

start here

GUIDE



BOARD OF YOUR LIFE™
YOUR BEST YOU. STARTING NOW.

by TANYA N. GEISLER

The Board of Your Life Start Here Guide

You know change comes from inspiration or desperation.

- Jim Rohn

You have chosen the path of inspiration. Bravo, you.

You know that every new path has some challenges, some sharp turns, some dark spaces, and yet, YET, you have made your decision. It's a good one.

My deepest desire for you is for that path to be illuminated and illuminating. And joyful. Ever joyful.

As you step into the Board of Your Life program, you'll find that there is already a glow awaiting you. It's powered by the inquiry, curiosity, collaboration, community, respect, championing and generosity inherent in the program. It's been designed to light your way.

And then, as you venture further down the path, immersing yourself deeper and deeper into the process of self-discovery, guided by the questions designed to help you navigate your way, you'll notice that you no longer require the light of the path. That there seems to be a light emanating from your glorious self. Or maybe it's from your own guiding star up ahead. Either way, the further down the path you venture, the more certain you are of where you'll arrive.

Welcome home.

HOW TO USE THE BOARD OF YOUR LIFE KIT

There are two Guides that comprise the Board of Your Life™ kit: (well, three including this one that you're reading) The Board of Your Life Glorious YOU Guide and The Board of Your Life Fabulous Facilitator's Guide.



BOARD OF YOUR LIFE™

YOUR BEST YOU. STARTING NOW.

2

www.tanyageisler.com



You are the YOU in Glorious YOU.

Everything you need to know about how to BE with the Board of Your Life experience, everything you need to DO to have the Board of Your Life experience and everything you need to KNOW about the Board of Your Life experience is found in The Board of Your Life Glorious YOU Guide. With one exception: **You will not be told what is going to be addressed at your Board of Your Life session.** That's all for your Facilitator to know and handle. No sweat...it's all good. Promise. This is the very best kind of surprise.

Tips on how to pick your Facilitator (and how to ask, and how to set up this new relationship) are all included in your Guide, so you're covered there. And the reason you will not be told about the content in advance of the session is certainly **not to freak you out**, of course. What we're trying to tease out of the session is how you show up in this world, how you positively impact people in your life and beyond and where they see you strongest. What shall remain a mystery is the HOW we get to that,. Here's why: if you know too much in advance, you may start feeling self-conscious, or your inner Editor might have too much to say and may want to intervene or modify. And that really and truly defeats the whole point of this process, agreed?

SOME REQUESTS

Yes, I have requests of you. Here's my first: **Please do not read the Facilitators' Guide**, OR ask the Facilitator to reveal what the agenda for the session will be. It's part of a bigger second request and that is **PLEASE HONOUR THE BOARD OF YOUR LIFE PROCESS**. It's been designed and tested to work in a very specific way.

Can you trust in it?

The program is based on my best experiences with creating and facilitating the program. There are no guaranteed outcomes or promises, but if used properly as directed, you are in for a wonderful experience of camaraderie, witnessing, championing and propulsion, for everyone involved.



The clearer you are about what your expectations and anticipated outcomes, the closer you will likely get to those results. (Clarity is wondrous like that.)

My third request is that you treat this kit as a single-use kit. Just as you wouldn't share another's e-book in its entirety, so too do I request that you not forward this guide to others either. This was priced to be affordable for everyone, (much to the dismay of some fabulous business coaches who counseled me to charge significantly more). Many years (yup...many) went into the creation of this process, so I truly hope you honour that.

All that said, I'd LOVE for you to tell the world how fabulous the program is (really, I would...in fact, see below for some usable tweets). But you know the drill: please credit me.

If you love the program so much that you want others to do it, [then please sign up to be an affiliate](#), earn 50% of the fee and spread the word. This offer is extended to you, your Facilitator and your Boardies. Only people who have experienced the full power and the glory of the program first-hand.

And if you are a coach who would like to use this program with your clients, join our Board of Your Life Coach Training circle by [reaching out to me](#) and letting me know that you're keen.

My final request is that you let go and to allow yourself to sink into the pleasure of being held by your group. And the pleasure of being held by YOURSELF. You are getting this ball rolling, Darling.

Above all, enjoy. If this isn't enjoyable, then what's the point?

With huge love and gratitude,



BOARD OF YOUR LIFE™

YOUR BEST YOU. STARTING NOW.

4

www.tanyageisler.com



AND SPEAKING OF GRATITUDE...

Mad and Devotional Love and Props goes to:

My coaching and Board of Your Life clients. Every exchange, every outcome, every morsel of our shared experience is in this kit and in my heart. Held and cherished.

