

FROM THE #1 BESTSELLING AUTHOR OF *UNSINKABLE*

# TAKE CONTROL OF YOUR LIFE

An Inspirational Guide to Eliminate  
Self-Sabotage, Fear, and Take  
Action NOW to Live Your Best Life

SONIA RICOTTI



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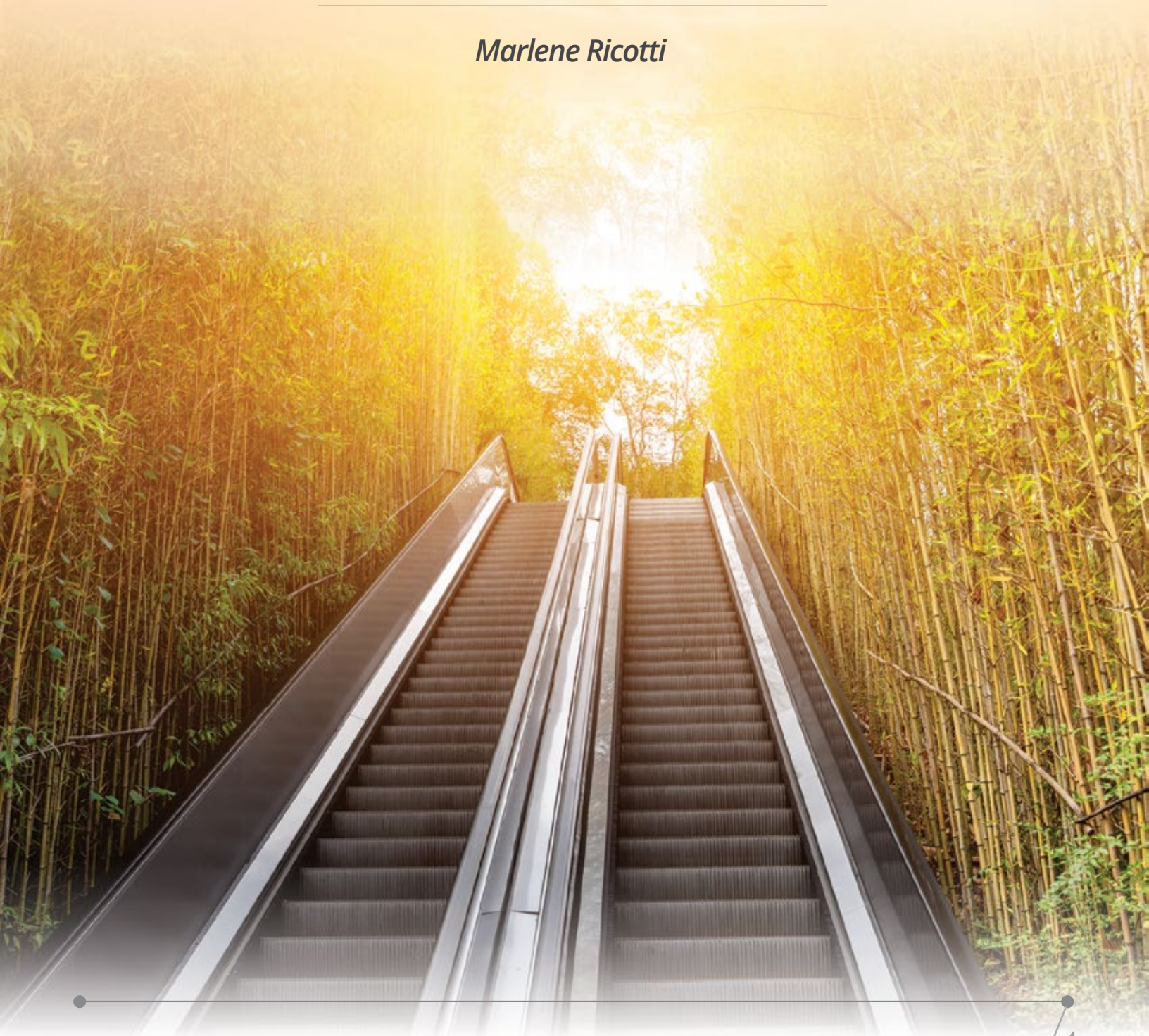


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*"Life is like a staircase. Sometimes  
you go up, and sometimes you  
go down."*

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***Marlene Ricotti***



## About the AUTHOR

Sonia Ricotti is the world's leading "bounce back" expert and the #1 bestselling author of *Unsinkable: How to Bounce Back Quickly When Life Knocks You Down* and *The Law of Attraction Plain and Simple* (also a #1 bestseller).

