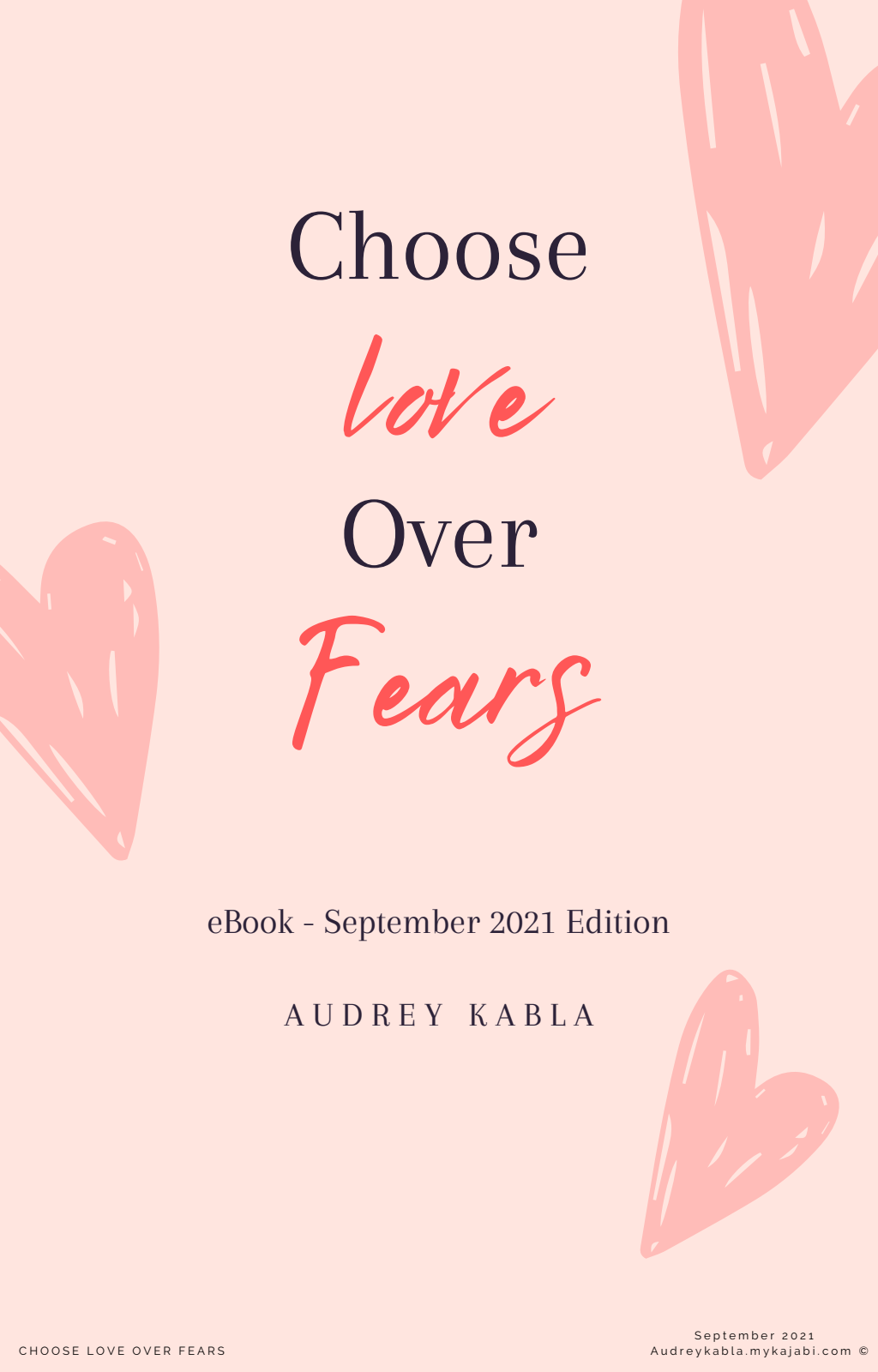




Choose

Love

Over

Fears

eBook - September 2021 Edition

AUDREY KABLA

"Love more love every day.
Love is all and all is love.
And the more you love,
the more love brings you love."