My beloved man, Greg. For patience, loving, and ass-kicking championing. For proofreading, hand AND fort-holding, and an unwavering belief that I've got this. And of course, for being so right.

[Lisa Chandler](#), my Board of Your Life muse. Had it not been for a certain evening with white cosmopolitan cocktails + karaoke, but moreover, faith and trust, this program - and frankly - Tanya Geisler Coaching, wouldn't be. Deeply and happily indebted.

My friends and colleagues, [Tara Gentile](#) (for getting me into specific and smart action...and for having a heart the size of Texas), [Pam Slim](#) (for early days rabble-rousing, solid advice and countless offers of support), [Danielle LaPorte](#) (for being my consistent and persistent model of generosity and expansiveness...and ass-kicking love), [Dyana Valentine](#) (for reminding me what is mine to give), [Jen Louden](#) (for keeping me creating, joyfully), [Randi Buckley](#) (for warmth, perspective and rah-rah when I was blah-blah), and my beloved brain trust ([Rachel Cole](#), [Julie Daley](#), [Kate Swoboda](#), [Briget Pilloud](#), and [Jamie Ridler](#)). I'm especially grateful to Jamie for the co-working bliss and contained spaciousness, as well as sharing so heartfully her Vision Work expertise. Each one of these incredible women, in their own unique and powerful ways, wouldn't let me say no. Making my yes's that much more sublime.

I am grateful for the unwavering support of the geniuses behind making this program so visually appealing, readable and truthfully, loveable. For loving it to life like it was their own. The visual interpretation by [Carrie Klassen](#) made my heart roar with delight. As ever. [Amanda Farough](#) whispered "it's handled" like sweet nothings in my ear. Time and time again. And without the infinite patience of Beth Dargis, VA extraordinaire, I may still be balled up in the fetal position of my office incanting: Mailchimp, E-Junkie, PayPal, Wordpress. But I'm not.



BOARD OF YOUR LIFE™

YOUR BEST YOU. STARTING NOW.

5

www.tanyageisler.com



The musical stylings of Bon Iver, Peter Gabriel, Iron and Wine, Adele and Mumford + Sons, BBC Classical and Radio Paradise kept my heart stilled when it needed stilling and soaring when it needed soaring.

And on last thank you. To you, of course, you. You were in my heart with every word. I pictured you, your questions, your desires, your worries and tried to tend to them all. I marveled at your bravery and devotion to this one precious life and smiled and typed.



BOARD OF YOUR LIFE™

YOUR BEST YOU. STARTING NOW.

6

www.tanyageisler.com



I HIGHLY RECOMMEND YOU CHECK OUT

All of these works. For various reasons.

Saboteurs:

[Rick Carson](#) – Taming Your Gremlin

[Seth Godin](#) – Linchpin

[Cheri Huber](#) - There is Nothing Wrong with You

[Byron Katie](#) - Loving What Is

Hedge Hog Concept:

[Jim Collins](#) – Good to Great

Getting into Action:

[Steven Pressfield](#) – The War of Art

[Twyla Tharp](#) - The Creative Habit

Idea Parties:

[Barbara Sher](#) (Idea Parties)



BOARD OF YOUR LIFE™

YOUR BEST YOU. STARTING NOW.

7

www.tanyageisler.com



ABOUT ME

I'm a proud Mama, wife, friend, daughter and a former advertising/marketing exec (this comes in handy). I'm also a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute.

My superpower is in helping people get crystal clear about what they want for their whole lives. And then we go after it. Con much gusto. Because it matters, oh so very much.

I am pretty awesome at helping people FIND, CLAIM or MAKE their thing. The thing that is wrapped up in their most joyful purpose.

Speaking of joy, I wrote the [Joy Pages](#).

Speaking of speaking, I love to speak. I'll be doing that more often in the coming year. And while I'm telling you about what's coming down the pipe, may as well tell you that I see a TV Show, a house in the Loire Valley, and the incredible human being that our daughter is becoming in my future. (Never doubt the power of intention. It's a truly mighty thing).

1. [They](#) say I'm challenging and supportive, passionate and compassionate, inspiring and fierce ("they" are very kind). I say I just really love what I do...don't we all deserve that?
2. [Contact me](#) to see how we might work together. Or check out my [coaching offerings here](#).

CONTACT:

Tanya Geisler

www.tanyageisler.com

info@tanyageisler.com

twitter: [@TanyaGeisler](#)

[Facebook](#)



BOARD OF YOUR LIFE™

YOUR BEST YOU. STARTING NOW.

8

www.tanyageisler.com

