

Repotting Yourself

Financial - Emotional - Spiritual Flow

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BOOKS

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Preface

From what we get we can make a living, what we give however makes a life—Arthur Ashe

This book is born of decades of sales experience, teaching, and coaching. You will identify with the stories I tell in a way that will unlock the mysterious and make it the norm in your life. I was moved to write *Repotting Yourself* to share the story of how I learned to give up a life of struggle. You, too, can chose to break free and flourish in the areas of financial, emotional, and spiritual flow in a vibrant, more pliable container.

Millions of female sales managers and sales women are asking how to avoid failing their employers or employees through a lack of motivation, training, sales results, and performance.

Women want to know how to break away from self-imposed limitations, slumps, and a root-bound mentality while discovering financial and emotional independence. The financial industries are in turmoil; managers want to teach their employees power phrases, not sales skills, that enhance their ability to counsel and coach clients past their resistance when purchasing products. I will share with you three stages of financial growth, while encouraging camaraderie, loyalty, and cooperation.

A majority of women today are asking themselves three questions about life: "Where am I in life now?" "What am I feeling?" And "What is working for me?" Women want to alter the restrictive confinement of a root-bound mentality and break free to flourish. Many of the women I have interviewed and coached agreed they desire a rich and full life—a time to nurture and appreciate independence—while maintaining a feeling of exhilaration. They want to be lured by their power, strength, and

the call of their internal muse.

In this book, you will learn to stop triggering negative emotions that shift you out of present time. You are about to embark on a journey of self-discovery.

I could not have written this book had it not been for the unfailing support of my editors. Lynn Miller got me started on what seemed an impossible task. As a coach and advisor she helped me conceptualize the writing process. Ann Paden, who became my mind-mate, got me to the finish line. Ann's help in the completion of the final manuscript was without a doubt a true gift from God. I am so thankful to have been introduced to my illustrator Richard Crookes, whose incredible cover design thrilled and inspired me. Reverend Richard Rogers coached me through the impossible. I am grateful to Ken Sapon for keeping my professional business on track, and Greg Sever for his support and encouragement to keep writing. I want to thank John Hunt, president of O Books, for assisting me in exploring the paths of understanding.

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Finally, I would like to acknowledge my incredible mother, Vera June Lukowski. Her love and support is deeply felt and appreciated.

Mary Lou Dobbs

CHAPTER 1

Repot to Live Life Full Throttle

I accidentally removed my hand from the motorcycle throttle while in first gear. The next instant, I was slammed onto the garage floor, the air knocked out of me, with a 500-pound motorcycle covering my body. Of the three people looking on in horror, my boyfriend was plastered against the wall with his eyes like saucers, and his jaw clinched tight. The two others rushed to cut the engine and lift the motorcycle off me. The owner anxiously asked, 'Are you still going to buy it?' I jumped up, dusted off my jeans, and said, 'Absolutely!'

Buying the motorcycle made me realize how much my root-bound pot was choking the life out of me. I felt robbed of the joy I once felt. This image of being 'root-bound' occurred one morning while sipping my morning coffee. My eyes fell on a potted schefflera plant in my bedroom that I had owned through two marriages and a ten-year relationship. The plant seemed cramped in its too-small pot. The branches were twisted. It had lost its luster. There was no noticeable new growth. My schefflera clearly was desperate for attention, needing to be repotted. I realized how much I had in common with my drooping plant.



I had been living a life dedicated to staying small and fitting in.

My plant was starved for nourishment, a bigger pot, clean soil, and an opportunity to grow full and strong. Repotting may not be your only reason for reading this book. You certainly have the choice to live in an old pot and may want to, especially if it's of greater value and more comfortable; or you may even want a smaller or equal size pot that's more durable or beautiful. Repotting yourself allows you to rediscover yourself and become a continuously expanding vessel from which you can create the space you need to grow and flourish. It will ignite a spark of inspiration within you and put you on the path to fulfill your destiny. You will feel joyful, vibrant, and fully alive, maybe for the first time in your life.

It was that very instant that I thought, 'I, too, am root-bound!' No matter how successful, every life assumes the contours of the safe and predictable. Like the plant, I suffered from lack of nourishment. I wanted to confront my fears in order to be free of them. I believed we don't have to harden into a fixed, rigid identity. We can move with grace to acquire our desires like an oasis within. A container that expands when you have outgrown it allows for a fluid transition at any age.

My adventure began with the goal of transforming an old, ingrained pattern of struggle into being fully alive. It would become a journey of self-discovery, one that would move me in the direction of flow and ease. I was giving myself permission to awaken dormant passions and desires. I want to learn to live life full throttle. I knew that mere cosmetic changes, such as losing ten pounds or getting a new hair style, wouldn't come close to a cure for a life on autopilot. I made a bold declaration to undertake a total repotting—to expand my boundaries in every direction.

As my life has expanded to fill the new pot—the new life vision I created for myself—so too has my confidence, as a 'woman riding solo'. Sixteen months after being thrown on the