

MAKE YOUR LIFE



Pallas Hupé Cotter

Go from feeling unclear and unsure to feeling clear-eyed
and confident. Learn how to own your value and express it.

Living an extraordinary life means being true to yourself.
And that starts with one simple step: pop that bubble
you've been hiding in and live your life out loud.

You don't have to shout.
You just have to give voice to who you are.



**Life is short.
Make it POP.
Make it
extraordinary.**

If you're feeling trapped by life, Pallas will show you how to pop that 'stuck' bubble and gain the confidence and opportunities you deserve. She knows because she's done it! And she's a kind and compassionate guide, who wants you to succeed.

— **Catherine Robertson**, novelist, reviewer and radio panelist

This book is dedicated to my brother. I lost him without being able to help him recognize his own immeasurable value. That experience turned my passion for helping people lead extraordinary lives into a mission to help 100,000+ people lead lives that POP—lives full of passion, purpose and personality. My motto became: Life is short. Make it POP! Make it extraordinary. I now share this message with everyone I can.

BOOK PREVIEW

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Introduction

Should you read this book?

Yes, if you feel you're

- insecure about your future
- unfulfilled and unsatisfied, like you're missing out
- focused on everyone else; duty-bound by "shoulds"
- out of alignment with your values and no longer passionate about what you do
- afraid you're "less than", when you compare yourself to others
- too often undervalued and overlooked
- feeling drained, out of energy or calling in sick a lot
- longing to do something else or even be someone else
- pasting on a smile and acting with "frozen politeness"
- forcing yourself to push through but not feeling rewarded for it
- putting on a persona; trying to fit an "image" of success

If this isn't true for you, fabulous. You can stop reading right now, if you want.

But at least *one* of the things on the list above *is* true for plenty of people. It was for me.

In the early 2000s, I was living life in a bubble: married + two kids + dog + big house + a "glamorous" career as a TV news anchor. To the outside world, I was living the American dream.

But inside I felt trapped.

I realized, with a growing sense of desperation, that I'd outgrown that particular dream. My job had become one that "ate my life". There was never enough time for my kids, my husband or my friends, and there were parts of me that felt undervalued and overlooked.

Still, I didn't dare admit I was stuck.

I felt I should be nothing less than grateful.

And, that life was the one I had worked so hard and sacrificed so much to achieve, right?

So I pasted on my smile and did the same thing day after day.

The truth is that “stuckness” comes in many forms. It can even be disguised by success.

Instead of feeling guilty or scared if you feel stuck, try to reframe it as an opportunity.

Finally I recognized that.

I chose to pop the bubble I was stuck in and step out of my comfort zone, to re-evaluate where I had ended up and then to realign and reinvent. I ended up working in a different field and even in a different country. (I moved to New Zealand.)

Don't worry, you don't have to go as far as that. But, bottom line, if you feel like you're not living the life you were meant to live—one that's infused with purpose and passion—take this as your cue to to change.

Who should read this book?

You, if you want to seize the opportunity to

- regain your confidence and mojo
- discover what really motivates and inspires you
- get out from under the weight of “shoulds”
- reconnect with your core values and passions
- be truly satisfied by how you spend your time and energy
- see and own your value, finally
- find the words to describe who you are and what you want
- be recognized and rewarded instead of overlooked
- feel re-energized, fulfilled and purposeful
- rediscover or redefine your authentic sense of self

I did it, so I know you can too.

Just a few years after walking away from my successful news career (and some people thought I was downright crazy to do that), I found myself standing on a TEDx stage in New Zealand, talking about leading an extraordinary life. By then, I had co-founded a start-up and found my mission in the process: to help anyone learn how to lead an extraordinary life—a life that pops with passion, purpose and personality.

Why? Because life is short. Our time is limited.

You don't have to quit your job or move halfway around the world to create *your* opportunity.

And you don't have to wait until you hit a breaking point like I did.

You just have to read this book.

I've designed it to be short and sweet so that you can quickly break through what's holding you back. I've included questions to ask yourself and solutions you can try immediately. I've also included plenty of resources to help you, at the end of the book.

Keep reading if you want to connect to that passion and purpose and express the personality you've lost (or maybe felt you never had).

Keep reading if you want to make your life POP, today.

Chapter 1: Feeling Stuck?

How many people do you know who feel stuck in their lives? Trapped in jobs, relationships, communities, or even bodies, that don't match who they are.

But they tell themselves they have no other choice. They can't afford the time, money or energy to get unstuck. They don't know how.

