



*Life Out Loud*  
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Ready to live your *Life Out Loud*  
with no excuses, no regrets...on purpose, with  
passion?

*Then Let's Do This!*

If you are struggling to get going, you're not alone. All my clients have had one thing in common; they feel a sense of unhappiness or 'stuckness' in a certain area of their lives and they're not sure how to fix it.

For some it's their relationship with money, some a career change, some don't quite know what they want, and others know exactly what they want.

What would really happen if we did what we really wanted to do? I believe that there would be a major shift in our world!

I want to help you get to a place where it's not weird to be successful...in fact *it's your normal*.

We all seem to have amnesia about the powerful space that we are and hang on to our stories of; lack, can't, too late or "I would love to, but....", the excuses and justifications are lined up ready to go.

We say; "*I'll start later... or ...someday*", but this causes us to miss out on the moments that are here and now.

What happens when 'someday' comes and you can't enjoy it?

What would happen if you didn't make money the bottom line?

What if you raised your awareness and listened to your heart's desires?

How would your life look totally different if you trusted your intuition and internal guidance (powered by your heart 😊) and did amazing things?

Don't think about how big the problem is and how you are going to deal with it...

Think – "*I feel sorry for this problem having to deal with me!*"

Because you're bigger than every perceived problem that you have, and it's time to *step into your greatness*.

*Get excited* about the change that is in you! Your successes are a just side effect of your greatness.

When you work on your inner connection, your value goes up. The higher your value goes up; *the more things will come to you*.

How? It starts with connecting to you, that no BS side of yourself that's ready to embody the shift you want for yourself (and the world) *through your purpose and passion*.

"You don't attract what you want, *you attract what you are*."

I'm here to tell you that; *You Are Enough*.

Everything that is coming into your life is coming exactly on time.

When you work on you and create more love for yourself...*Things Will Start Chasing You...*

What if it was '**NORMAL**' to have abundance, great career, business, family, partner...

You are not here to just choose external things; you are the source to make yourself happy!

"When something happens then I'll be happy"; is an old story...

The truth is; *When You're Happy, Things Will Happen!*

You're not in 'flight' or 'fight', but *in your heart*.

And the more you are in your heart, the higher in alignment towards your dreams you go.

You see, you can't change your circumstances at the same level of consciousness that caused your problems.

*You Must Be The Change You Want To See In The World By Accepting Yourself.*

If you want to have a great relationship with money, your partner, work, friends, parents, your business...it starts with *connecting to your heart*.

When you do, you'll learn a new dimension about yourself, you don't make excuses and

*You Don't Settle.*

And the more you connect to yourself, the more space you create for *what you desire*.

Here are some of my favorite ways to help you live your life out loud.... enjoy!

Lots of love 



*Shari*  
*xo*



1

### Create a bucket list

We are all going to leave this earth one day, so before you do, I want you to experience as much as your heart's desires! Travel, meet someone or learn how to play the piano – it doesn't matter, experience as much of this world as you can.

2

### Set goals and write them down.

As simple as this is, most people don't write them down. They tell me that they know what they want, it's in their head and their dreams. That's great but, there is incredible power in getting them out of your head onto paper.

It's a different energy and makes it more real. Set your goals by month, year, 5-year, and 10-year periods. This list will constantly evolve, and you won't reach every one of your goals, but writing your goals down will make it more likely that you will achieve them.



3

### Don't live for others but live for others

Don't choose your path in life based on the expectations set on you by others, whether its your parents, friends, or what you've been taught growing up in media and community.

But don't choose a path that will hurt those around you. It's easy to get caught up in your own life, but if you don't take care of those you love, what is it all for in the end?



4

#### Maintain An Internal Focus of Control

There are 2 kinds of people; those who focus on what they can control, and those that focus on what they can't.

Don't blame others for your own failure – there's always someone out there who was dealt a worst hand that made more of it than you did.



