

# How to Start Fresh & Build Rich, Satisfying Relationships



AMAZING  
RELATIONSHIPS  
ARE ON THE  
HORIZON!

## HI! I'M EXCITED TO CONNECT WITH YOU!

I have helped thousands of people **find the root reason** they are stuck and **fix it** – so they can start fresh and build rich, satisfying relationships.

In a fresh start, my clients:

- Recognize blind spots that sabotage success
- Learn to manage stress & anxiety
- Break the cycle of isolation
- Conquer feelings of being overwhelmed, stuck, or rejected
- Communicate with greater clarity
- Achieve increased results faster
- Accomplish goals & objectives!

**To get you started**, here's two skillsets that get results every client raves about WITH practical action steps you can put in place today!

**As a bonus**, explore any of the Five Fabulous Fresh Start Resources as well. Don't wait; pick one to get started.

All the best,

*Julie Cavitt*

# Freedom through FORGIVENESS

Forgiveness is so important to building healthy relationships. Too many people walk around with arrows in their heart because of something someone else said or did.

The **great news** is that we can learn a simple **Three Step Process** to pull out the arrow, clean out our heart, and put on a therapeutic ointment so it heals completely.



You might ask, “What do I do instead of suffering in a forever mill of anger and unforgiveness?”

## The Process of Forgiveness

### 3 Simple (but not always easy) Steps

- 1) Choose to forgive now as an act of your will.
- 2) To keep your own heart clean, let go of all resentment and bitterness and refuse to cooperate with it.
- 3) Choose to speak a blessing over the person who hurt you.

By choosing to daily follow God's life-giving process of forgiveness, **we elevate to a new level of freedom and wholeness.**

**P.S.** Every coaching client I work with masters this forgiveness skillset to use the rest of their lives. Choose forgiveness today.

# Discovering the NEW YOU

When we are preparing for a fresh start, it is great to step back and practice some reflection.

## 3 Benefits of Reflection

- 1) Learn from the past
- 2) Achieve clarity of focus to identify next steps
- 3) Shape a healthier response



Here are **Five Self-Discovery Questions to REFLECT** on:

- a) Who am I now?
- b) What did I enjoy doing as a child?
- c) What gifts or talents do I possess?
- d) What character traits do I admire most?
- e) Who do I want to become?

Reflecting on past interactions allows us to **launch a fresh start without making the same mistakes**. We can also **chart a new course** to discover our purpose and authentic identities.

Happy Fresh Start!

# Five Fabulous Fresh Start Resources



This is an easy resource to start with. To work with others productively, we must learn how to communicate with others so they feel valued and loved. To take a fun step toward build rich, satisfying relationships, take the quiz at [www.5lovelanguages.com](http://www.5lovelanguages.com).



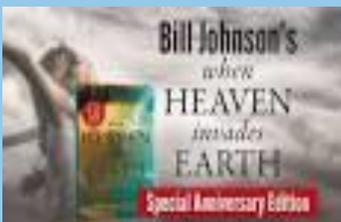
*It is powerful to align with eternal principles. Men's number one need in relationships is respect; Women's number one need is unconditional love. The book, Love & Respect brings the two together in a balanced way.*



Entertaining new thought patterns opens the door for our purpose to emerge. Graham Cooke challenges us to think brilliantly and transform our lives in his series, "The Art of Thinking Brilliantly" which is available on youtube and at [www.BrilliantBookhouse.com](http://www.BrilliantBookhouse.com).



Make the most of every minute! The hourglass is running and cannot be stopped. Two foundational books on time management I have repeatedly reviewed and used for 35 years: Margin by Dr. Richard Swenson and the One-Minute Manger by Kenneth Blanchard.



Miracles happen every day; all is not lost; and the source of our Hope is found as heaven invades our world. God's love is pursuing each of us. Check out YouTube.com with the following search criteria: "When Heaven Invades Earth by Bill Johnson".



Imagine biting into the juicy goodness of a fresh picked apple. The juice begins to seep out the corners of your mouth. **Pure and refreshing.**

That is what juicy good relationships are like. **Pure and refreshing to the soul.**

Relationships that **make you a better person...** that provide a safe harbor to be your authentic self.

You can master powerful relationship-building principles to enjoy a level of freedom, wholeness, and success others only dream of. Those who apply any of the seven phases of transformation and six superior mindsets my clients focus on get results like Angela:

**As a result of working with Julie, I now respond to stressful situations in a more positive, emotionally-stable manner. How did this happen? I learned key life skills that I use every day to nurture key relationships, and dealt with past issues that were holding me back from putting my best self forward. I feel great about my growth and am communicating better with my husband than I have in 25 years.**

**Angela**

But this magic doesn't happen overnight or by accident. If you ready for more, we can continue our journey in my next email OR click below to schedule a free 30-minute chat about partnering together to give some TLC to your relationship-building skillset.

[SCHEDULE MY 30-MINUTE CHAT](#)

Thanks for spending time with me. Way to invest in yourself! I am so proud of you! I hope you enjoy the video in my next email.

All the Best,

Coach Julie

**P.S. Please friend me on ([Facebook](#) <-Click) and PM me to say Hi. I would be thrilled! Don't forget to schedule a 30-minute chat to start your fresh start today!**