

REFRESH AT ANY STAGE. RENEW AT ANY PHASE. REDESIGN AT ANY AGE.



# **START WHERE YOU ARE AND STAGE IT!**

*Today is the day, not tomorrow...*

**DORA CARPENTER**

Welcome. I am glad that you've decided to visit, and I will not take much of your time. If you downloaded this ebook because you want to move forward with a life that you love, you are in the right place. If you are here because you feel that there is more you want to do, become, and have, you are in the right place. If pondering what, when, where, and how you can make that change you so desperately desire, you are in the right place. If past setbacks, loss, grief, self-doubt, or fear have held you hostage and you are ready to evict any excuses, you are in the right place. Whether you are 21 or 102, I encourage you to choose to take a chance to change. **It is time. Let's go!**



“Everything in life is temporary, including life itself. Decide to say Yes! to the gift of now.”

*Dora Carpenter*  
Certified Professional Coach

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**“Your life changes on  
the day you decide to  
change it.”**

START WHERE YOU ARE AND STAGE IT!



## CHAPTER 1

# INTRODUCTION

## ARE YOU ALLOWING ...

... the overwhelming complexities of life to steal your joy?

... other's opinions to determine the level of your success?

... self-doubt to hinder your courage?

... fear to stop you cold in the face of uncertainty?

... the darkness and despair of loss and grief to keep you bound from the light that awaits you?

... your past to prevent you from seizing your future?

... procrastination to delay you from taking that first baby step?

... unforgiveness to paralyze you and steal your inner peace?

... toxic relationships that don't serve you to occupy space in your life?

What is it for you? Some situations in life we can't control, but we can choose how we respond. I want you to wake up loving life. You can't go back and change the past, but you can **START WHERE YOU ARE AND STAGE IT!**

**Refresh** *your life at any stage.*

**Renew** *your life at any phase.*

**Redesign** *your life at any age.*



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## CHAPTER 2

# REFRESH YOUR LIFE

*... new strength or energy ...*

How does one harness the secrets of success, and are there really secrets to doing so? If we all have 24 hours in a day, seven days a week, and 365 days a year ... why do some live a fulfilled life of joy and others never seem to reach that pinnacle of happiness? It's all really relative, so I ask, "What does success mean to you?" "What is authentic happiness for you?" If you are reading this, you probably already desire and maybe even visualize success in a particular area of your life, but how do you get there? What's standing in your way or even stopping you? Some say work hard; others say earn it; some say inherit it; others say buy it. I say **believe it!** There is untapped power and 'magic' in what you say, do, and believe, but there is not enough time or space here for me to go deeper. Also, take a deep dive look at the people you associate with. Are they supportive? Are they positive or negative? Do you leave their company feeling inspired? More importantly, who are you? Who do you see when you look in the mirror? If you don't like what you see, think, or feel, it might be time to **START WHERE YOU ARE AND STAGE IT!**

**"Life isn't about finding yourself. Life is about creating yourself."**

George Bernard Shaw



## CHAPTER 3

# RENEW YOUR LIFE

*... fresh determination ...*



## START WHERE YOU ARE AND STAGE IT!

Taking responsibility for a renewed and well-balanced life might seem daunting. If I had a magic wand I would wave it and make your life brand new, but I don't. Even if I did, it would prove to be futile. Only you can do the work to create effective change in your life. Yes, it requires work, and you must begin at the starting line to reach the finish line. I admire the farmers who grow bamboo trees in the Far East. Taking five years to grow, they have to water, fertilize, and nurture the ground until the tree breaks through; but, in that fifth year, the tree can grow to a height of 90 feet in five weeks! These farmers must have unwavering patience, belief, and faith as they nurture the planted seeds expecting a full harvest! It's okay if you've started and stopped before. Maybe you ran short of patience, time, confidence. Maybe you thought it wouldn't happen for you. Maybe it wasn't the right time or situation. It doesn't matter how many times you start, please just don't quit. Let's not look back in the distant past. Instead, stand tall at your Point A and **START WHERE YOU ARE AND STAGE IT!**

**“Whatever the mind  
can conceive and  
believe, the mind can  
achieve.”**

Napoleon Hill

START WHERE YOU ARE AND STAGE IT!



## CHAPTER 4

# REDESIGN YOUR LIFE

*... a different path or way of life ...*

The concept of home staging has become more and more popular in the real estate industry. Realtors, sellers, and buyers all agree that staged homes present better, sell faster, and sell for more money.

I had the privilege of watching a home staging team transform a seemingly small, unattractive row house from start to finish. My initial impression upon approaching the property brought about feelings of unimpressive curb appeal. Upon entering, I experienced a dimly lit and dreary interior, extremely small rooms, uninviting ambience and comfort for entertaining, and just plain feelings of blah. Inside I thought, “who would pay the asking price for this house?”

However, as I watched the staging team craft the redesign room by room, my perception of the home changed completely. The seemingly small rooms became open and inviting; the darkened spaces became bright and refreshing; the boring spaces became comfortable and relaxing; and the exterior curbside appeal became beautifully landscaped and colorful. The ugly duckling house became a desirable

and price-worthy ready to live in home of choice.

I was fascinated by not only the transformative effects of the property, but the ability of such a resourceful staging team to visualize beyond the current projected image; plan the creative process to produce the desired results, and execute the final outcome.

When a coaching client once asked the question, “How can I remove my life and start all over again?” the spontaneous answer that came was “You don’t. You simply **START WHERE YOU ARE AND STAGE IT.**”

When does one begin staging their life? During high school; after college graduation; when you hit 30, 50, or 80 years of age; when the job’s glass ceiling gradually turns to concrete; following a health crisis; upon a spiritual awakening; after retirement; the beginning of a new year; after reconnecting with long lost loved ones; when you decide to turn a hobby into a viable business; when returning to school to pursue a degree; after you lose weight; after the half-empty glass is completely empty... when?