5

#### Don't complain

If you're not happy with something in your life, you can complain about it, or you can actively work to change it. Which one will you choose?



6

#### Don't Be Jealous

Not because its morally wrong, but because jealousy is a destructive emotion. Its also a symptom that you're not living your life to the fullest – people who are fulfilled can easily celebrate another person's success. People who aren't fulfilled fill up their emotional space through negative emotions.



7

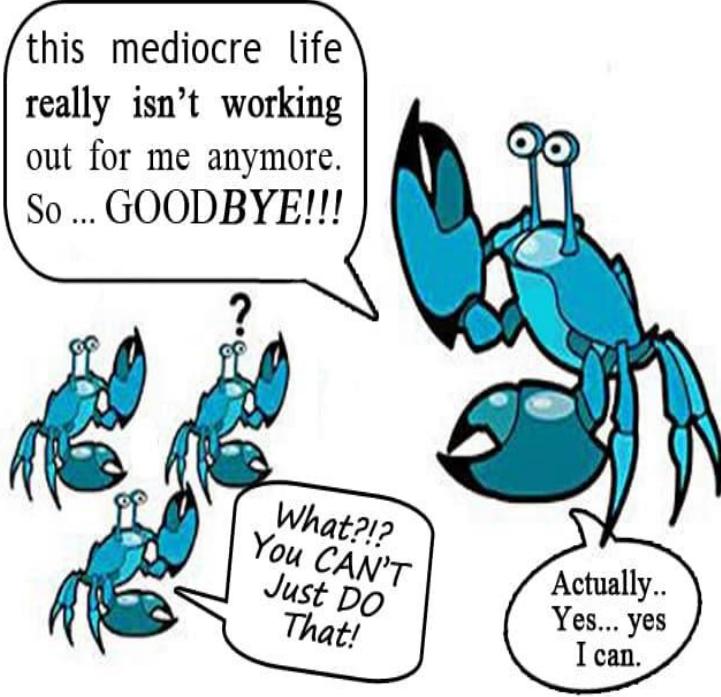
### Don't Be A Crab In The Bucket

Maybe you know the expression "Don't have a crab mentality" – it's the tendency crabs have for pulling other crabs back down, right when they're about to climb out.

When you break from the norm and make self care and your dreams more important, sometimes you get pushback from your loved ones, friends, co-workers etc.

It's not jealousy – they genuinely care for you. But people living a life 'society' tells them to live (based on their beliefs) get scared when they see others going for their dreams.

Even if they do it subconsciously, and even if it's out of genuine concern – it's still harmful. It creates a culture of conformity, mediocrity, and quiet desperation. Don't be a crab in the bucket.



8

### It's OK to fail

Oh, if I had a dollar for every failure... \$\$\$

The only way to avoid failure is to not try anything, and that would be pretty boring!

Don't be afraid to fail...that's how you succeed.

Besides, it's only really a failure if you stop trying and give up. Failure is feedback 😊.





9

### Overcome fear of failure by visualizing the worst-case scenario

A great way to overcome fear of failure is to confront your worst possible nightmare. If you try it and fail, what is the worst thing that will happen? Write it down, then write down what it would take to get back to where you are now. 99.9% of the time, you'll find that the worst-case scenario isn't nearly as scary as you thought it would be and the only thing holding you back is your own mindset. The .1% of the time where failure will push you past a point of no return (so basically, death or life altering physical harm) – those are you may want to reconsider.

10

### Don't Gossip

Sure, it might make you feel better about yourself, to be part of it all, for the moment. But it can have negative consequences, both internally and externally.



11

### Ignore the things you can't (or won't) change

Ever notice how insanely emotional some Facebook and YouTube comments are? They get right out and out mean! People cling to their opinions like they're a lifeline. Yet these are almost always opinions about things that have absolutely no effect on their daily lives.