Does that describe you?

Where do you feel trapped?



Maybe you are paralyzed by fear and doubt, and you

- doubt your ability to change
- are afraid of failing
- feel uncertain about taking a chance

Or perhaps you just feel a bit fuzzy, and you

- can't see the value you offer
- find it hard to visualize what you want
- are unable to see the path forward clearly

Or maybe you can see clearly but have no words, feel like you have no voice, so you

- can't express who you are and what you want
- are uncomfortable about owning your value verbally
- can't articulate to others how you could be of value to them

You may feel like you're trapped in one or even all of the little bubbles I've described above.

You might even admit to feeling protected there, safe in your comfort zone.

But if you aren't confident enough to make a change in your life, you're simply stuck in your bubble. And that traps you in your **no-confidence zone**.



You're missing out on your best life, on being your authentic self and on living the life you deserve.

I know. I've been there. I've found myself trapped in each of those little bubbles.

I told myself all kinds of stories about why I couldn't change.

Until one day I finally recognized the signs that I had no choice but to change.

Beginning to sound at all familiar? Stay tuned to learn how to recognize the signs you might be stuck.

Chapter 2: Sending Out an SOS

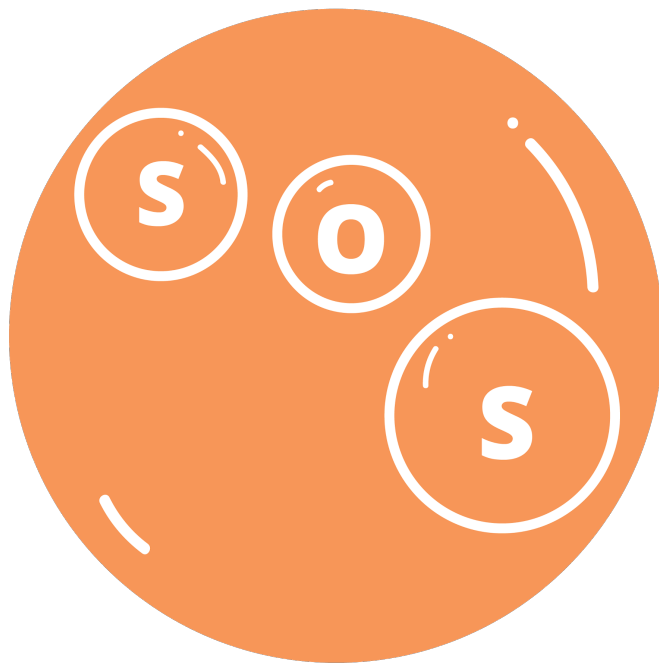
When you're trapped in your bubble, there are clues.

Are you seeing any?

I felt rumbles of discontentment, pangs of guilt, outbursts of rage. And I got sick. *A lot.*

This is not a healthy place to live.

When you're stuck in a bubble, you start sending out an SOS.



S = suffering **Symptoms**, because you aren't able to be who you are and express what you want.

- You're feeling out of alignment and disconnected from a sense of purpose.

- You're growing silent or sighing incessantly; feeling constantly stressed.
- You're indulging in unhealthy habits; gaining weight; getting sick a lot.

O = feeling **Overwhelmed** by your sense of "stuckness" and lack of clarity.

- You're paralyzed and unable to change.
- You're overcome with emotion but unable to act.
- You're overpowered by all the choices that you could be making but aren't.

(And here's the rub: the more overwhelmed you feel by stuckness, the more stuck you get!)

S = **Spilling, Spoiling** or growing **Silent**.

