



# welcome to the LOVE YOUR LIFE SHOW

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## WELCOME TO THE LOVE YOUR LIFE SHOW!

I am so glad you're here!

Maybe a friend recommended you to the show or your sister shared an episode or the googles were kind to me.

Regardless, I'm thrilled you're here and heard about this roadmap.

I have over 130 episodes and release a new episode each Wednesday.

One of the greatest road blocks to our success is overwhelm and, GASP! since I don't want that to happen with the Love Your Life Show, I created this roadmap just for you!

I selected the episodes that I felt would best get you up to speed with the main frameworks and tools to live a life you love.

If you like what you hear here, please make sure you're subscribed so you don't miss an episode.

**YOU matter to me,**  
*Susie Pettit*

[WWW.SMBWELL.COM](http://WWW.SMBWELL.COM)

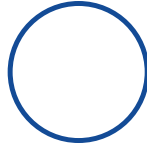


# LOVE YOUR LIFE SHOW

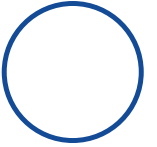
## PODCAST EPISODE ROADMAP

WITH YOUR HOST: SUSIE PETTIT

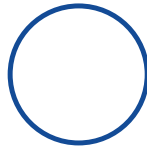
WHY WE HAVE PROBLEMS



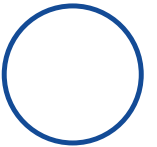
ADULT BRAIN VS CHILD BRAIN



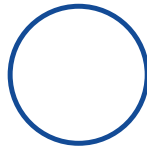
EMOTIONAL INTELLIGENCE 101



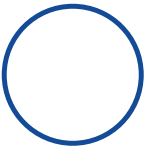
YOUR FUTURE SELF



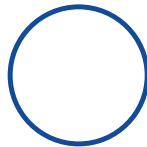
3 STEPS TO STOP OVERTHINKING



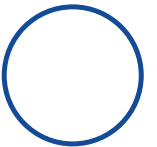
THE END OF PEOPLE PLEASING



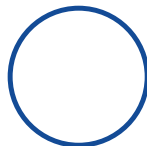
MANUALS



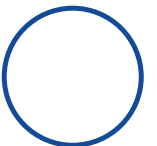
CLEAN PAIN VS DIRTY PAIN



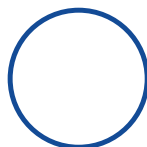
BOUNDARIES



TOP 5 THINGS GETTING IN THE WAY OF OUR HAPPINESS



10 WAYS TO DEEPEN YOUR RELATIONSHIPS



THE GIFT OF SELF ACCEPTANCE