Yes, there are shitty things going on in the world. Unless you're planning to do something about it, ignore it and focus on the things in your life *that you can change*.





12

## Change Things

You can make a difference – once you stop making excuses and stories about why you have your circumstances.

Approach challenges with the mindset of "[How am I going to accomplish this?](#)" instead of "What can I possibly do?"

But if you're not actually going to work to change something, then see the point above. Time to put up or shut up.

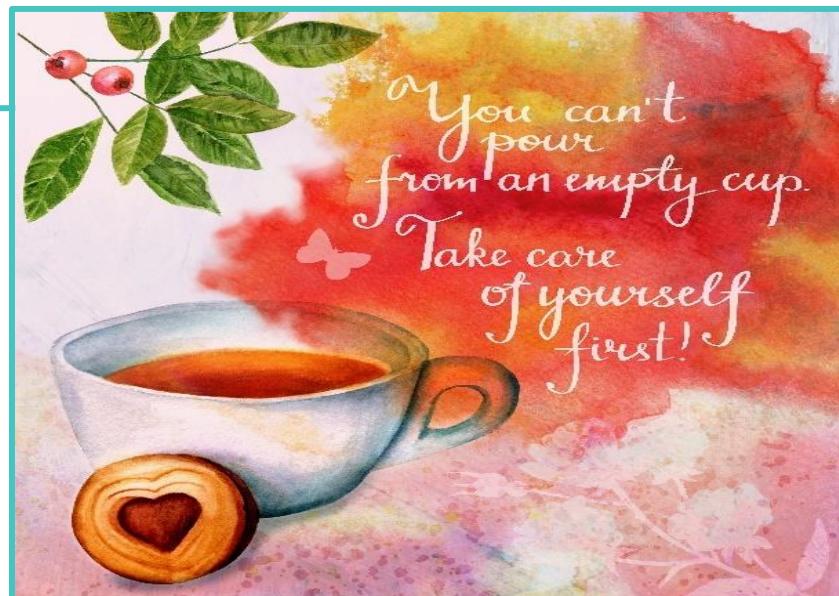


13

## Take Care Of Your Body

Eat healthy when you can, get a good night's sleep, and exercise.

Your only connection with this world is through this fleshy meat vehicle we call our bodies. We have only one, and only one go at this lifetime. Take good care of it.



14

## Take Care Of Your Mind

Stop feeding it a constant stream of junk. A little downtime is alright, but don't dedicate every free hour you have to watching reality TV, watching gossip blogs, checking sports scores, and doing other stuff that requires little mental energy.

Even the news can rot your brain with its constant barrage of negativity and biased sensationalism.



15

### Plan for the future but live in the present

A 25-year mortgage, retiring with a pension and savings, working hard and putting off the big vacation until next year... Sounds exhausting!

Now, while planning for the future is important, don't sacrifice all of the present. Find a way to enjoy life as you work towards bigger and better things.



16

### Live Consciously

We all get into ruts and routines as we go through our days, but we only have a limited number of days on this earth. Don't put life on auto-pilot – live consciously.

Always ask yourself; "Why am I doing this?"

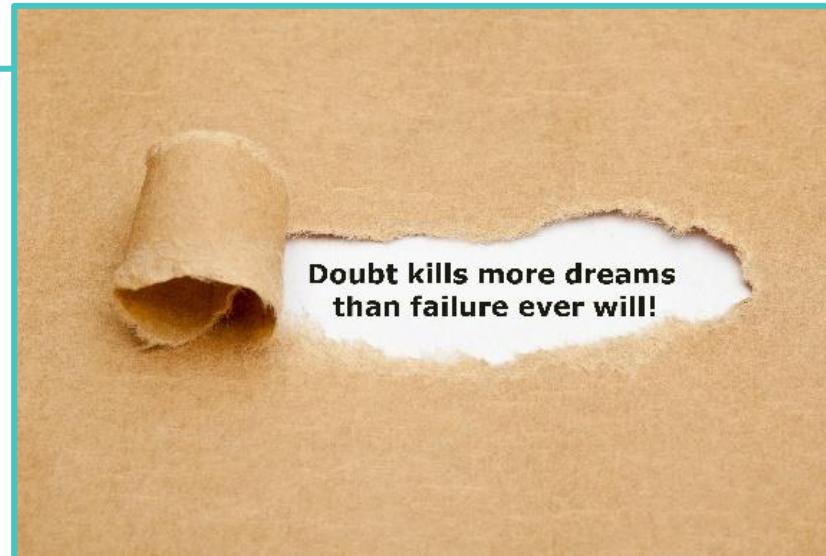
If you wake up too many mornings in a row without a good answer, then it's time to make a change.

