

"Every day is a new day to  
become more of who you  
are. *A fresh start.*"  
- Paula D'Andrea

**FRESH START**

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# **Survival to Thrival**

## *5 Keys to Rock Your Life*

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## Paula D'Andrea, Transformation Specialist

Every day is a new day to become more of who you are. *A fresh start.*

# Alignment

There may have been times in your life that you just got by..... *surviving*. It may have been how you were raised, leaving you with ingrained survival skills and low levels of confidence and esteem. You find everything overwhelming and draining, leaving you feeling disconnected, with low energy. *It leaves you getting just so far in life.*

Your mode of survival may also be the result of a traumatic event due to a life crisis. Abuses, sudden deaths, divorce, illness are all a shock to the body and it's systems. It can bring on PTSD, depression, anxiety or stress which may cause you to shutdown, under/overeat, drink, smoke, sabotage yourself, live in pain and stay in negative cycles. Those cycles become your lifestyle, and they're hard to break free from.

How long have you been surviving in your life?

- *Going through the motions*
- *Stuck in the past*
- *Holding yourself back*
- *Just getting by*

**Have you had enough?!**

## Be in Harmony, THRIVE and Rock Your Life

It is my intention to give you information in the following pages that will allow you to increase your level of awareness and see where in your life you may be *surviving vs. thriving*. It would be challenging to give you all the answers you need in a matter of pages – after all, *Rome wasn't built in a day*.

Seriously, it's taken some time for you to get where you are. Some things will **pop** *instantaneously* for you, while others need a little more discovery and **TLC**. There are many factors that determine your process. Duration, intensity, awareness and your ability to adapt are factors that affect your transformation.

**The key** to making a change in your life is to become aware of what you would like to change, and then make a decision to change it. The concepts here are provided to *recognize* those changes and the *keys* to transform.

In all my years of fitness training and coaching, I've found people simply forget events that have happened in their life. They forget jobs they've had, injuries they've had – even what may have happened the day before. *It's common*.

My clients are required to prepare a **timeline** prior to engaging in my coaching program. It allows them to take a trip down memory lane – to jog their memory and provide a good reference point - especially when dealing with chronic pain, self-sabotage cycles and long-term emotion.

If I were to share my timeline with you, you'd find that I lived in pain for years – *emotionally and physically*. As a matter of fact, I was born into the world in pain, with *hip dysplasia*, or hips 'out of the socket'. After many adjustments, I was finally fitted with braces around the age of 11 months. Casting eventually helped my hips stay in their sockets.

Around the age of 9, I was diagnosed with *Osgood Schlatters*, a pretty painful knee condition caused by excess bone growth. A brace didn't help, nor did my first cast. A second cast was applied and remained for several months.

I was an all around natural athlete.... swimming, tennis, basketball, softball, track. In my driveway, I perfected a sure shot '*hook*' so I could compete and play basketball against the boys in my neighborhood. On the adventurous side, I rode mini bikes, climbed rocks and water skied.

In my 20s, while playing softball, I pulled my back while swinging. X-rays showed my early dysplasia left me with no gap at the base of my spine and my L5 was fused with my sacrum. The *good news* being, it was symmetrical - with slight scoliosis on one side.

## So what vibration was I in? Lower vibe for sure.

*Growing up, illness was all around me.* My mother was sick quite a bit and was constantly lying down, unable to move. I would often fill in and work for her at our family-owned, neighborhood pharmacy. I delivered medicine to people who couldn't get out to pick it up, and I watched people stand in pain, waiting for their prescriptions.

*I vowed to myself, that would not be me.*



In my 20s, when I figured out office life wasn't for me, I was unemployed for a while. So I began going to the gym more. I transformed my body fairly quickly with the help of the staff trainers who were happy to write up routines for me. One of them, a natural body builder, went so far as to train me. His insight, knowledge and motivation was invaluable. *I had a Rockn' body and soaring confidence.* People began asking me to train them and write routines for them, so I began taking classes for certification. Eventually I became certified, and requested a job at my gym, becoming the first woman trainer at my club.

As a fitness trainer, I spent years observing movement. Noticing the subtleties of how people carried and moved their bodies. I massaged, stretched and manipulated muscles and movement to help my clients manage and reduce pain. On their 'good days', we worked around the pain points and strengthened their bodies.

