



10 Clear Choices to
Living Your *Sparkle*

We all have it... a unique sparkle.

Often we can see it more easily in others than in ourselves. People who are comfortable in their own skin. People who look great and others want to know, “What’s their secret?” People who are doing what they love and with such passion that others say, “Must be nice.”

It is nice. It’s awesome, and it’s possible for more than just the ‘lucky’ few.

Living your sparkle is about being your best YOU.

It’s about looking and feeling fabulous in a body you adore and nurture. It’s about discovering your greatest gifts and passions and then living them out loud. It’s about surrounding yourself with people who inspire, love and believe in you -- beyond any story that keeps you small. It’s about stretching to the edges of your comfort zone and then grabbing your wings because it’s time to fly.

It’s about living for something more than a pay cheque or holiday. It’s about celebrating every moment and day by day, authoring an autobiography so juicy that even you can’t put it down while reading it at the end of your life.

It’s about becoming your biggest fan — giving first to yourself, and then to others, knowing that the greatest gift you offer is a whole, happy YOU.

Sparkle goes beyond the perfect body, house, car, spouse or job.

It is not contrived or manufactured. It’s not sold in a bottle or on a shopping rack (although let’s face it, clothes that show off your sexy curves rock!) It’s not limited to a particular class, age, race or country. It knows no borders and it definitely does not have “should”, “can’t”, “never”, “realistic” or “not enough” in its vocabulary. It’s what many people spend a lifetime longing for not realizing **it was inside them all along to enjoy.**

That all sounds wonderful but how do we live it?
How do you tap into your sparkle?



Quite simply, you choose.

I CHOOSE TO LIVE MY *Sparkle*



I choose to make myself a priority, nourishing my body, heart and mind.

I choose to have more faith in my dreams than my past stories or excuses.

I choose to take consistent inspired action, discovering that self-love grows as I do.

I choose to get clear on what's most important and have a weekly schedule that proves it.

I choose to live with intention and then gather evidence that my intentions are manifesting.

I choose to create space for opportunities to find me. And then say, 'Hell Yes' when they arrive!

I choose to wake up and be WOW'ed by life, anticipating synchronicities and everyday miracles.

I choose to let life lead me, trusting my heart's wisdom as my sage guide.

I choose to take a chance on me, believing I'm worth every step... even the scary ones.

I choose to surround myself with things and people who excite me, and then ride that energy to the stars.

ABOUT PAULA



I am a life coach, wellness mentor, consultant, writer and speaker. I'm also a wife, mom, singer, dancer and lover of all things simple and sparkling.

I am passionately committed to helping women transform their bodies and lives by guiding them to align intention, energy and inspired actions. I draw on years of coaching experience, fitness training, corporate life, communications expertise and my own wellness journey to guide fabulous women to 'own their sparkle'.

I am spiritual yet practical. I believe we create our lives in partnership with the Universe. We do our part; the Universe does its magic. Once we understand how it works... wowzers, look out! We can apply it to any situation, goal or dream.

My life mission is simple: live my unique sparkle and help others do the same. The world needs your sparkle. And your sparkle is enough.

The moment I stopped caring as much about what others thought, I found my "Paula Style". Life began to sparkle. People asked what I was doing differently. Self-love is a true mirror of beauty... and a pathway to happiness.

YOUR NEXT STEP

If you resonated with my words, then welcome. You belong. Consider signing up for my free guided meditation to inner peace on my website. It's another step to claiming your best life.

How I Can Help

If you want to dive deeper, I love working with women one-on-one as they shift from struggle to sparkle. Many come to me when other programs haven't worked.

I am the queen of reframing any situation and moving you forward. I don't judge and I don't believe stories that keep you stuck or small. I hold you in your Highest Light. I help you grow your wellness foundation so that your body is supporting you. I reconnect you with your passions and help you integrate them more into your life. I teach you techniques to release past hurts so you can be free of them. And I help you become the active creator in your life – so life isn't just happening to you, you are authoring it in partnership with the Universe.

Our journey is juicy, profound and so worth it. It's one of the greatest investments you'll ever make.

To learn more, visit www.paulaonysko.com/coaching

Thanks for sharing this time with me. You matter.

To Your Sparkling Life,

Paula



RAVING Review!

"There are no words that do justice to what Paula's coaching program has done for me. I wish I had found this a lot earlier. I get tears in my eyes and goose bumps because I know great things are in my future. Do this for you! You are so worth it! Everything in your world changes... relationships improve, your health improves, your outlook...your life. You will truly uncover the diamond in the rough you have always been."

~ Karen