

A soft-focus photograph of a woman in a white dress. She is looking down with her hand resting on her chest. The lighting is gentle and warm.

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How To Create The Sophisticated Life

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Introduction

Imagine sitting in a busy airport when a woman walks by and catches your eye. She's well dressed and navigating the crowd with purpose and self assurance.

While you never engage her or learn her story you can't help but imagine her as being a vivacious, refined, articulate and eloquent woman who appreciates authenticity, style and simplicity.

You can easily picture her confidently lounging in first class, dining at five star establishments, at ease in any environment and living a simple, sophisticated, stylish, high quality life.

She disappears from sight but has made a lasting impression. She becomes an unlikely source of inspiration that revives your imagination and creates your radical transformation.

This isn't fiction but an experience I had that would play a powerful role in my story of redemption and reinvention.

This unknown woman was divinely placed in my path for the sole purpose of shaking me from my complacent, stagnant stupor and inspiring me to become who I wanted to be instead of settling for myself "as-is."

I longed to be the girl who adored her body (at any weight), experienced abundance regardless of her bank balance, forgave quickly, valued herself, lived in beautiful surroundings, achieved her goals, dressed well and traveled often.

I tried repeatedly to change only to end up frustrated and burned out.

Then I saw "her" in the airport and a few days later stumbled across two simple words Christ spoke to twelve men in Luke 10:4.

**I realized then God had just officially invited me to live
The Sophisticated Life.**

I said yes!



"Travel light" Two words Christ spoke before sending His disciples out on their divine assignment. He's reminding them to keep it simple.

The Sophisticated Life is built upon Simplicity.

Simplicity isn't severe minimalism or the denial of life's joyous delights. It's unloading the unnecessary in and around you.

The Sophisticated Life is defined differently by every woman. You get to choose what that life looks like to you.

Your Bible will serve as your inspirational blueprint as you walk these three paths that lead to the curated, purposeful, spacious, peaceful, faith filled, five- star life.

Enjoy this course at your leisure, schedule and convenience. Stroll each path at your own pace.

With your Bible and journal or notebook, let's begin.

Path 1 - the Path of Awareness

Imagine living **The Sophisticated Life**. How does that life look and feel?

List the first five words you think of (ex: elegant, stylish, energetic, simple, peaceful, calm, clutter free, adventurous, high-quality, confidence, organized, eloquent, cultured)

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

From these five words select three that most resonate - these are your **Chic Three**.

These three words will become the essentials that will form the foundation of your sophisticated life. Complete this sentence using your Chic Three words:

My Sophisticated Life is _____. _____ *and _____.*

Path 1 - Awareness (cont)

The woman I encountered in the airport embodied my definition of sophistication.

I pictured her as a woman who valued herself, enjoyed healthy relationships, invested in quality clothing, appreciated her body, minded her mind and had an exciting vision and plan for her life.

How do you envision the woman living **The Sophisticated Life**? Who is she? How does she speak to herself and about herself? How does she engage others? How's she dressed?

Who's in her circle of influence? How does she define "abundance". What/Who brings her joy? How does she spend her leisure time?

Where does she travel? What's on her bucket list? What does her home, car, closet and cubicle look like? What's in her fridge, on her plate, her bookshelf and on her playlists?

As you answer these questions a beautiful vision of yourself living the sophisticated, first class life will emerge.

Congratulations!

You have clearly defined **The Sophisticated Life** and described the woman living it. Before moving to Path II, let's pause.

Did you know your heart (not your mind) is the space from which "everything you do flows . . .?" (Proverbs 4:23)

A heart infected with unhealed wounds affects your thoughts, beliefs, relationships, wealth, surroundings, health, actions and speech.

Simply said, you cannot believe, think, spend, diet, date, marry, eat, achieve, distract, organize, declutter, clean or scroll your way to a healed heart.

Those temporary bandaids provide short term relief (if any). I've tried them all and each failed to heal what only Christ can.

I had a choice and you do as well. Hold on to your hurts or hand them over to Him.

In 2011 after hitting rock bottom I handed over a heart infected with childhood trauma, offense, addiction, bitterness and hurt. He healed my heart fully and completely. Will you hand your heart over?

Scripture Study: Matt 11: 28-30

Path II - the Path of Alignment

Welcome to Path II: The Path of Alignment. Solomon said "As a man thinketh, so is he." (Prov 23:7). Paul reminds us that external transformation begins within. (Romans 12:2)

Preparation always precedes promotion. This is not positive thinking but purposeful thinking.

Purposeful thoughts are "true, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." (Philippians 4:8).

Your inner world will be your greatest asset or worst enemy.

King Saul's mindset cost him his kingdom. (1 Samuel 10-31.) Esther's beliefs made her queen. (Esther 1-10) Esther's story is beautiful evidence of what's possible when you learn to exchange peasant girl thinking for a palace queen mindset!

Path 11 - Alignment (cont)

Your sophisticated life begins with the alignment of your beliefs because they determine your actions. Your actions are activated by your emotions.

Your thoughts create your feelings which determine your actions.

For years my thoughts produced an insecure woman who never felt good enough. I tried to numb that feeling with alcohol, food and retail therapy. I sought approval and affirmation in toxic relationships, lived to please others and played the victim and the blame game.

My thoughts created feelings which led to destructive actions. I was clearly aware of who I wanted to be but my belief system didn't align with that vision.

The Sophisticated Life begins with adopting supportive beliefs based on God's Truths. I once believed "I'm not enough." But God says I'm loved and wonderfully made.

What is one unsupportive belief that's creating hindering emotions and actions?
What's does God's Word say?

Complete: I believe I am _____ BUT God says I am _____.