17

### Overcome Your Fears

We all have things in our lives, whether it's our circumstances or personal perceived faults that hold us back from doing things we truly want to do.

You can either accept it, rationalize it away, or face your fears. Which one will you choose?





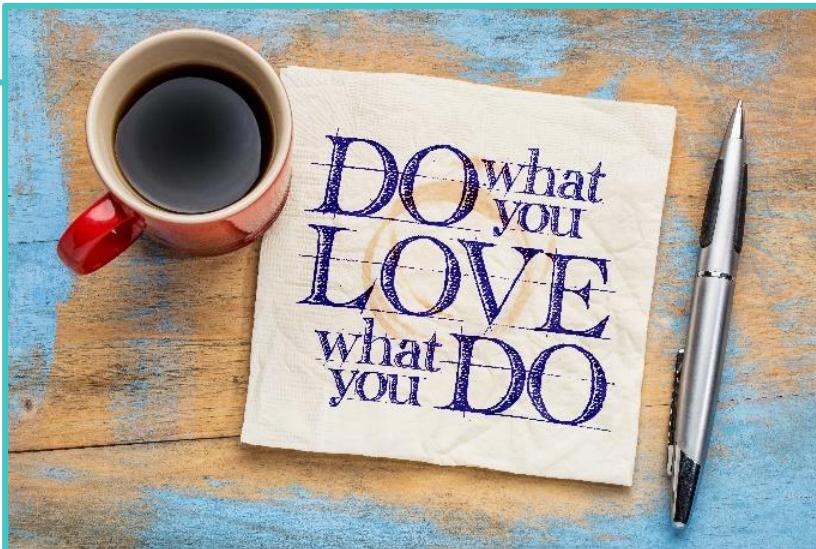
18

## Improve Your Social Skills

Some people are natural social butterflies. For those that aren't, get out there and improve your social skills.

There's nothing wrong with being an introvert and enjoying time alone, but don't let poor social skills hold you back when you need them.

Improving your social skills will also help you in whatever business you choose.



19

## Do Work You Love

Not everyone gets to play as a professional in your favorite sport or in a rock band for a living, but that doesn't mean you can't find something you love waking up in the morning for.

Keep looking for it, and don't give up until you find it.

Life is too short to fear Sunday evenings.



20

## Follow Your Effort

One of the keys to success is to follow your effort, towards your passion. If you don't have a passion for anything, pick something and do it as best you can.

Passion often comes from doing something well.