Audrey



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The Precious Life

The Precious Life Method



The Precious Life Method

With The Precious Life, you get real and take action in a simple way.

You are here to make a change, the change.

I will guide and support you on building the lifestyle you desire and making your dreams come true. I am here to help you thrive during struggles and challenges.

What we are building is made for you to use simply and right away and to customize them/adapt them to your lifestyle and your wishes.

We are here to take actions and feel closer and closer to our dreams.

We are a community of Happy Achievers.

I built The Precious Life to bring you guidance with fun courses, customizable methods, routines, and access to a community of Happy Achievers that understands and supports you and your desires.

5 things I promise you to learn and master with The Precious Life:

- How to thrive! Dance and sing even under the rain
- How to free yourself from anything you don't absolutely love
- How to take actions at your rhythm and see the results
- How to envision and build the lifestyle you desire
- How to share and contribute valuably to people that will grow with you

What you will NOT have from The Precious Life

- Fuss: lots of blabla and not real back up
- Lots of theories and overwhelming content that you don't know what to do with
- Superstar success recipe that will transform you in a very happy millionaire overnight. Sorry, not sorry!

Want the change, trust yourself and life, build the momentum and take actions. The change will happen.

Course Structure

Each month, a new course is released. The course is made to be timeless so you can start whenever you want. We will update it for you and release some very precious gifts and offers for you to try it!

Each of The Precious Life Course includes:

- Modules: Videos, Podcasts & Notes
- Practice: Workshop and Activities
- Q&A Session: Live or Replay
- Self-assessment, Action Plan Etc.
- A Precious Surprise. Always!

This content is available for all members. Become a member and access to many courses, routines, soirées, eBooks, and surprises. You can also purchase the course with no membership.

How does it work?

Course length will vary. Each course is organized in modules including additional bonus here and there. When a module is released, you will be notified on The Precious Life Platform and via email.

Each module includes a video, a podcast, and written notes. You can download the pdf documents of course and choose the best method for you to discover the content I have prepared for you.

I love surprises and I believe you will adore the ones I have prepared for you. It could be some ateliers for example. This will help you do the work, dig deeper and move the needle. Everything I create is effective, real and fun to deal with, I promise.

There will always be one live session that can be a Webinar, a zoom or on some other platform. This live is available also as a replay

Don't feel like you have to rush anything. This whole content will remain available for you as a member and if you have purchased this course "a la carte", you have an entire month to go through it. Plenty of time!

What is the content?

What there will always be: objectives, methods, guidance, examples, games or workshops.

We will take examples of struggles that you might face and how you can thrive. We will share the success stories of the community of Happy Achievers that you are part of!

I will answer your questions and do my best to guide you and spread the love. Do's and don'ts and emergency kits are also a very precious tool we use for you to be kind and patient with yourselves while implementing the necessary changes.

And once again, we have chosen to provide you the content in a video, a podcast and a pdf written format. You pick what you prefer, and you take things home with you to keep, use and reuse!



How to make the change?

1. Prepare yourself

Quiet space, block time in your schedule, consistency, meditation, lunch time rendez-vous – mark it in your calendar, set an alarm and commit.

2. Read/Listen/Watch

Enjoy! Take notes, journaling! Share on social media and write to us

3. Questions (if necessary)

Attend the live session and ask your questions. Those questions are related to your struggles and opportunities in both your personal and professional lives. I will answer them and the Happy Achievers that you all are will be able to add value as well!

4. Take actions

Tips, ateliers and games are here for you to take actions, if possible, in the NOW! Let's move, let's thrive, let's overcome our fears of imperfection, unknown, failure, success etc.