As our relationships deepened, I had many clients open up to reveal the *story behind their pain*. Some of it was from cycles of self inflicted injuries – constant falls or bumping into things – things they would do when they were *out of sorts*. Others were just constantly stressed out – not sleeping well, constant mind chatter, negative self-talk.

I became intrigued with the mind/body/heart connection and pursued an education in coaching while continuing to train clients. What I realized was, the journey most people thought they were on, *was not it*. Sure, they had a lot of things to **deal with** – illness, misfortune, depression, loss of loved ones, anger, divorce, extreme debt, etc. - but the *real quest* was to get back to **LOV**.

To reconnect with their heart and *just be themselves*. To be in the *vibration* that was theirs. To stand in their power and not give it up to someone else.

**To have clarity and love for themselves.**

*That is what you want, isn't it?*

Even though you've tried every alternative method possible to 'stop your insanity,' you still come back to the same place. *It sucks.* You've spent lots of money, and 'did the work.' You felt like 'you got it,' only to find yourself repeating the same patterns of self-sabotage and limiting behavior – angry at yourself and feeling like crap.

- Do you perpetuate your cycles of pain?
- Are you still getting spun out from a trauma?
- Held hostage by your 'story'?
- Still battling the same 10lbs – over & over?

*It can be costing you a shot at love, loss of friendships, or advancement in your career. Most of all, you're restless, out of sorts, and in physical and emotional pain.*

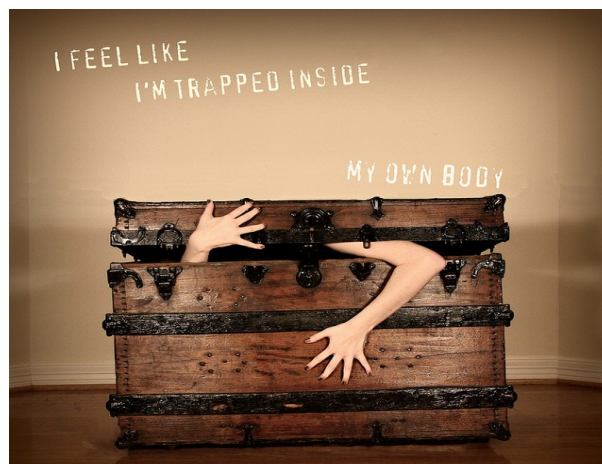
Having 4 surgeries of my own, and the natural gifts of *an innate ability to discern quickly, strong intuition and a high level of awareness,* I've developed my own method of movement.

**Body Rock™** is movement that soothes, unlocks and releases. It offers an opportunity to redirect trapped energy that causes intense pain to an energy that flows and **realigns** body and soul.

Along with the pain of a sensitive body comes an incredible knowledge of the body. When you are able to listen, your body will tell you what it needs and wants. When you don't pay attention, watch out..... your pain level will be through the roof!

*I am a natural born coach.* It comes easily, and I love finding new levels of inspiration and motivation while broadening my knowledge. Most of all, my experiences and awareness help me connect with my clients, and better serve their needs.

*Restoring tissue and properties that had been damaged by years of hits to the nervous system, intense emotion and injury can be painful, but it is also rewarding. It is totally amazing what the body can do to heal and repair itself. It takes your inner knowing and listening to let it happen.* Interested in knowing more about **Body Rock™**? Email me, [paula@pauladandrea.com](mailto:paula@pauladandrea.com)



The recurring pain, discomfort and unhappiness I was experiencing put me on a mission to heal myself physically. Personal loss put me on a *quest* to become a better person. My quest has led me to study, learn and practice with the *best of the best* in the *metaphysical, physical, energy and therapeutic fields*. I've learned the energy of my mind, body, spirit. In the process, I learned humility, resilience and perseverance. *I earned respect, healing and love for myself.*

Lucky for me, I've got a strong Light. One that radiates transformation. One that allows me to observe and nurture. One that allowed to appreciate myself and my higher vibration. *One that allowed me to go from Survival to Thrival.*

I want to cut your chase, to end your pain. To meet you where you are on your journey, and help you get in Flow. To get 'aligned' with yourself. To be in the grace of your alignment, to be exquisitely you. To be love and to be loved. To be happy, joyful and free. To know yourself, love yourself and accept yourself – deeply, completely, fully and wholly. *To be brutally honest with yourself to end your pain and cycles of sabotage.*

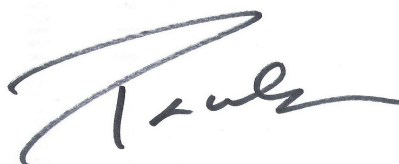
## Strength is one of my greatest gifts.... let me share it with you

There are 2 things I've heard all my life..... "you have beautiful eyes" and "you're so strong." I don't tire of hearing either. For all my strength, there is one thing I fought. *Self Love*. Years of family dysfunction, my pain and being at the hand of childhood bullying put my heart in shut down mode.