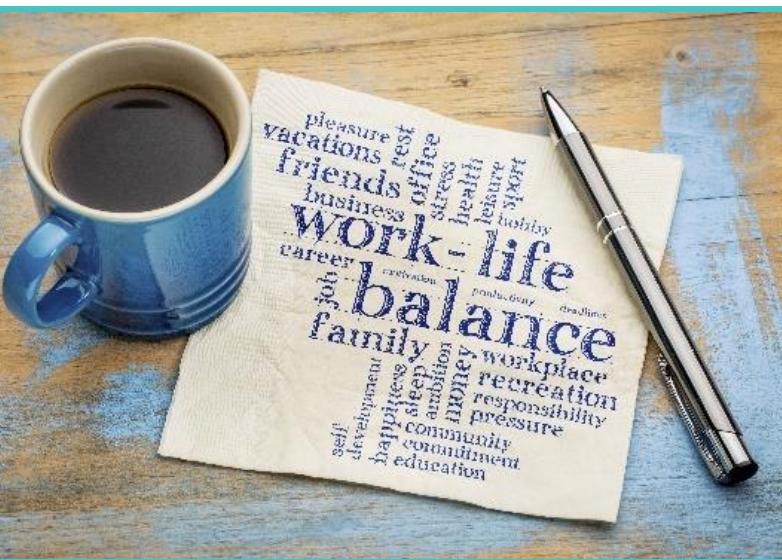
21

### Prepare to win

Another key to success; Everyone has the desire to win, but very few are willing to do the work to prepare to win.

If you care about winning, do the work.

You can not change the wind,  
but you can adjust your sails



22

### Don't confuse pleasure with happiness

Pleasure comes from the quick-fixes that give us joy shopping, alcohol, sex, listening to great music, seeing great beauty.

Happiness comes from self-actualization and significance.

Pleasure is important to a happy life, but pleasure alone is not enough.

23

### Smile

If you smile, you will be happier.





24

### Improve Your Posture

Did you know that your posture and body language not only shapes how people see you, but it also shapes how you feel about yourself?

Watch this [TED talk](#) if you're not convinced.

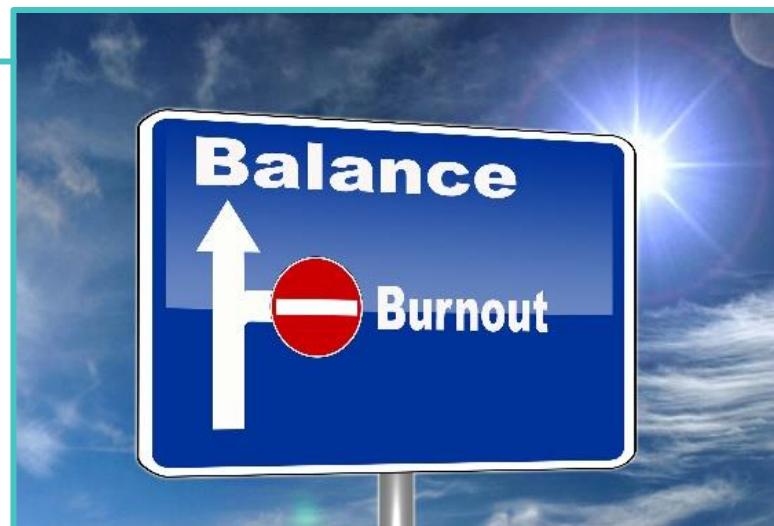
25

### Find The Time For What You Want To Do.

A lot of us constantly complain about not having enough time or being too busy to do things we want to do/accomplish.

What we need to realize is that, we're the ones putting ourselves in those situations in the first place. If you feel trapped in a job, are you actively taking steps to leave and get out of the situation?

If you are, then you shouldn't waste time complaining. If you're not, what are you complaining about?



26

### Don't Chase Money For The Sake Of Money

Having money is important in life, but only because it gives us the freedom to chase what we really want in life.