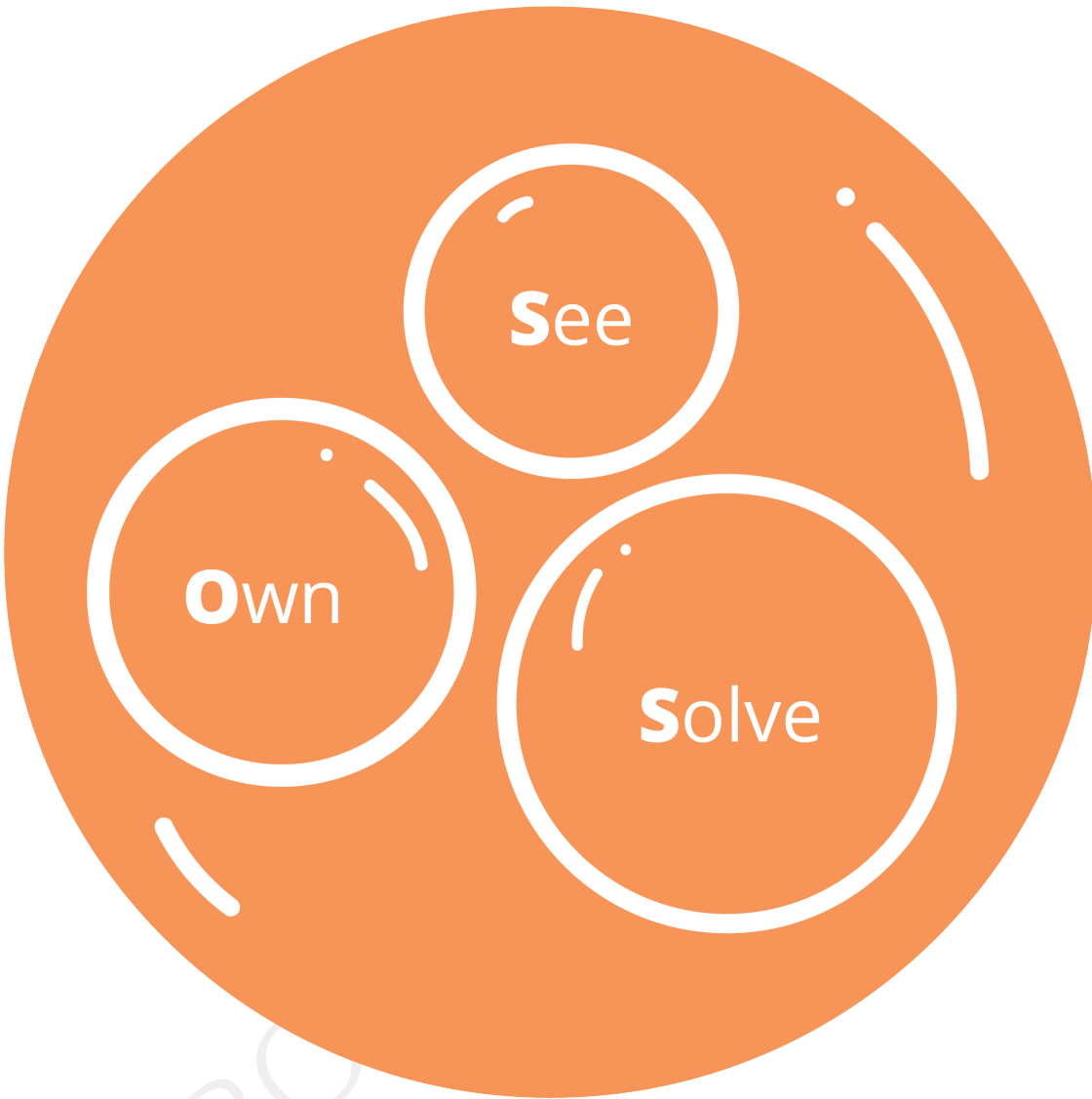
- You're spilling the beans to anyone within earshot about how unhappy you are.
- You're spoiling it for everyone else; letting your unhappiness taint the atmosphere.
- You're growing silent; withdrawing; not acting like your usual self.

If you can see symptoms you recognize, then it's time to own them and solve them.

I'm a big fan of reframing, and I reframe "SOS" in different ways.

One is: **See, Own, Solve**.

See your symptoms, **Own** them, **Solve** them.



All too often, we wait until a crisis hits before we acknowledge or admit we've been sending out an SOS. If you're sending out an SOS, it's time to start popping your bubbles.

Chapter 3: Popping Bubbles

We are very lucky to live in an era, and in a world, that gives us the freedom to change jobs, relationships and even our own bodies in more ways than we ever thought possible in the past.

So, what's stopping you?

As I've said, it's often based on the stories we've been telling ourselves. And they're mostly fiction.

I've worked with clients who, after realizing they'd been telling themselves stories about why they were stuck and had to stay stuck, finally found the words and the ways to get unstuck.

Who am I talking about?

- professionals like me who felt they had too much at stake in their careers to pivot
- mothers who didn't know how their skills could be of value or translate professionally
- people abandoned by partners, who had to fight to reclaim their confidence and power
- women who were conditioned by society and/or by family to undervalue themselves
- men who did exactly what society expected of them (i.e. got the job, the family, the white picket fence; climbed the corporate ladder) and were then dismissed as "pale, male and stale"

My clients—from stay-at-home mothers to full-time professionals, from lame ducks to leaders—have awed me as I've watched them step out of stuckness and into their power. I've seen people grow from ousted-from-their-career to finding-a-new-groove-as-a-volunteer, from feeling worthless to feeling valuable, and from being unseen and overlooked to being recognized and rewarded.