5. Play & Reward yourself!

The Precious Life is all about Precious moments. You do the work? You reward yourself. I will reward yourself too with surprises! Each course give yourself an objective. And once this is settled, find the reward you want to pamper yourself with!



The Precious Life

INTRODUCTION



INTRODUCTION

Bonjour to you!

I hope all is well for you!

Oh my... this ebook was not easy to release. And I am glad we are connecting through it today. It is a very powerful subject. So deep and repetitive in our life and when changes happen.

September has been a month of self-birth. And while love shines at the end of the tunnel, it is hard sometimes to keep focused on your desires and your dreams. Because fears play with you. Their goal is to make you weak, to challenge you, to actually make you grow. If you read those words, I am sure you can relate.

This happens a lot and faster when change is actually right around the corner.

This past month, I was gifted by so many struggles adding up on me. This struggles came in different forms: insomnia, doubts, appointment cancelled, delay on important projects, unplanned expenses etc. My throat got tighter. My body got weaker. I lost my balance. My routines went out of the window for a little while. I felt bad. But believe it or not, I felt great too. I have come to understand that fears get stronger and bigger and more agitated when change is right around the corner.

When you feel this unsteadiness, you are being tested. And if you are being tested it is because you have in you so much more to discover, create, grow and benefit from. You are materializing your dreams.

Therefore, when things go wrong all around and you are trying to achieve positive things in your life and transform, this is life telling you to keep dancing under the rain. You are in an exam. You are passing it! Keep focused.

Yes in a situation where you are moving things around, you can feel that your life is shaking all around. Unexpected bills or people rejecting you for no reasons. Some material breaking down or things you love that you cannot put a hand on. So many signals accumulate, this announces change! Especially if you have been visualizing and materializing it!

The one thing that helps facing fears for what they are is LOVE.

This ebook, under the theme of "Love over Fears", is a very special writing I am sharing with you. I had been willing to talk and write about it previously but for some reasons, life had other plans. I wasn't ready yet to deliver. Some more eye-opening adventures were to make me grow first.

INTRODUCTION

The point of all of this is to understand what they are saying and how to keep focused while the storm is out.

You will not give up.

You will not feel discouraged nor small.

You will trust yourself and celebrate each tiny victory.

You keep going.

And your fears, well remain fears, but are not that scary or in control anymore.

You welcome change with love and smile

You release control and trust life that the best will happen (for real)

And you obviously know what we are welcoming after a big storm and lots of rain?

Sunny days! Lots and lots of beautiful weather, peace and joy.

Because you choose love over fears.

I am so delighted to share with you the ideas I have gather around the subject. I have prepared for you some methods to choose love and tell your fears to shut up repeatedly

until they understood you have outgrown them.

One very important thing I want to let you know is that we are going to dig deep in this course. You may feel fears talking to you and trying to discourage you from moving on with it. My advice: keep reading. Complete the questions. Take notes and go through the process. Those fears will seem so much smaller at the end of it.



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OBJECTIVES



OBJECTIVES

What are the benefits from choosing love over fears? Easy!

You decide on what you really want

You grow confidence and resilience

You learn how to take distance from the little things that could discourage you

You listen to your intuition

You follow your dreams

You make your projects happen

You act and react with a conscious mind

You act with feelings instead of emotions

You are happier and live freely

You access to a deeper level of spirituality

You attract success and positive people and things

Last but not least, you make the shifts that will change the life for the better!

Pretty beautiful right?!



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MODULE #1: FEARS, WHAT ARE YOU?



MODULE #1: FEARS, WHAT ARE YOU?

Definition of a fear:

Fears are part of our human condition. They are necessary. They keep us connected with our self-protection instinct.

A Fear is an emotion that let you know of a danger or a threat. This danger or threat can be real or suggested by your mind, in the present time, in the imminent or later future.

Fears can make you act or not act. Depending on you but also of the situation you might activate specific reactions or being in the impossibility to react.

