

What Do You Do When Life Doesn't Look Like You Thought It Would? You Get Mentally Tough!

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, Connie will impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean her expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

Your life doesn't look like you thought it would. Your circumstances don't align with what your heart desires. Your relationships haven't been fulfilling and successful. You're still single, or maybe even single again. Mental toughness coach, Laura Eiman understands the disappointment and sadness of both. A divorce in her late forties was a catalyst for not only powerful life transformation but through it, she also discovered and stepped into her purpose. In this episode, Laura and Connie candidly discuss their own personal struggles with being single and single again (through a divorce) and share wisdom and insight to help you apply mental toughness strategies to alleviate pity parties, feeling like a victim, and overcome the pit of loneliness so you can have FUN and feel JOY in the midst of singleness, divorce, and other life disappointments.

In this Episode, Laura:

- Shares the impact of her mindset shift and how her life has turned for the better because of believing in the phrase, "I can."
- Unveils the silver lining of hitting rock bottom and the obstacles that presented themselves as opportunities in spite of her divorce.
- Shares the seven-day "mental challenge" that sets you up to be 1% better tomorrow!
- Breaks the stigma regarding being a single woman and how she not only copes with disappointment but thrives in spite of it.
- Shares powerful practices to move through disappointment and self-pity

Laura Eiman is a gold medal Olympic weightlifter, a Navy SEAL certified mental toughness coach, and a successful entrepreneur endorsed by Oprah, Barbara Walters, Rachael Ray, Kathi Lee, and Hoda.

Today we're dealing with a chaotic world and a constantly changing work environment. Laura believes these external circumstances do not have to discourage you from becoming a successful entrepreneur. All winning begins with having a mentally tough mindset.

She travels the country (and now speaks on Zoom), giving workshops on how to become mentally tough so you can 20X your potential at launching your new career or excelling at your current job.

Her personal stories of achieving success by becoming mentally tough are a testimony to how powerful the mind is:

1. Laura shouldn't be alive today. Her epitaph would have read "Death by donuts and Dove bars." A sugar addict and junk food junkie for 40 years, Laura developed a 4 step mental toughness program based on the mindsets of Navy SEALs and Olympic athletes to break away from this toxic habit. She has been off sugar and junk food for 20 years.
2. Using her mental toughness skills, she launched a business in her spare bedroom (knowing nothing about business!) that quickly garnered endorsements from Oprah and others on TV and in 7 national women's magazines.
3. At age 63, Laura started taking Olympic Weightlifting lessons. Again, practicing her mental toughness program she became Florida state champion, won a gold medal at the Pan Am Games and qualified twice for the world championships.
4. In 2020 she trained with Navy SEAL Commander Mark Divine and received her "Unbeatable Mind" coaching certification. When CoVid lifts she will travel to California to train physically and mentally with Commander Divine and his SEALs at his "SealFit" camp.

Laura is an ordinary person, now doing extraordinary things because she got mentally tough. She wants the same for you.

Are you ready to stop the negative chatter in your mind, dump your fears and 20X your potential at becoming a successful entrepreneur?

Let's go! Here's Laura.

Quotes from this Episode:

"As long as you're playing the victim game, you're not going to grow." – Laura Eiman

"Shifting your mindset and shifting your beliefs takes time. We have to be patient and we have to be resilient. The cake doesn't bake immediately." – Laura Eiman

"I am on this planet for two reasons, to have fun, and to serve others in need." – Laura Eiman

"Use your disappointment to become better. You are not alone, don't use it as an excuse." – Laura Eiman

Resources:

Website: www.lauraeiman.com

Twitter: <https://twitter.com/lauraeiman>

Instagram: <https://www.instagram.com/lauraeiman/>

Linkedin: <https://www.linkedin.com/in/mentaltoughnesscoach/>

Golden Timestamp:

19:05 – 21:06: The beauty of embracing process and consistent effort that guarantees long-lasting results instead of leaning into wavering commitment and instantaneous outcomes.

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