Scripture Study: John 3:16 Psalm 139:14 Romans 8:38-39

Congratulations!

You've completed Path II: The Path of Alignment.

You are learning to replace the labels, lies and destructive beliefs for the Truth in God's Word adopting them as your own.

The Sophisticated Life is first lived in your mind.

Esther became queen *in her mind* before she ever physically stepped foot into the palace. The process took time, intention and attention.

Give yourself grace along this path. Take all the time needed to begin replacing poisonous thoughts with God's powerful Truths.

Queen Esther's promotion came AFTER her mind was prepared to receive it.

Scripture Study: Isaiah 26:3 Philippians 4:4-9 Jeremiah 33:3

Notes:

Path III - the Path of Action

Welcome to Path III - The Path of Action. The vision supported with aligned beliefs becomes reality when partnered with effective actions.

In my early forties, I carried twenty pounds on my lower midsection that wouldn't budge. I'd tried various exercises, diets, starvation and deprivation but the weight remained. I was miserable, lethargic and frustrated.

One morning in prayer I complained to God about my body, speaking about her cruelly, harshly and hatefully.

When I was done, He showed me a Truth I'd forgotten. My body was a beautiful temple, a sacred space of reverence and refinement. (I Corinthians 6:19-20).

But I'd been treating her like a dumpsite, a trashcan filled with junk foods, adorned with cheap clothing and overflowing with toxic beliefs.

Your body is a glorious temple worthy of appreciation and honor, the holy home of your heart and soul.

The sophisticated woman I envisioned moved through life with beautiful energy, physically and mentally caring for her body with gentleness and grace.

It was time to stop criticizing and start creating a vision of "that" woman.

Path III - Action (cont)

I grabbed my journal and began describing in specific detail the woman who respected her body. I defined her beliefs and mindset.

I then listed every action she might take to become healthy, energetic and whole.

I narrowed my list of actions to three and from those three selected one, committing to practicing it every day for thirty days or to satisfactory completion.

When I completed that action I moved on to the next action on my list of three then the next.

Slowly I was becoming the woman who deeply valued her temple and appreciated the Creator admiring His exquisite craftsmanship.

A love affair with my body was born from this process.

This experience became the beautiful framework I now teach and use to experience ongoing transformation in every area of my life.

Awareness, Alignment and Action creates Reinvention.

Now let's go back to the Chic Three words you selected in Path I.

From these three, choose *ONE* word you deeply desire to embody or experience.

I deeply desire to be or to live a life that is _____.

What does that word look and feel like? The woman who possesses that trait or is living that life, how does she think, move, eat, spend, dress, engage, speak and behave?

Carve her character out of your imagination. Describe her life in colorful details.

What actions can you take that would create your chosen word? Write every action down that comes to mind. Don't overthink. Simply write.

From your list of actions select three that:

1. **Excite** you. Dread is a terrible motivator and emotionally draining.
2. **Energize** you. The idea of doing this action sounds enjoyable.
3. **Ignite** you. Just thinking of what could happen if you committed to and completed this action sparks your imagination, revives hope and excites you.

From those three actions pick *one*. Write it down, commit to practicing it for thirty days or until satisfactory completion.

It's tempting to try to pursue them all at once but this often creates overwhelm, frustration and scattered focus. Choose one and go all in.

My one action is: _____

My story: I imagined the woman from the airport living a life overflowing with Energy, Simplicity and Gratitude (My Chic Three)

From those three words I selected *Gratitude* and committed to practicing it daily for thirty days. I jotted down all the hindering thoughts and God's Truths. I brainstormed actions I could practice that would transform me into a woman of gratitude. I then selected three actions from my list that excited, energized and ignited me.

1. Walk two miles a day as an act of gratitude for my body.
2. Journal one thing daily that I was grateful to God for in my life.
3. Donate any item I no longer used or needed as an act of gratitude for all I've been blessed with.

From these three actions I selected *one* action to practice for the next thirty days or until I felt it was time to move to the next action repeating the process then moving to the third action. Gradually I became a woman of gratitude.

Those three completed actions increased my confidence, developed discipline, introduced excellent habits and increased my energy.

My surroundings became spacious, uncluttered and calming. I matured spiritually and emotionally, reconnected with God and rediscovered my love of nature.

I generally limit my action steps to three to avoid burnout and overwhelm but this is not a one-size-fits-all system. You can take more than three actions or less. *Do what works best for you!*

I've used these Three Paths to elevate my self worth, expand my self image and achieve many of my goals.

Summary: Three Simple Paths to The Sophisticated Life

1. From your **Chic Three** words in Path I, choose one and go all in.
2. Identify all hindering thoughts and begin replacing each one with God's Truth. Review these Truths every morning.
3. List all actions you can take to experience your word.
4. Choose three actions. From the three select one. Practice it for thirty days or to satisfactory completion.
5. Once completed, proceed to the next selected action, complete and keep going to the next action until your life reflects your chosen word.

Congratulations!

You've successfully completed the **Three Simple Paths to The Sophisticated Life**, learning how to design a vision, align beliefs and take action, all with the support of God's amazing grace, love and truth.

The journey to living **The Sophisticated Life** is ongoing. The road won't always be smooth and the skies won't always be sunny. But no matter what your traveling conditions are you're never walking alone.

When life plants you on the mountain tops, places you in dark valleys or has you in stormy waters, God is there with you. (Psalm 23). There will be times you will want to quit or give up. It's in these moments God steps in and gives you a second wind.

Travel light. Create your own definition of simplicity. Collaborate with Him daily. No one wants to see you living well more than Him!

Lean into Him and lean on His Word. It is His love letter to you and contains all the solutions, inspiration and information you need to live a prosperous and powerful life of success and significance.

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