When I give here the definitions of fears, I have the impression of talking about spiders or even scarier insects. I used to be petrified by spiders.

How do we feel fears?

Physically, it can materialize by an acceleration of the heart bit, shaking, voice extinction, red marks appearing or any other phenomenon that can diminish our self-confidence.

It can also materialize being and feeling immobilized, not being able to speak or move. And at the opposite, you can also feel stronger than ever and be very assertive with the situation. You can deploy an outstanding physical force, you can talk louder, you can solve problems quickly and have major ideas popping up in your mind.



Why are fears part of our human conditions:

Fears are reactions that living beings have. They are here to prevent you from danger. You need fears to protect yourselves. Fears are not negative. Not always. They can empower you at the best version like they can make you so weak.

If you feel something is wrong, you can save yourself.

For example, there is something on your path that will make you fall, and you will hurt yourself. This is fear helping you avoiding this danger. Fear is precious in those scenarios.

We need fears to live well and safely. And we will discuss how to see first as signals and distinguish the healthy ones from the limiting ones. We will also see how to turn off the limiting ones when needed to act.

Fears are what hold us back. They are also what drive us well in some situation. They are also the foundations of conformism and normality. They are part of human nature.

Once you understand how they come to us, what they say what they say and how you react on them, you are able to see them for what they are. You can decide to choose to stay with them or disconnect them whenever you want. And this makes all the difference in you.

You are in charge. You have a clear mind. You are powerful.



Which fears do you want to manage?

With your main goal is to achieve your dreams and build the lifestyle you desire, some fears will warn you of the danger of change. Change means getting out of your comfort zone and might the results be good or extremely good, the signals of fears will remain the same.

Here we are talking about the fears that are holding you from making the changes. The ones we want to shut down a little when making decisions and taking actions. You don't want to never hear them that would be dangerous. But you want to be able to understand what they are and often how irrational they can be. And once you make up your mind, you want to be able to not hear them so loud.

Depending on how you welcome life, fears will make you walk through hard times as if you were lost in a hostile jungle.

You are trying to find your way and while doing so, you hurt yourself with the branches and leaves that surround you. They hold you tightly. They are telling you it is better to stay where you are even if you are not that happy. You don't know what will come from change. What trying? Are you even capable of that? They poison you with thoughts testing your resistance and your desire to achieve greatness. They may make you weak and unable to move but trust me each time you overcome them, you grow so much.

They are actually here to help you grow!

You dream of freedom, happiness, success, prosperity, discovery, love. You are thirsty for all of that. Your fears will hold you back. They draw limits, responsibilities, lack of power and possibilities that were either taught to you by your social pairs (family, schools, friends etc.) or that you nurtured on your own.

They are the one reminding you what you tell yourself to suffer. They are the ones that will keep you from moving with controlling ideas such as:

"You are small, you have nothing special", "it's too late", "you will never have what you dream of", "what makes you think you can do what all the people around you can't?", "Life is unfair", "You can't do what you want", "Nobody likes their job", "You can't be happy all the times.", "Life is not a fairy tale", "Dreams are for children", "life is about sacrifices and compromise".

LET'S STOP THEM, SHALL WE?

The Precious Life

MODULE #2 FACE YOUR FEARS



MODULE #2: FACE YOUR FEARS

To reduce fears and treat them for what they are: signals of danger, the first and best way is to open your eyes to them.

The sooner you understand what is on your mind and why the better and quicker you can move on with your life.

Not addressing it is a common mistake often because it feels and it is scary and painful. And also, because you might not know how to proceed.

Therefore, the first and best solution to choose love over fears is: TO DEAL WITH THEM!

Here are some questions, I suggest you to fill in. This will put your fears under a microscope and you will be able to dissect every inch of them. Once dissected, well... fears are not scary anymore.

Ready? Let's talk negative thoughts, then. What are the reasons you believe you can't be successful?