In my journey to get out of resistance, I've met legends & celebrities, and have studied with top experts in fitness, mindset and spirituality.

Encountering obstacle after obstacle – accidents, financial ruin, family loss – allowed me to grow into my energy. Every step has put me in stride with who I am. My skill set contains years of practical experience, innate talent, learned knowledge and techniques. You will benefit from all of that. *You can have it all* – good health, happiness, love and the life you want. All you have to do is *decide* – *and get out of your own way.*

*Love & Light,*

A handwritten signature in black ink, appearing to read 'Trudy', with a stylized, flowing script.

# **Survival to Thrival**

## **5 Keys to Rock Your Life**

Key 1: Get Brutally Honest With Yourself

Key 2: Get Out of Your Story

Key 3: Break Limiting Cycles

Key 4: Return to LOV

Key 5: Step Boldly Into Your New Life

## KEY 1: GET BRUTALLY HONEST

The truth can be hard to digest – especially if you've been running from it for a while. *Or covering it up, hiding from it or making excuses about it.* There comes a point where you can't do any of that anymore because it's just become unbearable. It gets to a point where you're exhausted by it, pissed off from the sabotage it's created, frustrated and unhappy. ***Have you had enough?***

The truth is, you aren't even fooling yourself. You're aware of the cycles you've created, just unsure of how to get out of them. Let me help you out, I've got some experience here. Quite a few times in my life, I've Rock'd a Hot Mess. I was caught up in the 'dark side' – hidden, shut down and accident prone. I had a great 'game face' and knew how to 'play the game' better than anyone, keeping a good front so no one would know the levels of '*doo-doo*' I was in.

It wasn't until I bottomed out several times and sunk to my lowest of lows - stewing in a lower vibration, that I allowed myself to begin facing some of my truths. By acknowledging them, I could see the cycles of emotional and physical pain I was creating, that were sabotaging me *over and over again.*

Fear, shame, guilt, embarrassment, distrust, low esteem and confidence kept me stuck. I'd succeed to a certain extent and get knocked to the ground – literally, figuratively and physically. How many wake up calls do you need?!

I took a hit on every front – emotionally, energetically, spiritually, financially, physically, intellectually – several times – before I was brutally honest with myself. Each time I took a hit, another 'lost' piece of me came online.

The more that happened, and the more I embraced all of me – *the good, the bad and the ugly* – the more I was able to accept myself and my lower vibrations, my dark side, my mistakes, my misfortunes, my life.

***You have a choice – remain in the lower vibration or Rock a Higher Vibe.***



## KEY 2: Get Out Of Your Story

*Before you approach this step, be sure you're ready for it. If you're dealing with long term emotional or physical pain that is too overwhelming, be sure to get the guidance you need from either a coach, like myself, and/or a therapist. You do not want to be dredging up something you aren't equipped to handle on your own, and I strongly recommend you enlist the guidance of a professional.*

**When you have confidence and clarity, you will make better decisions.**

When you've been telling yourself a certain story long enough, you believe it. It filters your perceptions, relationships and reality. **Shattering your illusions** will get you out of your story and out of your own way.

Imagine if you could snap your fingers, and **poof!**, you were out of the mindset that has held you back for years. *Well, it's almost that easy.* My clients have great success with some of the techniques I've developed, as well as NLP and Sedona Method based techniques. With certain emotions, mindsets and behavior, they shift easily, readily and gracefully. Stigma, fear, shame, guilt – all of the things holding you back, are unblocked, so you you can step into your natural essence and energy.

**Are you ready to increase your level of awareness?** On a scale of 1-20, how would you rate your awareness level? Be honest... how often are you really present – *in your work, in your conversations, in your daily routines, with your loved ones.*

What do you tune into?

What is your frequency geared to?

