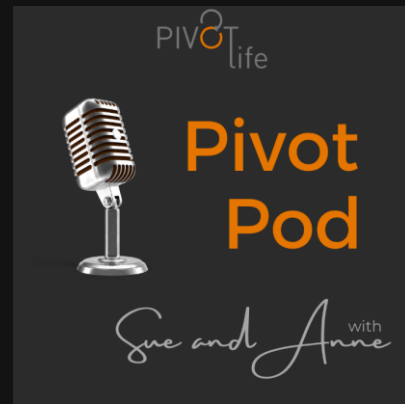


S2 Episode # 2

My huge wake up call that led me to a proud pivot

Lauren (Lozzy) Bornao woke up one morning, her head and hair covered in sticky blood - the night before was a heavy drinking session, she had fallen and cracked her head getting out of a cab. She didn't realise till morning the damage. This was her pivot point. Her commitment was to stop find her true self and live and love life without the alcohol.



Top Tips

Simple steps to action

Get support – you don't need to go down any journey alone

Connect with Facebook groups, support/meet up groups, read books, listen to podcasts,

If someone is challenging your choices, this is because it is triggering to them in some way. Don't take on their insecurities.

If it is a close friend or family member, calmly ask why your choices are affecting them so much. They may in fact reflect that it is not about you at all and it may be an area of life they need to take a deeper look into.

Be gentle with yourself – we are all human! If you slip up, just stop, breathe and reconnect with the WHY for your journey.

Celebrate every little milestone so you have the positives to reflect back on when things get tough.

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Facebook: <https://www.facebook.com/gutfeelingswithlozzy>

LinkedIn: <https://www.linkedin.com/in/lauren-barnao/>

RESOURCES: This Naked Mind – Annie Grace
Sober Time App (Android and iPhone)

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