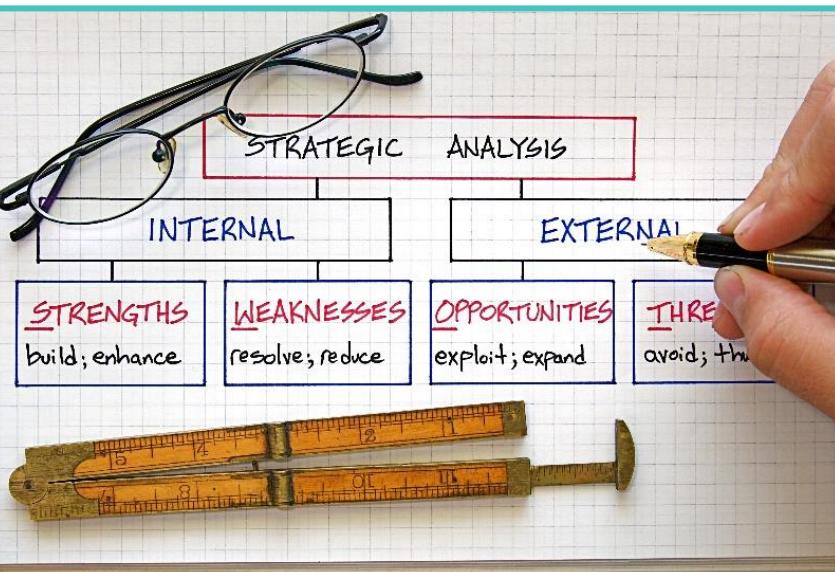
*You only get one life, and money is no good when you're 6 feet in the ground.*

27

### Overcome Laziness

Do you have big goals and dreams? Do you stop short of taking steps to make changes because you'd rather watch TV? Do you quit after a few tries?

A little procrastination here and there is natural, but if you look back year after year and don't see any changes, you probably need to work on overcoming your laziness.



28

### Analyze Your Weaknesses

One of the hardest things for people to do is to be objective when it comes to their own weaknesses.

We're naturally prone to rationalize away things we're not good at or believing that we're better than we are.

Once you can recognize your weaknesses and understand how they're holding you back, you can take active steps to work on yourself.

29

### Constantly Work on Improving Yourself

If you're not doing something to improve yourself everyday, then you're not going to reach your goals.





30

## Master the art of persuasion

Not to manipulate others, but so that you control your destiny.

31

## Stop Trying To Please Everyone

Trying to please everyone is a great way to ensure that you never do anything remarkable.



32

## Understand That Personality Traits Aren't Static

While we all might have some natural predispositions and gifts based on genetics and the environment we were raised, everything is changeable.

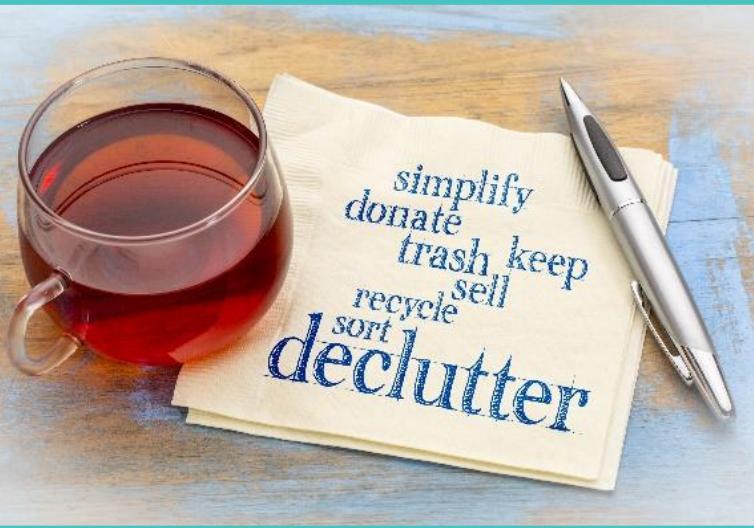
If you're being held back by aspects of your personality, whether it's laziness, social awkwardness, mediocre intelligence, know that these are all things that can be improved.

Be willing to work on them, instead of accepting them as irreversible personality traits.

33

## Simplify

The less you need to be happy, the happier you'll be.



34

## Surround Yourself With The Type Of People You'd Want To Be

There's a saying that you're the average of your 5 closest friends. While this may not be a scientific fact, it's a useful thought exercise.

If you constantly spend time with negative people, you'll become negative as well. If you spend time around people with no ambition, you'll find your own dreams slipping away as well.