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What are the worst fears you have about yourself? Don't be scared.

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What are your worst fears about others?

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How do you act or react when you are scared?

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Is there anything positive in it?

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What is the negative part of it?

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Trace your attitude back to your childhood and discover the roots of these fears and self-sabotage? Why do you think you can't be successful?

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Now imagine that these answers belong to your child, your siblings or best friend. Write down what you would tell them in order to make them understand those fears have no impact on how great and amazing they are.

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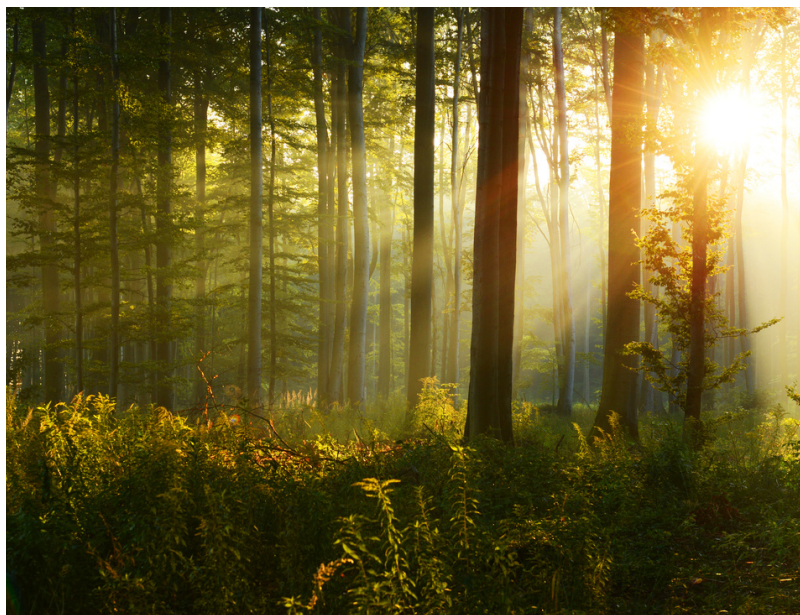
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The Precious Life

MODULE #3: CHOOSE LOVE: STOP NEGATIVE THOUGHTS



MODULE #3: CHOOSE LOVE: STOP NEGATIVE THOUGHTS

Notice that the title of this chapter doesn't talk about stopping fears. To choose love, you will still hear your fears. However, you will learn how to choose less from fears and more from love.

I invite you to discover the book "The Mastery Of Love" written by Don Miguel Ruiz. In the early chapters of this book, I really loved how is described our relations to fears.

As humans, most of the choices and reactions we have are made of fears: fear of loss, fear of being alone, fear of failure and so on. When we are choosing something just because we like it, this is love. And if we look objectively at our present life, the things we do because we want to are really rare. Aren't they?

And in today society, the people that do things out of love often seem careless and on a dangerous path of failure. That is what we want to believe at least. Because it is reassuring to believe that none of can really only do what they want and not what has to be done.

Don Miguel Ruiz also talks about reprogramming our mind to slowly choosing more out of love.

How? Simply by reducing the volume and quantity of negative thoughts. And here we will see how.

HOW TO STOP NEGATIVE THINKING

How to change and reverse the negative thoughts?

1. Generate happiness
2. Bring positivity and lots of positive thoughts
3. Strong routines
4. Changing your wording: I am going to try to, let's hope that, I wish I, I really hope that... but I don't think it will happen. The more you are thinking of something, the bigger the chance for it to happen
5. Stop feeding negativity
6. Ask for help.
7. Take actions. Do not wait. DO not be scared to put yourself out there. What if it is a no? Well what if? Nothing much! There are 7,5 other billions of human beings. Falling means success. Only those who don't try, never do anything.

1. Generate happiness

Be grateful! It sounds cliché. Maybe. I know it does. But it works!
See the glass half-full!

