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*Quotes  
and anecdotes  
for a  
purposeful life...  
Written by  
Debbie Hogg*

A GIFT TO YOU: A  
SNEAK PEAK AT MY  
BOOK!

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## ***About Debbie Hogg - Author***

Debbie Hogg is one of Australia's leading coaches, she is a multi award winning Coach and is The Self-Worth Coach. Debbie is passionate in helping people manage their 'Inner & Outer' balance, to stand in their power and be leaders of their life! She knows, when we give ourselves permission to fully show up in our life amazing serendipities occur!

Debbie's energy is contagious and her clients have their tanks fully topped. They become empowered to achieve anything they want. When plugged in with Debbie - Shift Happens. Debbie now lives in Perth, Western Australia and loves to spend time hiking in the bush with her husband and 2 daughters and creating an adventurous life!

Debbie is ANZI Coaching, Coach of the Year!

Is a Master Practitioner in NS/NLP

Is an Internationally Accredited Life Coach PCC (Professional Certified Coach) with the ICF

Podcaster Coach on [www.thecoachpod.com](http://www.thecoachpod.com) podcasts in Growth & Development

An Inspirational Women's Retreat Master

<http://www.debbiehogg.com/Retreat.htm>

Is an Inspirational Life & Leadership Coach specialising in many modalities within Coaching

Mentored Life Coaching Students and to Life Coaches in their business and acquiring ICF credentialing.

Is a mentor/facilitator for [www.reciprocoach.com](http://www.reciprocoach.com) Mentoring Series.

Is a great Motivational speaker

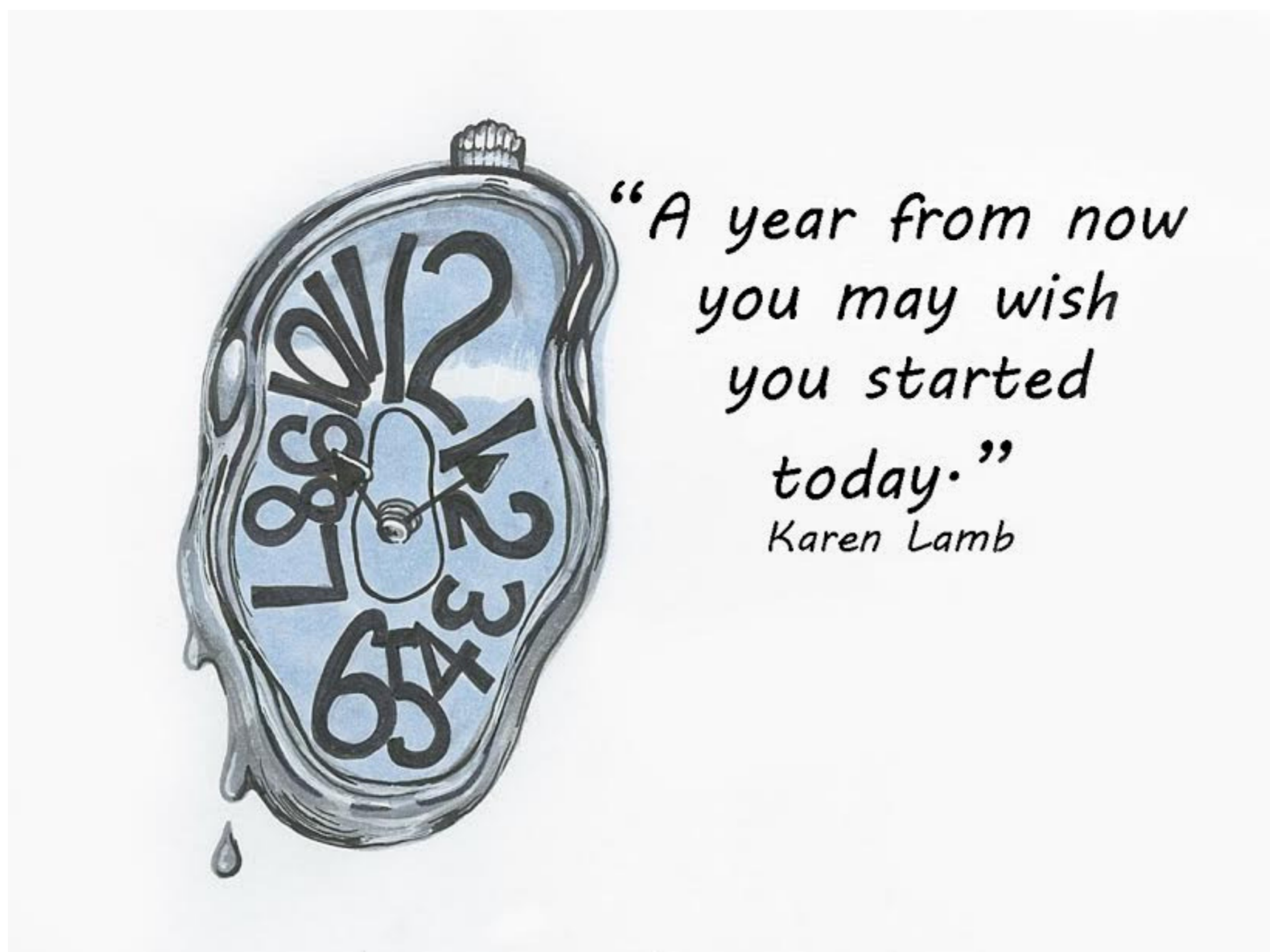
A writer for Haven for Families magazine –