She is the Executive Producer of the inspirational feature film, [Unsinkable: The Secret to Bouncing Back](#), a blockbuster hit that has received numerous award nominations from various film festivals worldwide, including "Best Documentary" and "Audience Choice" awards. Critics have hailed the film as "*One of the most inspirational and transformational journeys of your life.*"

As the CEO of Lead Out Loud Inc., a cutting-edge, transformational personal development company, Sonia is dedicated to helping individuals achieve limitless success in all aspects of their lives.

Her life-changing film, online workshops, events, books, and programs have motivated millions of people to bounce back in a big way and live their BEST life!

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*If you're going through a difficult time in your life (or you're just feeling "stuck") and would love to turn things around quickly, and begin living your best life, make sure you get your FREE ticket to Sonia's "Unsinkable 2026" 3-day virtual event.*

**You can get your free ticket by going to:**

**[www.UnsinkableEvent.com](http://www.UnsinkableEvent.com)**



# INTRODUCTION

If you're reading this, chances are, life may have thrown you a curveball. If you're feeling lost, overwhelmed, or just plain exhausted from all that's been going on in your life, I want you to know—you're not alone. I've been there too, in the heart of the storm, not knowing if or how I'd make it out.

But here's the good news, I did make it out. I bounced back. In fact, I've bounced back BIG—and so can *you*.

My name is Sonia Ricotti, and today, I'm known as a #1 bestselling author, a motivational speaker, the Executive Producer of the critically acclaimed film, *Unsinkable: The Secret to Bouncing Back*, and the world's leading "Bounce Back" expert. But my journey to this place wasn't a smooth ride, far from it.

There was a time in my life when everything that could go wrong, did go wrong.

I found myself neck-deep in debt (\$126,000 in debt to be exact). I lost my home due to foreclosure. I went through a heart-wrenching relationship breakup (unfortunately, he was an alcoholic) and experienced a very serious health issue. *It all happened at the same time.*

I hit rock bottom, and it felt like I was sinking—like there was no way up or out.

I felt stuck, hopeless, and utterly lost.

I remember thinking, "How did this happen to *me*? This can't be my life!"

That was the darkest period of my life. I was lost. I was filled with pain, sadness, anger, and resentment. But amid the darkness, I found "the way". I found the way to bounce back BIG, and actually take those lemons life gave me, and turn them into beautiful, sweet lemonade.

Looking back on my life, I am grateful for all that happened and the journey I experienced. Being "broken open" was actually the catalyst that brought me to live my greatest life.

Today, I teach millions around the world how to do the same. I teach them how to be *Unsinkable*. I teach them how to live an *Unsinkable* life.

## You Can Do It!

I want you to know, no matter how hard life gets, or how insurmountable your problems may seem, you CAN bounce back.

You have the power within you to rise from the ashes of your past and build the life you've always dreamed of (no matter how old you are or what you've been through).

This book is a simple guide to transforming your life FAST.

It's a short read. It's impactful. It's life-changing.

I've written this book in three parts. Please read these parts sequentially, because each one builds on the other.

The first part is a look at the reality of life. It's a wake-up call. It's the foundation.

The second part shows you exactly how to feel good *right now*. How to achieve true inner peace and happiness even when your life isn't perfect (yes, it's possible to love life exactly the way it is, and exactly the way it isn't), how to let go of the negative past, and end the suffering.

The third part focuses on how to re-invent your life and live the life you've always dreamed of. A life you love and deserve. The time is NOW to make things happen. I will show you how.

So, are you ready to take that journey with me?

Are you ready to take back your life, turn things around, and embrace the incredible life waiting for you?

Let's get started.



