

All of these things are tolerations...and you may even have other tolerations that aren't even listed here.

Your first exercise is to bring awareness to the things you may be tolerating.

## *Exercise Prep #1...*

Look around your home, your office, and evaluate your life. What things do you have in your life that you no longer need...no longer use...but you continue to keep or hold on to?



# Exercise #1...

CHOOSE ONE ROOM. LOOK AROUND.

NAME 3-THINGS THAT ARE IN THIS ROOM THAT YOU NO LONGER USE, WANT, OR LOVE.

1.

2.

3.



## IT'S TIME TO TAKE THE BLINDERS OFF!

Start to take notice of the tolerations. As you do, you can begin to shift things in your life.

You will want to let go of things that no longer serve you, that are keeping you stuck and unhappy.

Now that you have identified at least three things that you are tolerating in your home, you can start to move forward in doing something about it.

Circle one of the above tolerations above and for the rest of this exercise let's focus on just that one. (You can use this same exercise over and over for the remaining tolerations you listed above.)

You may see them, but are you acknowledging them and what those tolerations are doing to your life?

Start noticing how tolerations make you feel. Start paying attention to the frustration you feel, the stress it's causing you, and the overwhelm it keeps you in.

*"Once you take notice of something and truly pay attention, it stays in your field of vision. You'll see it every time you walk past it, you encounter it, or it shows up."*



## Exercise Prep #2...

The first step to letting go is to identify the tolerations and what is keeping you stuck. Some of your tolerations are the things you absolutely know are there...the extra clothes in your closet or the extra weight you are carrying.

## Exercise #2...

Spend some time focusing on how this toleration makes you feel. How does it affect your life? How does it stress you or make you feel stuck?

LIST THREE WAYS THIS TOLERATION MAKES YOU FEEL:

1.

2.

3.

Once you take the blinders off you can choose to continue to pay attention to it, ignore it, or better yet...do something about it. And that's what you're doing here!



**BEFORE WE GO FURTHER...LET'S FIRST TALK ABOUT 'TOLERABLE TOLERATIONS.'**

These are tolerations that we have to put up with...we can't ignore them or we can't do anything about them...for now.

Let me give you an example: I moved to the country recently. We purchased the perfect size home for us on 44 acres of treed land. It's gorgeous and I love it!



## UNDERSTAND WHAT IS TOLERABLE...

But I did have a few tolerations and one of them was the location of my home office.

When we purchased our home, we knew that I would have to have my office in a space that wasn't what I would have liked. The location was a walk-through room and I did not have a door to close for privacy. It was a large space, so it did accommodate my office furniture and needs. However, it came with things that I had to tolerate.

You may be tolerating something in your life too because you know that eventually, you can, and will do, something about it. So for now, it's tolerable.

"However, the tolerations that are absolutely costing you time, money, energy, joy, peace, comfort, health, and wellness.

Those are the ones you want to do something about - and FAST!" You are fed up...you've had enough...so what do you do?

**YOU GET VERY CLEAR ON WHAT REALLY MATTERS!**





## Exercise Prep #3...

Once you have awareness and you want to do something about the tolerations in your life, you have to get very clear about what truly matters and what is most important. Only then can you let it go.

If you know that getting out of debt is of the utmost importance, you are fed up with the worry, the stress, and the strain of it, you will become very clear about how you spend every single dollar you earn.

Don't spend money on things you don't need. Sell things that don't serve you any more or don't fit with where you are today.

"When you have clarity about what really matters, your priorities become your compass in the decisions that you make."

## Exercise #3...

LIST THREE STEPS YOU CAN TAKE, (big or small) TO LET GO OF THIS TOLERATION:

1.

2.

3.



NOW IS THE TIME TO MAKE A DECISION...  
YES OR NO!



## HOW TO LET GO

Let's say you have too much paper on your desk. You're fed up with how you continually have a messy desk.

It makes you mad.

It frustrates you and you are done with having a messy desk.

Enough is enough...you have to know when to let go.

You value tidiness. It is very important for you to have a work space that clear of clutter.

You want a clean desk, with organized piles (in the very least) and you want to be able to know where to find what you need when you need it. Now is the time for action! Pick up one item, one piece of paper at a time and decide.

Yes...I need this!

No...I don't need this.



## COME BACK TO YOUR PRIORITIES...

What really matters?

What is most important?

**It's either a Yes or a No...not a Maybe! And then...let it go. That's how you start.**

That's how you begin the process of letting go of the stuff in your life that you no longer need, the stuff that is keeping you stuck, the stuff that you are absolutely fed up with.

Get very good at making decisions based on what is truly important and what really matters in your life.

You will then be able to let go and deal with your tolerations in an effective way.



## CONGRATULATIONS....

You've completed the guide on the art of living fully. How are you feeling?

I am extremely proud of you! You did it! You took the time out of your life to focus on you and what you really want to live fully. Congratulations!! Well done!!

Now - are you ready to continue this journey together? Are you ready to explore more together?