You can do that too. I promise.

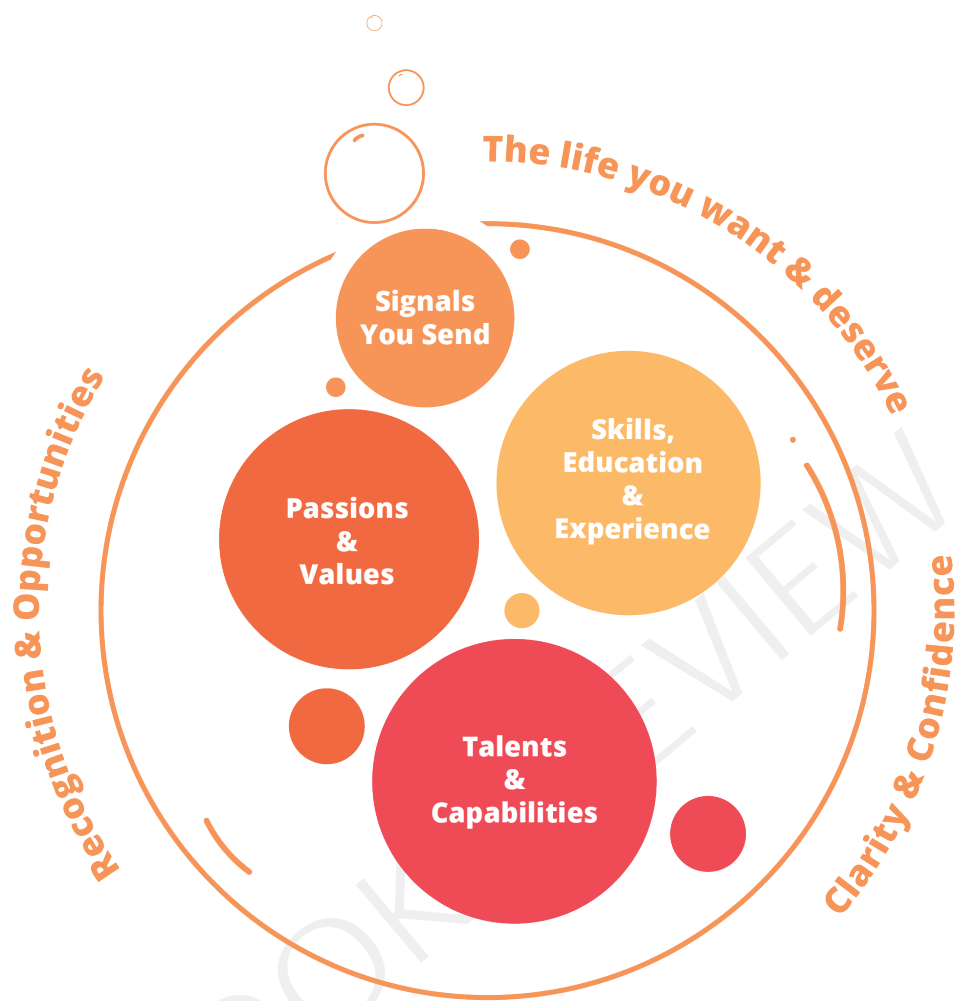
If you're brave enough to step outside of your comfort zone, willing to recognize and own your true value and courageous enough to choose to grow and change...all of that is what I call popping bubbles.

Inside your bubble, if you stay, you will continue to feel uncertain and unclear, under-sell and under-serve yourself and hold yourself back from the life you are meant to live.

Outside your bubble, if you choose to pop it, you'll gain more clarity and confidence than you might believe is possible and you'll finally be able to claim the recognition and opportunities you deserve.

By popping your bubble, all of your wonderful strengths will finally burst through. Others will be able to see them too. And then you can build on them to create the life you want and deserve.

BOOK PREVIEW



But first you have to know what your strengths are. Let's start right now by **pinpointing** them.

END OF BOOK PREVIEW

Reconnect with who you really are. Get more motivation. Build your resilience. Change your mindset.

Learn how to lead your best life, especially as we pop our bubbles and step out into the world again.

Life is Short. Make it POP! Make it Extraordinary.