Be thankful every morning, every night before going to sleep. List all the things you are happy to have in your life. People are included, food, movies, books, painting walls, laughing with your siblings anything can enter in the list.

Each time you think of our abundant of love and grace your life is, it becomes more and more beautiful in your mind. And what you visualize in your mind happens in your life.

2. Bring positivity and lots of positive thoughts

First, I would like to imagine your mind, your heart and your destinies as big land. Anything can grow on them. If you plant roses, geraniums, tomatoes, serrano peppers, eggplants, anything delicious and beautiful like that, they will grow. You can have a breathtaking garden just by planting the flowers, vegetables and fruits seeds you love.

These beautiful seeds are positive thoughts. The more you have, the more you grow. The more you grow positive thoughts, the more beautiful things happen to your life. It is the very famous "law of attraction".

The more you have positive ideas, the less space you give to doubts and negative thoughts.

3. Strong routines

I am writing these lines to you while I am literally struggling with my routines. Because change is right around the corner and I am in a place of deep discomfort. I lose balance and rigor in my routines. So trust me. I know it is not always easy. And it should not be. So first rule: do not be hard on yourself. And second rule: never stop trying.

I went back to the swimming pool on Sunday. And this was probably the best thing I did last week for my body. I am going this afternoon (we are on a Wednesday) and I will go again on Sunday. Twice a week. I don't think. I don't hesitate. My bag is ready. I go. I swim. And I retrieve my balance slowly.

You are hearing it everywhere: routines are powerful tools to increase our productivity, self love, happiness, creativity, confidence. You are more anchored in the present moment. You are proud of yourself. You are generating powerful positive energies.

So might you have only a morning or an evening routine for a start. You might also set up alarms reminding you to take breaks, to be happy and grateful, to think of 3 things you want to do today.

Anything you do to set up some happy moments as habits in your life will chase negative thoughts!

4. Changing your wording

"Oh my... this one is a hard one!"

LoL. Looks like there is still some progress to be made on the wording part, right?

Don't say "I will try", say "I am".

Don't talk in negative sentence such as "The weather is not too bad today", instead think "I am lucky for this nice weather today".

If it sounds very mellow to you, you really should try and implement it!

5. Stop feeding negativity

Important notice: Here I am talking about little situation of life. This part doesn't work for traumas.

Your brain cannot distinguish when a bad situation is lived or remembered. This means that you will always feel the stress or the fear when thinking of a bad memory.

You don't have to live it for real to feel all the negative thoughts that came with it. Each time you think of it, each time you talk about it, you are poisoning your mind and your heart with that.

So when something happens and you are not happy with it, share it with one person. My advice is one only. And basta. Then, each time your mind wants to bring it up, stop it. Listen to music, sing, dance, work. The goal is to stop making this small thing a huge thing in your mind and in your day.

You will ruin your time and you will grow more bad seeds than good ones.

6. Ask for help

Negative thoughts are often difficult to reduce when we have lived very difficult situations. We might live in a perpetual fear. We might also behave with post traumatic disorders.

One example is to have the same thoughts over and over all day long and never be able to stop thinking about that. In that case, my best advice is to get help from a professional. I am talking psychologist or more.

One the traumas are unlocked; you can let go of negative thoughts. Anyone can do it. I personally believe deeply in psychology, and I feel blessed to know there is always a way out from the prisons we can build in our mind, our heart and our body. I am talking from experience.

7. Take actions

Do not wait. Start today. Start now. If you feel like you are going back into old patterns, it is perfectly normal. We are reprogramming our mind. Keep going. And instead of looking at when you fall, applaud your victories and each time you stand up again one your feet.

8. Make failure the best friend of success

Understand that to meet success you will have first to meet failures. Lots of failures. If we are lucky, success is 10% of anything we do. This also means that 90% is failures. So you can either decide to work for the 10% or to give up because of the 90%.