Does one begin to stage when seeking to define their life's purpose; upon getting engaged or married; when becoming an empty nester; when starting a business; when unable to turn the lemons into lemonade; after a devastating financial loss or an abundant financial gain; after a separation or divorce; when retirement is staring you in the face and you wonder what is next; after the loss of a loved one; when middle-aged and feeling there is little or nothing to show for it; when you feel the urge to transition from follower to leader... when?

Is it feasible to begin staging when moving beyond an abusive situation; when meeting the love of your life; after recovering from old habits; when feeling there are too many responsibilities to handle in a 24-hour period; when a relationship is on the brink of a breakup or reconciliation; when becoming a single parent; when wondering if your soulmate really does exist; when desiring to relocate but fear standing in your way; when sick and tired of being sick and tired... when?

My answer to the question of when to stage one's life – **START WHERE**

**YOU ARE AND STAGE IT!** Life is a revolving door of experiences, and you can choose to stage it at every turn. You are writing your story, choreographing your stage play, and producing your very own movie. Each chapter, act, and scene has an ending, and that ending simply transitions to a new beginning.

The home staging process mimics the life coaching process for manifesting positive change. When you can truly visualize the desired outcome, develop a plan, clear any roadblocks, take action, stay focused, and be held accountable, you will achieve desired results.

Hopefully, this quick-read ebook has prompted you to look at where you are and inspired you to take the leap. Please don't bury your hopes and dreams in the cemetery. Don't live your life on auto pilot. Instead, why not pack your luggage with your life's experiences, education, skillsets, and passions and SOAR to your desired destination? What would you do today if you were brave?

God, the Universe, your Higher Power or Source has already designed and pre-approved you to experience happiness, abundance,

## START WHERE YOU ARE AND STAGE IT!

joy, love, and success in life. I encourage you to believe in yourself and let no one or nothing steal your dream.

Your past is history. Learn and grow from it. Your tomorrow is not guaranteed. Don't wait for it. Your present is a gift. Be grateful and receive it.

**START WHERE YOU ARE AND STAGE IT!**

**“My mission in life is not merely to survive, but to thrive.”**

Maya Angelou



## CHAPTER 5

### HOW DO YOU DO THAT?

*... start where you are and stage it ...*



## ARE YOU READY TO SOAR?

**"If you don't know where you're going, you will end up someplace else."** Yogi Berra

If you are ready to make the commitment, invest in yourself, and do the work, I am ready to help you! My **21-Day Staging Your Life Premium Coaching Program** is a pre-retirement labor of love resulting from my joy filled years of life and grief coaching, consulting, and training. My mentoring-styled **Staging Your Life Premium Coaching Program** is not for the faint at heart. You will communicate with your coach each day for a consecutive 21-day period. I only work with a few premium coaching clients to ensure the butler-styled attention is received by each client. My belief is that **Commitment + Accountability = Success**, so you must commit to doing the work!

## KNOW BEFORE YOU APPLY . . .

Before you embark on this exciting adventure, please know that growth in any situation is a process. Remember the bamboo tree? Being kind, gentle, and patient with yourself during the process is vital to achieving your desired expectation. On occasion, you might take a few steps backwards and that is okay. If you do, please give yourself permission to allow any emotions of sadness, disappointment, or even grief ... then, you must get up, take steps forward and **keep moving forward!**

If you encounter detours or dead ends, be willing to course correct. A wrong turn may lead to unexpected goodies, adventures, and new opportunities and experiences. I want you to be bold enough to accept my challenge to step outside your comfort zone, to shift perspectives, and evict excuses, fears, and self-limiting beliefs.

Acceptance in the program will be determined after we interview to determine if we both feel the synergy is a good fit. To ensure your success in the **Staging Your Life Premium Coaching Program**, please be willing to:

- ♥ Stay open to allow and receive.
- ♥ Believe in the possibilities.
- ♥ Let no one shake your tree.
- ♥ Listen to your inner voice.
- ♥ Keep moving forward.



*Refresh your life at any stage.*

*Renew your life at any phase.*

*Redesign your life at any age.*

**JOIN THE WAIT LIST TODAY**

[HTTPS://WWW.DORACARPENTER.COM](https://www.doracarpenter.com)

## WHO IS DORA CARPENTER?

At age 23, I topped out in network marketing. At age 30, opened my first brick and mortar business, a temporary staffing service located in downtown Washington, D.C. At age 45, entered the death care industry (wasn't on my radar or life's plan). I entered the coaching profession and authored my first book at 50+ and founded the Institute of Professional Grief Coaching (IOPGC) to train and certify grief coaches after age 60 ... just a few of the many adventures of Dora!

Of course life has placed adversities, obstacles, detours, losses, and grief on my calendar along the way. Not being hired for my dream job. Walking away from positions that didn't serve my highest good. Married twice, widowed once. Losing my best friend to breast cancer at age 25. Losing my hero, my Dad, four days after Christmas and literally attempting to jump into the grave with his body (guess that was the result of the only child spoiled brat syndrome). Losing my dear mother two days before Mother's Day. Enough for now (smile).

What matters most to me in life is gratitude, the gift to serve, and being the proud mother of my son and daughter and the doting grandmother of my adorable granddaughter.

*What's Next for Dora?*

"I don't know because I am still redesigning!"



*Dora Carpenter*  
Certified Professional Coach