



# UPHILL WOW

WORDS OF WISDOM

## LISA CARPENTER

### WHAT ARE 3 SIGNATURE THINGS YOU TELL PEOPLE REGARDING YOUR AREA OF EXPERTISE?

- Food / Weight is only a SYMPTOM. Our external circumstances mirror our internal thoughts and beliefs. Change your beliefs and you'll change your results.
- As long as we keep focusing on what we think the problem is and trying to fix it, we'll perpetuate the addiction to the symptom. We must stop numbing out our emotions and learn to feel them to heal them.
- Choice isn't should or shouldn't it's a simple YES or NO. Make choices that support how you want to feel and then move on without judgment, guilt or shame.

### IF YOU COULD OFFER ONE PIECE OF ADVICE, WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Be kind to yourself. You're smarter than you realize and the world needs you to be you.

### WHAT ARE YOUR FAVORITE BOOKS?

- *The Gifts of Imperfection* by Brené Brown
- *You are a Badass at Making Money: Master the Mindset of Wealth* by Jen Sincero
- *The Big Leap: Conquer Your Hidden Fear & Take Life to the Next Level* by Gay Hendricks

### WHAT ARE YOUR 3 NOUNS THAT DESCRIBE YOU?

- Coach
- Author
- Truth Teller & B.S. Slayer

### WHAT IS YOUR FAVORITE QUOTE?

"This life is 100% your responsibility. No one is coming to save you."

### CONNECT WITH LISA

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