

Coach Kerrlzms

A Collection of ORIGINAL Inspirational Quotes, Thoughts,

Personal Stories.



Kerri R. Smith

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SAMPLE

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About the Author



Kerri R. Smith

Based in Los Angeles, Kerri is a [LGBT life, relationship and spiritual coach](#) focused on empowering women to live a life filled with self love, passion and purpose. She is also a motivational speaker and mentor. She hosts a weekly radio show on Monday nights at 9pm ET / 6pm PT entitled, "[Lesbian Power Hour](#)." Coach Kerri has dedicated her life to be of service offering support and encouragement wherever needed.

She has authored several personal development, spiritual and same sex relationship e-books, and have taught numerous Tele-seminars, [online coaching courses](#) and [workshops](#) on a variety of subjects surrounding [personal development](#), spirituality, relationships and manifesting abundance. She is a well sought after guest speaker. Her [client base](#) consists of primarily women, a few men and young adults.

Coach Kerri partners with her clients by integrating spirituality and the laws of the Universe to "nudge" their minds and hearts to reconnect with their soul. She assists in helping individuals REMEMBER who they really are -- SPIRITUAL beings having a human experience. Connect with her on [twitter](#) and [facebook](#). Visit her [website](#) for more information!

Preface

I have what most might call “random” thoughts, but to me nothing about them are random. I am connected to Source (God, The Universe, whatever you may call the creator of ALL things) and I receive ‘messages’ daily. As these messages are channeled through me, I share them with others. With technology being what it is now-a-days, it’s easy to connect with the world in just a few clicks on your keyboard/keypad. If you are a ‘friend’ or ‘fan’ on [facebook](#) or ‘follow’ me on [twitter](#), then you know...I’m the ONE that shows up in 80% of your timeline and newsfeed. My mantra is: *‘can’t stop, won’t stop...long after you stop.’*

I find that when I share a thought many people immediately react. They can identify with what I’ve written. They needed it at THAT specific moment. My status messages have literally become Motivation ON Demand for many people and I am humbled by that. I remember getting a ‘note’ from a ‘friend’ on Myspace expressing that my ‘messages’ were her morning motivation and she read them like the ‘newspaper’ as she ate breakfast. She confessed that she couldn’t get her day started without them. WOW! I had no idea how powerful my messages were until that moment and that was 3 years ago. Today, I still share messages and thoughts throughout the day. I always have something POSITIVE to say 😊

I am grateful to be a conduit of positive, uplifting messages and even a little tough love.

I’ve been led to writing this book which is essentially a collection of many of these ‘random thoughts’ (aka. Divine Messages) I have on a daily basis. All of the quotes and thoughts you read in this book originated from Source and were channeled through me. I constantly have A-ha moments! I’ve broken these thoughts down into categories for those of you that want to JUMP right to what you need in any given moment.

This is your source for Motivation ON Demand.

I’ve also chosen to share a personal experience or story at the beginning of each category. As I share candid moments in my life, I am reminded of how much I have learned and how far I have come. I encourage you to keep this e-book handy and refer to it as often as necessary. The paperback version will be available soon with LOTS of bonus material. Enjoy! Welcome to my vibration!

~Coach Kerri

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Self-Love:

“We come into this journey, this lifetime with lessons to learn. My hardest lesson: self-love. I lived OUTSIDE of myself for a long time. If I connected with me, if I truly took the time to see the darkness within, could others see it too? Mask sadness with a smile. All that is left, a shell. I fill it with love. I never really knew what love was. Growing up it was confusing. What is healthy self-love supposed to look like? No one taught me how to love myself. Though it appeared everyone was DEFINITELY out for self; survival of the fittest. I remember having imaginary friends that I shared my deepest secrets with. What I didn't realize THEN was that those *friends* really represented the little girl inside of THAT little girl (me). I was teaching myself how to love myself by trusting that what I shared would never be revealed. It was the beginning of the journey. But not knowing that, I still relied on OTHERS to love me so I could love myself. That carried through to adult-hood. It's true when they say you can't give what you don't have. All my relationships in hindsight were unhealthy. Makes sense because I WAS unhealthy. I was toxic and I didn't even know it. I quickly learned that this cycle had to be broken. If I didn't change; if I didn't learn how to treat myself better, I could never truly love another person genuinely. I hurt people. But that's because I was hurt. And as you know, hurt people HURT people. I learned the hard way. But, I understand that it was and is my journey and the lessons I learn(ed) along the way make me stronger. I have since then fallen deeply in love with myself. I had no choice. I realized without self-love I was destined for a life where I would always live outside of myself. I was destined for a slew of unhealthy relationships. I would continue to invite toxic people into my vibration in an effort to have them fill the void that only I could. I would continue to be an overachiever at work because I NEEDED the validation. I would continue to be a serial dater and a liar. This is no way to live. And, what's worse is there would be no one to blame. My parents did the best they could. How could they teach me what they knew nothing about? Life is ironic. I've come to teach MYSELF the deepest love which exists, SELF-LOVE and now I receive love effortlessly from others without seeking it. My reality has changed and continues to on a daily basis for the better. Love runs rampant in my life now. And, none of this would have been possible without self-love.”

~Coach Kerri on Self-Love

Quotes / Thoughts / Divine Messages

My journey is amazing with all its blessings (hiding in challenges). I see me, the REAL me unfolding as I take a new step forward. My path is perfect as I witness miracles. I know it's all for my highest good. My choices. My life. I embrace it. (Affirm it!)

Dear Universe, you love me...you REALLY love me!

I love how resilient I am! I manifest challenges that really stretch my spiritual muscles, but I overcome.

If you're waiting on someone or something to change in order to FEEL better about yourself, you should get off at the next stop and take the self-love train instead! Do it. It's FREE!

Let's talk about SELF love -- so many people play the "victim" role. The choice is yours. You can remain a "victim" or you can WAKE UP and realize that YOU are creating everything that is happening around you, including your CURRENT situation (hard for some to hear, but the truth nonetheless). So, let's focus on the positive. What do you love most about yourself?

You DESERVE nothing but the best. Stop worrying so much about the rest.

Set up a "no complaining" perimeter around your life. There is NO entry if you are complaining & whining all the time.

If you KNOW you're doing a good job, you don't need anyone else to tell you that to keep going. When you KNOW, you can simply GROW.

Every day in every way, I'm growing richer and richer!

I break free and live life as I see that validation will change nothing, including me.

I raise the bar with the intention of surpassing it.

I AM the change I want to see in the world.

When you are in love with who you are, you no longer speak negatively to yourself and you release others from blame.

What's the point of comparing yourself to others? There's only one YOU, hence the benchmark of comparison to anything should be YOU.

Forgiveness:

“When you hold on to past hurts and ‘wrongdoings’ it’s like rotting on the inside slowly. You never really get to live because you are so caught up in RE-living what has or has NOT happened. I’ve had to forgive a lot of people, including myself. I took resentment with me on my journey into adulthood because I never let go what happened to me in my childhood. I was angry. I was so angry for so long. I couldn’t understand why my mom left my brother and I when I was a toddler. I couldn’t understand why my father never explained what happened and who was this new ‘lady’ he brought in who I was supposed to call “Auntie”; I don’t know her and I don’t want to know her. I want my mom back. Who are these strange men coming in and out of our home? Why is my dad never around? Why are we moving so much? Why doesn’t anyone see how sad I am? Don’t they see that I’m broken and struggling to be a child in an environment that is toxic? Lots of questions. Lots of them. I didn’t realize how much all that affected me until I was an adult struggling to maintain healthy relationships, including friendships. I had to stop and FACE what had happened, what was happening. I had to forgive my parents, BOTH of them. I had to forgive my stepmother (the first one...). I had to move past what I felt and how angry I was that I had to grow up way before anyone my age had to. I had to forgive myself for allowing it to affect me so much that in my adult relationships I never really trusted fully and cheated so I could hurt ‘them’ before they hurt me. I had to forgive my mom for passing on ‘abandonment’ issues to me. I had to forgive my dad for being ‘absent’ even after my mom came back into the picture. I had to forgive those that hurt me, used me, made empty promises. I have forgiven so many people at this point I’ve lost track. I forgave because I wanted to be free. I released the need to understand ‘why.’ I in turn fell in love with me because I was left with no other option. The pain turned into strength. The darkness became light. I chose you. All of YOU. My journey reveals more answers each day. Thank you for allowing ME to experience forgiveness on such a profound level. I realize that life is absolutely deliciously perfect and my reaction to situations and people say a lot about MY character, not theirs. I live without resentment now. I have healthy relationships now. I’m still working on me and I love how far I’ve come. It’s not over. Each day, I work on ME. Each day, I forgive over and over again because there can still be triggers. But, it’s ok. Such is life. Such is the greatness within me that keeps pushing and I have chosen to teach others how to master forgiveness. My experiences brought me to my life purpose of being of service to others. I am humbled and overjoyed.”