If you are here, reading this ebook, I know you are a fighter. So you choose the 10% and you never stop trying. And each time failure shows up, be thankful. It will teach you things and therefore will bring you closer to success!

DO not be scared to put yourself out there. What if it is a no? Well what if? Nothing much!

There are 7,5 other billions of human beings. Falling means success. Only those who don't try, never do anything.

9. Stop judging

Love will multiply all around you when you understand that perfection doesn't exist. Perfection is an utopic failure system that grow in our society and we pass it on to our children. You believe, we all believe, that a great thing is a perfect thing. And a perfect thing is without imperfection.

As an expert in Luxury goods and services, the thing I love the most in the luxury business field is the human part of it, what we call craftsmanship. What creates value and scarcity is human imperfection. We, as human, are fascinated by what is made by our pairs. There will never be 2 similar artisan products.

As humans, we can never replicate twice the same thing. It becomes unique and timeless. In Luxury, imperfection is what makes our products and services so valuable and special.

In real life, it is exactly the same. Your originality and your imperfections will make you unique.

People will love you for them!

What do you hate in other people? Attitude? Failure? Beliefs? List them all

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Anything you dislike about people is often telling you what you dislike about yourself.

See yourself judging. Judging others. Judging yourself. Don't blame yourself. Just acknowledge it

You are judging yourself way hardly than you are others. It can be on a physical aspect, on success, money related, culture, knowledge, elegance, happiness, social calendar, all of the above or something else. If you are already looking at yourself when you do it. With no judgment just seeing when your ego is making you wear this mask of pride and control, this is already a great win.

Any thoughts, memories, thinking coming up? Write them down here

[illegible]

How do you stop judging other and yourself?

First step is to notice when you do it. Don't judge yourself at this moment. Just watch yourself doing it.

Spend time acknowledging the things you love about people and yourself. Share it out loud. Create a habit of saying 3 nice things to yourself and others everyday. Learn to love what you hate about yourself. Make peace with it. How? Imagine it is the person you love the most that carry this thing you hate so much. Would you love her or him any less? We both know the answer to that, of course. What would you tell him/her? A message a love to change their opinion of it.

[illegible]

The Precious Life

MODULE #4: CHOOSE LOVE: IMPLEMENT THE POWERFUL HABITS



MODULE #4: CHOOSE LOVE: IMPLEMENT THE POWERFUL HABITS

Some habits grow immensely your confidence and your positivity. Therefore, you are in a better place to do more things out of love (and less because of fear).

Which habits are we talking about?

- Working out: yes, yes yes! 10 minutes per day and maybe twice 40 minutes would be great!
- Caring for others: 1 message per day to someone you love, saying hi or thank you!
- Meeting new people – depending on where you are this is easier or not. Try to meet one new person per week. In the streets, talk to your neighbors in coffee or make new friends on Instagram
- Ask for advice to people you look up to. You may know them or not! But ask. What do you have to lose?
- Pamper yourself with a special activity at least once a month
- Spread love. Smile at least 20 times a day (yes it is a habit too). Make sure you laugh at least once a day. It is good for your health.
- Meditate. The more you meditate, the more you connect to yourself. That is the whole mission of life. You understand so many things and you are able to grow faster. You are calmer.

"Know your truth. Live and come with a purpose."



The Precious Life

MODULE #5: CHOOSE LOVE: REPROGRAM YOUR BRAIN



MODULE #5: CHOOSE LOVE: REPROGRAM YOUR BRAIN

THE 30 DAYS POWERFUL MIND CHALLENGE

Inspired by the Strangest secret of the world video

30 days – if you end up having a fall down and relapsing in negative thoughts or giving up, you should start the 30 days challenge all over again from scratch. It is okay if it happens. Make your 30 days challenge, test and adapt. Repeat and repeat again. Until it becomes you. A complete habit part of your life

1.A vision to keep strongly in mind!

