

SARAH GIBBONS

Hello Ambitious, Working Mama. I know you!

And I've have a few confessions to make. First. There's an Oscar Wilde quote that perfectly depicts how I was feeling just three years ago.

"To live is the rarest thing in the world. Most people exist." ~ Oscar Wilde.

Second. Not to long ago, I realized I was living life on autopilot. Default mode. I felt stuck in my career and like I was living out Groundhog's Day at home. Sure, on paper it all looked amazing, but inside, I lacked any real purpose, connection or joy.

Maybe you can relate.

Each year I would tell myself this year's going to be different. But I couldn't actually see HOW I could make a change and I felt a little guilty about my dissatisfaction.

I made really good money. I had flexible hours. My husband I had our date nights (never mind the fact that we felt a disconnect at times). The children seemed happy (ignore the fact that I was super impatient with them a lot). So, what was the problem?

On the inside, I questioned my ability to start over. Did I know enough? Could I afford it? How would it really change the big picture? I would try to convince myself just to be happy with what I had. Yet I knew, I wanted to experience life differently.

Before I knew it, another birthday would come, and I would be a year older.

Finally, I had enough of playing small. I wanted to feel proud of my legacy and to be able to share that with my children. I wanted to feel inspired. I wanted to inspire. I wanted to see more, feel more and laugh more. I wanted to make a bigger impact in the world.

Yes, I still wanted to make money, practice more kindness as a mother, and create more intimacy with my husband.

Confession #3: I wanted to get conscious.

Three years ago, I went back to school and received my Masters in Spiritual Psychology. During that time, I got really clear about how I could serve other working moms to conquer burnout and experience a full and meaningful life without compromise.

Once I gave myself permission to move through the fears and uncertainty and explore what was truly possible for me, the gates to happiness opened up and my life changed.

If you're nodding your head right now or maybe you physically feel it in your stomach (intuition) that you know what I'm talking about.

You ready to get conscious? Ready to slow down and experience who you're here to become? Imagine how much more joy, purpose and impact you could experience?

I'm ready for you,

Sarah x