~Coach Kerri on Forgiveness

Quotes / Thoughts / Divine Messages

Once you forgive, the door you walk through is filled w/light & hope. You'll never be the same and thank GOD for that!

Forgive. Be free. Live in the light!

Forgiveness holds the key to unlocking a life that was once filled with darkness and resentment.

Once you stop re-living the past, you can truly forgive. It starts with YOU.

SEE the blessing in disguise in each situation where you "think" you can't forgive and start the process.

Forgiveness is about setting yourself free.

Your silence is deafening as you refuse to acknowledge your role in my journey. The lack of acknowledgment kept me at a standstill for far too long. I now break free and live life as I see that validation will change nothing, including me. I rise. I soar. I forgive you.

You instilled fear when you should have taught me self-love. You justified judgment when you should have taught me acceptance. You withheld love as a punishment. I thought it was unconditional. I picked up the pieces and created my own puzzle. And still, I forgive you.

REALLY forgive and move it out of your consciousness and then move on in your life...the only one who ends up being and STAYING hurt if you don't is YOU!

Forgive where necessary, it's for YOU, not them. Don't carry that feeling around, it's definitely weighing you down. Once you release it, you will feel the difference.

Quotes / Thoughts / Divine Messages

The journey is paved with pitfalls. No one is exempt. It's what you do to get back up which matters most.

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You can ask for help, but if you never implement any of it, you get lost in translation. Indefinitely.

No one is going to hand you success wrapped up in a bow. You've got to go after it!

Nothing is happening by pure coincidence...including you reading this book. Wake up!

Progress requires change and growth...and that takes patience. How bad you want it is reflected in how long you hold on.

Ever notice how many rsyps there are to pity parties. Don't bother sending me an invitation. I'm not coming!

Keep track of where you are spending your time and money. Are you investing it or just spending it aimlessly?

Make a note of what's NOT working for you. That can include relationships. Then, make the necessary changes. Negativity breeds negativity.

It's ESSENTIAL that you never stop growing or asking questions.

You can't avoid putting in the work, but still reap the TRUE benefits. Not possible. Not now. Not ever.

You can't 'follow' the crowd and seek the title of 'leader' at the same time. It will all fall apart eventually.

You can't say one thing and constantly do another and expect anyone to take you serious.

You can't hate on someone and expect Karma to skip over you when it comes back full circle. You get back what you put out.

Closing Message

Thank you for purchasing this e-book. I appreciate your support.

This is a FIRST edition of *Coach Kerrlzms*. A SECOND edition with even MORE original motivational quotes and personal stories set to be released in January 2011.

Limited copies of an exclusive **BONUS DVD** with a personal message from Coach Kerri included.

Pre-order your copy today at a DISCOUNTED PRICE by clicking [here](#). Limited time offer.

I hope you have thoroughly enjoyed being motivated at this level. I encourage YOU (yes, YOU!) to start the transformation in your life IMMEDIATELY.

“Your life is an occasion. Rise to it!”



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