



welcome to the LOVE YOUR LIFE SHOW

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

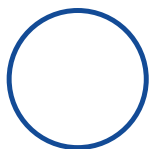


LOVE YOUR LIFE SHOW

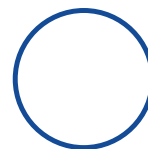
PODCAST EPISODE ROADMAP

WITH YOUR HOST: SUSIE PETTIT

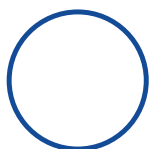
**LIVE A LIFE YOU
LOVE (4 MUST
DOS)**



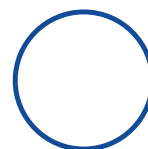
**ADULT BRAIN
VS
CHILD BRAIN**



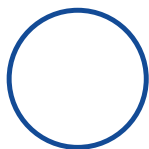
LET THEM THEORY



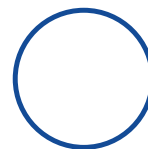
**YOUR FUTURE
SELF**



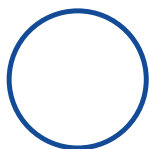
**HOW TO TO STOP
OVERTHINKING**



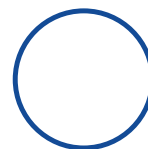
**THE END OF
PEOPLE PLEASING**



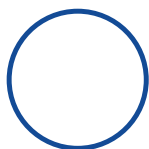
MANUALS



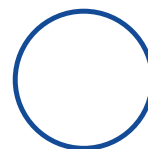
**CLEAN PAIN VS
DIRTY PAIN**



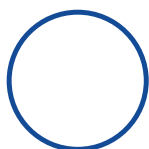
BOUNDARIES



**TOP 5 THINGS
GETTING IN THE
WAY OF OUR
HAPPINESS**



**5 PILLARS OF
PARENTING**



**THE GIFT OF SELF
ACCEPTANCE**