On a card, write down one dream or one vision (sum of dreams) you really want. Put this card in front of your eyes 5 to 20 times a day – as a post it, as an alarm on your phone, as a piece of paper you keep precious. Picture yourself already achieving those goals. Visualize every day! See it, feel your future being here in the present. Only positive thoughts. You are only winning, creating, succeeding, being super happy.

2. Look at the abundance all around you today. And in the future you are creating for yourself.

List it. Repeat yourself you deserve it and be grateful to life and G.d and any spiritual powers that guide you. Feel lucky, spoiled, blessed and very special. Remember you are guided by your mind.

3. Stop thinking of what you fear.

Each time a fear or a doubt want to enter your thoughts, shut it off by replacing it by a positive one about what you know, what you can do and create, what you can bring to the world and what you have been blessed to have.



4. Each day do more than you have ever done!

Give more. Create more. Have more fun. No matter what your job is, do it like you have never done it before. Live 150% of your day.

5. Do not concern yourself with how you are going to materialize your vision.

Know where you are going with your productivity tools of course but release any useless pressure – due to fear of failure or success. Trust the process. Trust yourself. Trust the universe.

6. Read, write and repeat the following words:

"Ask and it shall be given to you. Seek and you shall find.

Knock and it should be opened for you. For everyone that ask it, they shall receive it."

You are your thoughts. You are what you think of yourself (and often others). Your thinking is you.

The big difference between successful and unsuccessful people are their thinking.



The Precious Life

Thank You



Thank You

Dear Happy Achiever,

Thank you for trusting me and The Precious Life program. I hope you have relieved yourself of a lot of things you don't want in your life anymore. You are feeling energized, restored and ready to welcome changes and positive outcomes.

Thank you for playing with ma and for putting the efforts to move forward with your dreams. It is never easy. It is how we grow, and we feel alive. We thrive.

Thank you for all the good words you will spread about our programs.

Next step, once we are restored, is actually to chase our ambitions and truth! And I hope you will join us if you are not a member already!

I wish you The Precious Life you deserve ☺

Audrey

A few words about me

Hello, I am Audrey. I created The Precious Life to support entrepreneurs, artists, travelers and parents thrive constantly and move closer to their dreams.

Life is a precious gift. I believe the best way to celebrate it every day is to dare being who we truly are. This means building the lifestyle we desire, getting to know ourselves while loving ourselves unconditionally. What better way to say thank you than to cultivate happiness?

I think of myself as a serial entrepreneur, an artist, a nomad and a fulfilled mother.

This is some facts about me: With over 17 years within the Luxury industry and more than a decade as a self-employed nomad, I trained no less than 7000 persons and worked with over 50 brands. I reached the 6 figures revenue/year by 32 years old. I was a published author by 33. I lived 60% of the time traveling for over a decade... and yet I wasn't happy nor proud of myself. I had the feeling of living a life that wasn't really mine. I was chasing goals that weren't mine. I had a feeling of wasting my time and soon enough I lost clarity of who I really was.



When I became a mother, I realised the only way I could teach my son to believe in his dreams was if I had done all I could to achieve mine. Being a single parent may have given me even more purpose to save myself to show him that everything is possible in life.

So many things happened since this promise I made to myself. I opened myself to spirituality which helped my get the clarity, the focus and the confidence I needed. I worked hard to rebuild my self-esteem. My body is my temple. I devote time to my family and I do my best at being the best mother my son could have. We have moved to live by the water and under the sun. I am doing the big shift in my professional activities getting closer to my purpose of serving more and better while expressing my artistic soul.

I am here to share with you the technics and methods I have learnt and applied to get inspired and manifest my dreams. The Precious Life is my way to share with you how to thrive constantly remaining true to yourself and your dreams.

Thank you for ready my words. I wish you the most precious life there is.
Audrey

AudreyKabla.com - @audreykabla - support@audreykabla.com

The Precious Life

The End