[www.havenmagazines.com.au](http://www.havenmagazines.com.au) and regular blogger for HavenHub.

Past panellist 91.7 ABC Gold Coast Radio's Parenting Panel

Is a Trainer/Assessor, Facilitator with 18 years' experience,

Author, Business Owner, dedicated wife and mother to two inspirational daughters



This little book is a perfect example. For a long time now, I've been saying I would love to write a book. I know I'm no different to lots of others. I have met many people who have wanted to do this or learn a musical instrument, learn to sing, draw, cook or fly a plane, there are thousands of things. These people and I were just talking about it and taking no action.

Different things hold us back. For me, it was the limiting belief around my own self belief. 'Why do I think I could do this', 'who wants to hear from me', 'what difference can I make'? etc. Then, the coach inside of me jumps in and asks, "What would happen if you got out of your own way? What would happen if you gave it a go? What if you helped one person?"

For many years now, I've visualised gathering some of my favourite quotes I've saved over the years and writing a little story aligned with each one, from my perspective. I absolutely know we can get through anything the universe throws at us. Even though it's difficult to comprehend in the moment. This little book and I just might be able to offer a little guidance, some tools or strategies and hope. If I don't give it a go, I will never know.

So, after being stopped by my own thinking and other life stuff, I'm doing it because I want to. I remind myself 'Life is a Journey' and I am the leader of my life, I will self manage myself to achieve my goal. My future is generated by my personal leadership and the energy it creates. The first step is the most challenging step!

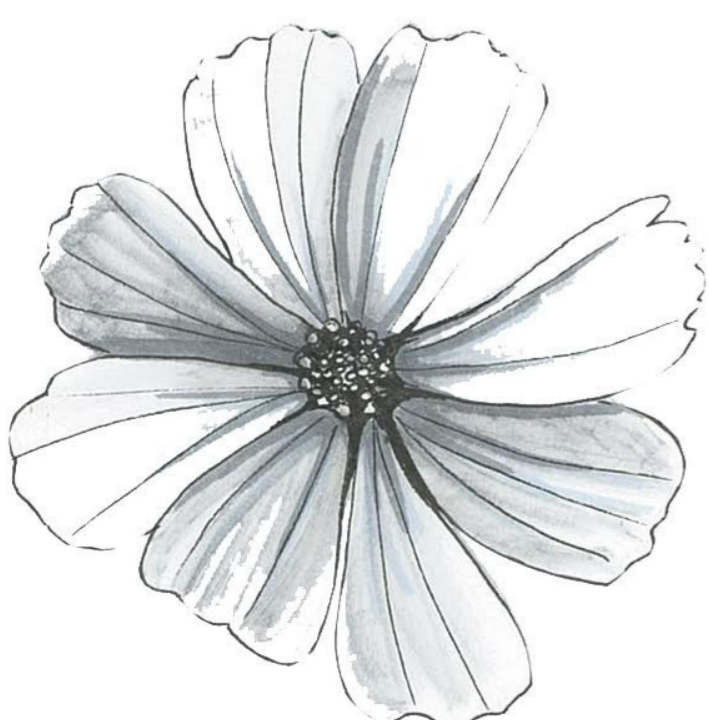
Since I started, just like a rolling stone gathering moss, the momentum and excitement has kept me going to continue creating what you are now looking at. I'm thrilled to have 'Gotten Out Of My Own Way', made the effort, set aside the time and taken the first step on the day I did.

I took control and leadership of myself and this felt great. It's a huge waste of time, energy and space to sit back wishing we had done something. Being proactive is the only thing to support us in getting what we truly want.

**Action is our driver of life and gets us to where we want to be!**

**What is one action you could take today in doing what you truly want?**

**What Self Leadership skill could you draw on to make it happen?**



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# THANK YOU!

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If you want to purchase the actual book simply  
visit: <http://debbiehogg.com/>

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all the quotes, stories, activities, progress trackers and fun coloring  
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