# ▶ PART 1

## The “Dash” (Your Life)





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*"Your life is made up of two  
dates and a dash. Make the  
most of the dash."*

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***Linda Ellis***

# What is “THE DASH”?

I’ve been spending a lot of time reflecting these days. Reflecting on life. Reflecting on my life.

What I have done. What I’ve accomplished. How much I’ve worked. How much I’ve loved. It has been a true summary of my life.

I’ve been re-evaluating things. I have been thinking about my values today, and what is important to me. Am I living my life based on my current values?

Where do I want to go from here?

What do I want to do?

Who do I want to spend time with?

What is important to me NOW?

What needs to be taken off that “someday” shelf and taken action on TODAY?

A lot of questions.

A lot of reflecting.

A lot of reflecting on—THE DASH.

What is *the dash*?

It’s the date you see on someone’s tombstone. There’s always a dash on it. On the left of the dash is the birth date, and on the right of the dash is the last day of that person’s life.

The dash represents the time in-between. The dash represents that person’s LIFE.

Yes, the dash. We all have a dash.

It’s quite profound.



We all have a beginning, a middle (dash), and an end.

What are you doing with your dash?

That *dash* *flies* by so fast.

I've been obsessed with that question lately.

If you've been spending your dash being stressed, unhappy, resentful, angry, stuck, fearful, or mentally drained, it's time to recalibrate your dash.

It's time to recalibrate *your life*.

I will show you HOW to do that here in this book.

It's time to level up your dash—your LIFE.

## 1,560 WEEKS

You're probably wondering what 1,560 weeks means.

Well, if you're 50 and you live until the age of 80, you have 1560 weeks left.

On average, we have around 4000 weeks in our dash. Some people have more. Some have less. You can do your own math based on your current age. I have less than that.

I'm not saying this to bring you down, but to WAKE YOU UP!

You see, we all have the same 24 hours in a day. The only difference is what we do with those hours.

Think about it. Every second, minute, hour, day, week, month, or year that you waste, you will never get back. It's gone forever.

People who are living their greatest lives have the exact same hours in a day as someone who isn't.

If we are unhappy and not living our best life, we can so easily blame outside circumstances. We can blame our past, our parents, the lack of opportunities, our boss, our financial situation, our health, our kids, you name it, but the reality is this...

...if you don't like how your life is going, you're the only one who can change it.

That's the good news. It's within your control.

The bad news is if you don't believe you can change your life (and live your greatest life), then you won't.

*The impossible is possible, only if you believe it.*



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*"If you don't like how your life is going, you're the only one who can change it."*

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If you don't believe your life can change, if you don't believe you can shift things and begin living your greatest life (whatever that looks like to you), then it just won't happen.

Why?

Because you don't manifest what you want, you manifest what you believe.

Your beliefs will determine your thoughts, the story you tell yourself, what you will or won't do, and ultimately, the actions you take (or don't take)—and that will determine your outcome (good or bad).

It's really that simple.

To live your greatest life, you need to first believe you can!

To live your greatest life, you need to take action.

To live your greatest life, you need to accept the fact that you may fail a few times.

Expect that. Accept that.

It's not good or bad. It just *is*. It's the journey to your greatest life.

The most successful people on the planet have failed the most. Failure is just part of the journey to success. It's okay. Don't beat yourself up over it.

Failure is feedback. That's it. Take the feedback, make the adjustments, and move forward.

In order to live your greatest life, you need to realize that the journey towards that life **IS** your life.

It's not the outcome (or the destination). It's the JOURNEY.

That journey will have its ups and downs.

But you have to do something. Sitting around waiting for things to change (or happen) is the best way to not achieve your greatest life.

Keep on doing what you're doing, and you'll keep on getting what you're getting.

So many people have big dreams, but they have them parked on the "someday" shelf.

Do you have dreams on that "someday" shelf?

Really think about it. Do you?

Keep on reading this book. You'll uncover what you really want. What really matters, and believe it or not, it may be different than what you've thought all along.