On the other hand, surrounding yourself with awesome people who want the same things you want in life will set you up for success.





35

### Design Your Ideal Life

It's easy to go through life on autopilot if you don't know what you want. Your first step is to figure out what you want from life.

If you have your own business maybe read the 4-hour work week by Tim Ferriss if you want a great framework for accomplishing this.

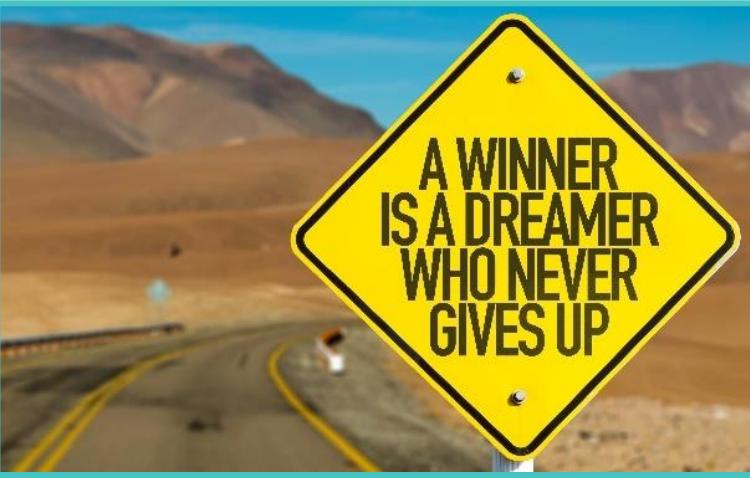
36

### Make A Plan To Attain Your Ideal Life And Execute

Nothing will be handed to you. If you wait around to "find your direction" in life, you'll end up finding yourself on track for your exciting career at 'Mega Corp' working for someone else's plans, goals and dreams.

There's no good reason to wander aimlessly through life.





37

## Stop Giving Up

Have you ever heard the story (urban myth?) of the man who was lost in the desert? He was found half a mile from a large oasis city.

Or one of my favorites – [Acres of Diamonds](#) The point of these stories is to illustrate the danger of quitting.

Things are always hard until they get better, but you'll never know how close you came to be achieving your goals if you quit before you see them all the way through.

38

## Block Out Haters

Constructive criticism is one thing, but know that if you're out there trying to accomplish great things, you will attract haters who want to criticize for the sake of criticism.

You'll find haters frequently trolling Facebook and YouTube comments. Don't take their comments personally and don't get sucked into the negativity.



39

## Accept Constructive Criticism

At the same time, haters can be good because sometimes they can be right.

Haters show us our weakness. You'll likely recognize a legitimate criticism when you feel the sting of knowing – you want to dismiss the thought because it comes from someone critical of you, but you can't help but shake that pit in your stomach.

Instead of burying that feeling, accept that you might be in the wrong, and work to improve yourself so you don't make the same mistake in the future.

40

### Be The Hero of Your Own Movie

Does life feel shitty, joyless, hopeless? Do you feel like you're stuck in a rut with no way out? You already know how to get out – be the hero of your own movie.

Pretend you're the hero character in a Hollywood blockbuster. There's a point in every movie where the hero is down and out, with seemingly no way out, yet he always finds a way to overcome the odds.