Here's how - I have two special offers for you:

## WOMEN LIVING FULLY COMMUNITY

I would love to invite you to join our free community. Click the box to join us!

Women Living Fully

We are an international group of women who are taking steps every day to live our lives with courage, compassion, curiosity and choice. We are living our lives with all of its challenges and successes in a way that supports each other, and inspires each of us to live fully.

We share our stories.

We encourage each other to reach our goals and our dreams.

We support one another through it all.

We have a Woman of the Week feature which highlights the real-life story of one of the women. She shares her greatest joys and passion, and she shares what she learned from overcoming her greatest challenge. She doesn't sugar coat things - she shares with authenticity and love.

We also have a weekly radio show whereby I interview experts who can provide additional support and resources to help you and the women of the community move forward and live fully.

There are several more things that we do online and in-person.

**Come check us out!**

If you are interested in becoming part of our community, go to [www.WomenLivingFully.com](http://www.WomenLivingFully.com), join the group, and tell us a little about yourself.



## "AUDACITY!"

### THE COURAGE TO LIVE YOUR LIFE FULLY" PROGRAM

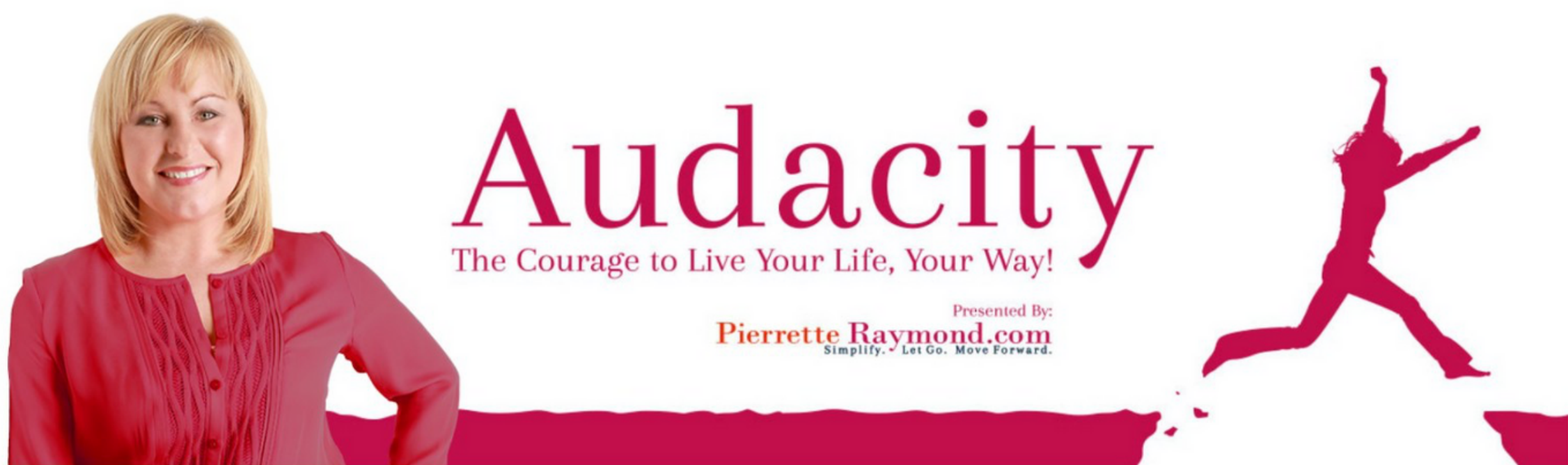
Over the years, while working with hundreds of women who were ready to say yes to themselves, it came to my attention that many would like to have a self-study, online video program that they can work on at their own pace.

Nothing too long or too overwhelming as the goal was to help them simplify their lives and live their lives fully.

When I first launched "Audacity!", it was an online program that I ran twice per year. Participants would enrol in the program and I would host live calls as I answered questions and offered additional tips.

What I found is that some liked the live interaction while others liked working on the program at their own pace.

What I'd like to offer to you today is a chance to discover "Audacity!" and continue what you've completed and learned in this guide on a deeper level.



"Audacity!" is a four week video program. You will receive one video per week, that is less than 15 minutes in length, with hands-on tips to declutter your life, simplify your life, to have more time, money, energy and focus for who and what matters most to you. We'll continue to build on what you did here in the guide. We'll also focus on your goals and your dreams.

*We'll reignite them in a way that  
inspires and motivates you!!*



We'll also focus on what you like to explore as trying something new, things you've been wanting to do for a very long time. And yes, time for self-care and taking care of you.



**YOU'LL FIND YOURSELF BEING ABLE TO SAY NO TO SO MANY THINGS AND SAYING YES TO MORE OF THE THINGS THAT YOU WANT IN YOUR LIFE!**

For support, I'll be available in the "Audacity!" private Facebook group to answer questions and post additional resources. I'll also be available to you by email to support you through "Audacity!".

*What do you think?*

Ready to continue this journey of creating a life that you love by living fully?

Let's Get Started!