Does it seem that you slip in and out of consciousness, half listening, half paying attention? *Take a few minutes to write your answers*

*These steps give you an overview of the approach I've developed with my clients. They are best implemented under my guidance, with your commitment to transformation. These techniques are designed for a 3-6 month coaching program, as there are usually many layers that begin to uncover the true identity waiting to emerge. My style is experiential in nature and provides my clients the breakthroughs they need for lasting results.*

*Would you like more information? Contact me, [paula@pauladandrea.com](mailto:paula@pauladandrea.com)*

## KEY 3: Break Limiting Cycles

Where are you hiding out?! What keeps you in limiting states of mind? Overly or forceful competitiveness, lack, control, overwhelm, deception, self importance, blame, shy/timid/introverted, drama, confused, needing recognition, perfection, rushing, needy, under/overconfident, distracted, self pitying, lazy, self-involved, desperate, dishonest, sensitive/insensitive

*Whew!*

One of the most rapid ways to **break cycles** is to *identify them*. To see the trends you've fallen into physically, emotionally, behaviorally, mentally. To find out where you are in resistance, and where you are hiding out. Start your list to find out what may holding you back or blocking you.

Want help with a breakthrough? Contact me, [paula@pauladandrea.com](mailto:paula@pauladandrea.com)

## KEY 4: Return to LOV

The Universe is always calling you back to **LOV**. Are you ready? It's true, the Universe is always calling you into the Law of Vibration. When you're in **Alignment**, you'll be able to answer the call by putting yourself into flow to be in *Harmony* with what resonates for you - *to be in full connection with yourself*.

How do you open the path for the frequencies that are right for you and want to be around you? *It's the inner tempo of your heart*. You won't get good results making decisions from your lower vibration. *You just don't have the clarity*.

Do anything you can to begin raising your vibration. Some of the practices I engage my clients in are changing energy states/meditation, breathing exercises, self care (exercise, nutrition, etc), keeping a journal, a daily practice of gratitude and establishing a way to bust themselves when they fall into an old pattern. It's a fun, effective way to re-set their heart, body, mind and behaviors.

Where do you feel Rock Solid enough to pull in what is seeking you? The Law of Vibration is the foundation for the Law of Attraction. If you're not Rockn' your vibe, you won't pull it in. You've got to believe, feel and know who you are and what you're about to stay in higher level of awareness and frequency – to be in **LOV**.



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# Alignment

### KEY 5: Step Boldly Into Your New Life *ALIGNMENT*

When you have reached this step, you are ready to Rock! *How cool is that.*  
*Congratulations* on reaching the key that gives you the **Freedom to Rock Your Life**.

With a new perspective, knowledge, attitude and skill set, you are ready for a new Success Path. Being tuned in to and giving focus to the following areas - physical movement, heart-set, mindset, energy, emotion, and spiritual practice will have you boldly stepping into a new life and body, ready to Rock every aspect of your life:

*Personal and business relationships*

*Career and finance*

*Creativity and brilliance*

*Health and well-being*

Learn the finer aspects of nourishing yourself, your environment and relationships. No more getting by, *no more surviving*. You are in **ALIGNMENT** with your innermost desires, vibration, knowing, being and trust. **THRIVING**.

## To Your Success!

*"If you can tune into your purpose and really align with it, setting goals so that your vision is an expression of that purpose, then life flows much more easily." Jack Canfield*

This process may not always be easy, but it will be worth it. When you have those days that you don't feel like showing up, *show up*. Everyone has those days, and when my clients have them, they always give me the feedback that they are glad they showed up!

The best thing you can do for yourself is get support. If you'd like mine, please contact me via email, [paula@pauladandrea.com](mailto:paula@pauladandrea.com)

Besides being really tuned in, I am full of light and love, continuously providing inspiration and motivation. Rely on that, ask for it and be ready to receive it. *I am on your side.*

I personally know the depths of your soul you have the ability to reach. I am in awe of the progress my client's make – even when they want to quit or don't see it for themselves. I'll be there with you – all the way. *It is so worth it.*

## In Love and Light,



After an outstanding career as one of L.A.'s top fitness trainers, Paula D'Andrea is Rocking her role as a Transformation Specialist. Paula has taken her knowledge of the body and mind to a deeper level. Using her strong intuitive skills, personal experience in healing her own body and years of practical learning, she is now guiding her clients out of long term cycles of sabotage, limiting beliefs and pain to live more vibrant, dynamic lives. Paula guides people through transformations that strengthen their 'inner Soul' to become solid in who they are – mentally, physically, emotionally and energetically. Visit Paula at <http://pauladandrea.com> or view her show, Rock Your Life TV at <http://rockyourlife.tv>

Paula's work has been featured in