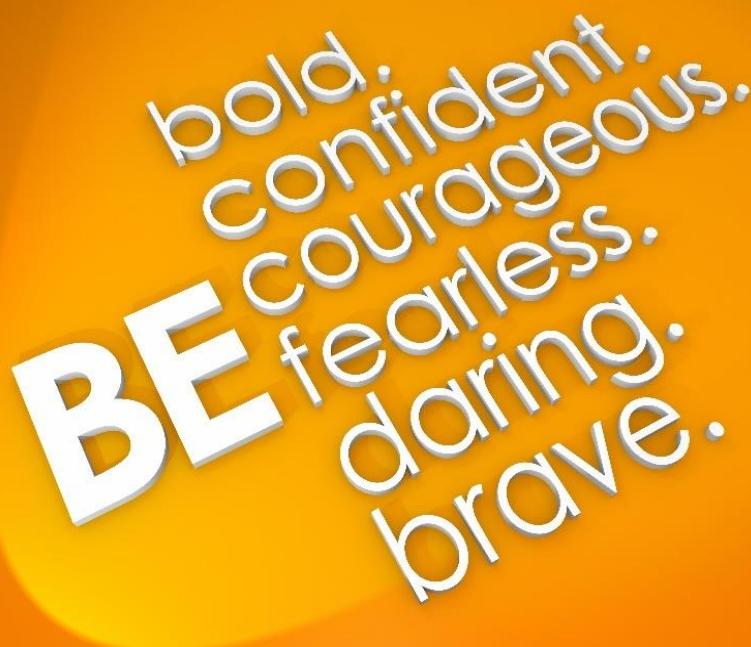
Pretend you're that hero, you're in a tough spot, and its your job now to overcome the odds and come out on top – because its in the script.

Pretend there's a documentary crew following you around, and one day your kids will see what you've been doing.

Do you want them to see a hero who overcomes the odds, or a loser who plays the victim?

Last time I checked; the hero doesn't overcome the odds by watching TV 5 hours a day.

Do what needs to be done; no matter how hard it is.



41

### Eat, Drink, And Be Happy

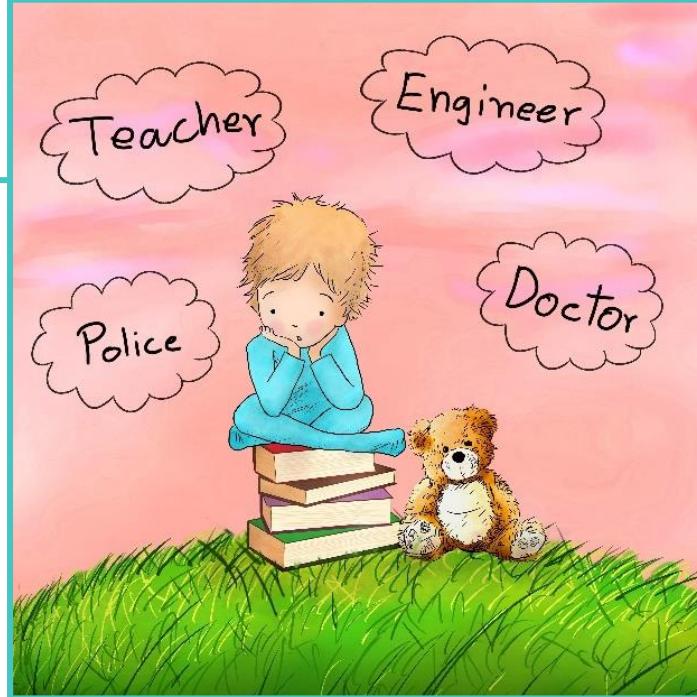
Incredible food, great company, and captivating conversation – it doesn't get much better than that, at least not in this lifetime.

Cherish those moments of bliss and make them happen as frequently as possible.

42

### Remember That You're Going To Die One Day

Steve jobs talks about this in his now famous commencement speech at Stanford in 2005. Worth the 15 minutes – [Watch it here.](#)



LIVE  
LIKE HEAVEN IS ON EARTH  
LOVE  
LIKE YOU'VE NEVER BEEN HURT  
LAUGH  
LIKE NO ONE IS LISTENING

43

### Give Your Life Everything You've Got

Write that book, take that vacation or call that date.

Life is difficult, tragedy happens.

It's what makes us interesting, human and capable.

Celebrate your imperfection and your mistakes.

Don't die with your music still inside of you!

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