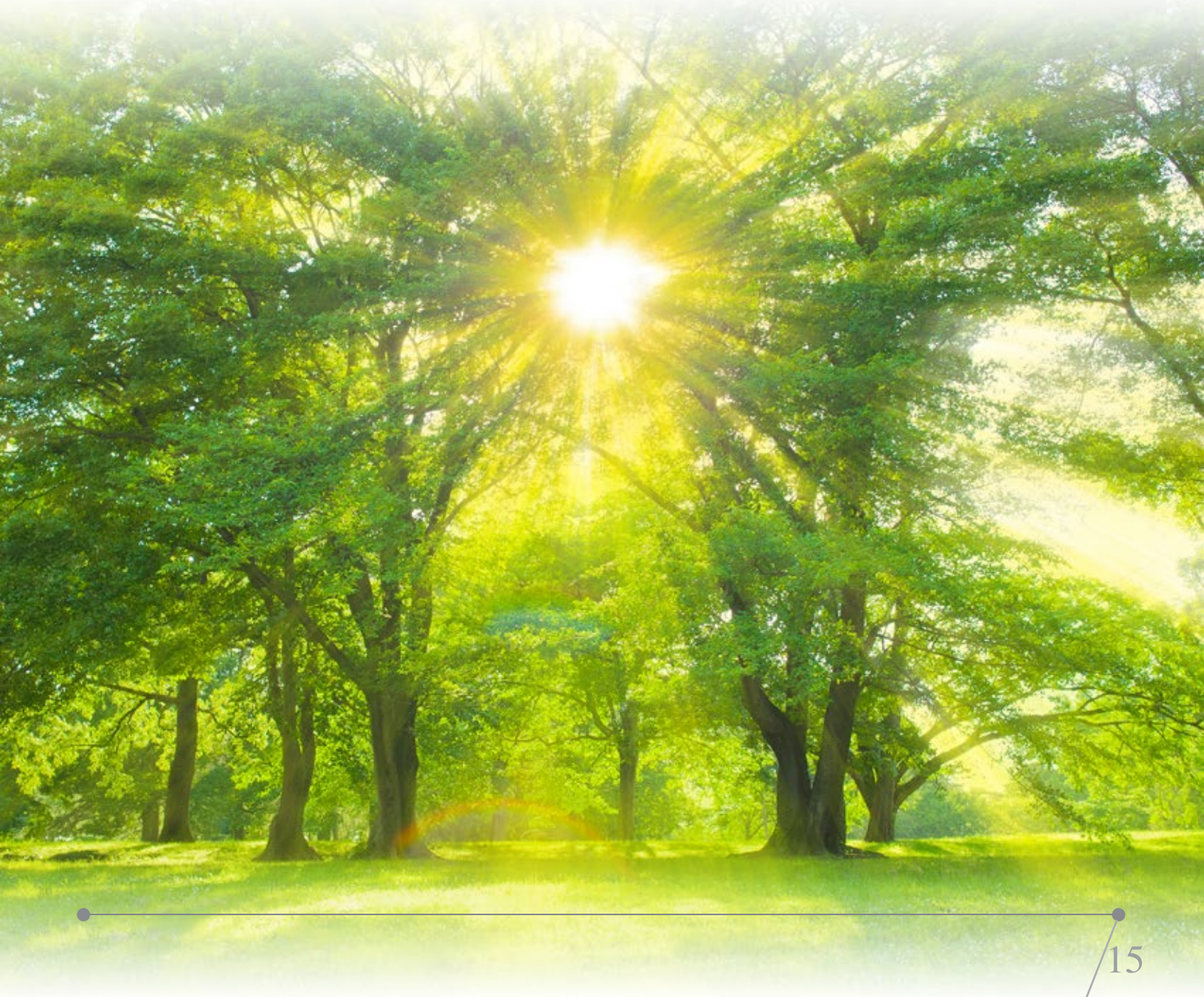
Not only that, you'll also completely shift how you feel, no matter what's going on in your life right now. You'll uncover the true secret to inner peace (and happiness), even when your life isn't perfect.



# ► PART 2

## How to Experience Inner Peace and Happiness

(No Matter What)



# The Two Mistakes Most People Make

We spend a lot of our lives waiting. We are waiting for something better to come into our lives (in the future). Waiting for that new job, new relationship, more money, new home, new car, new vacation, and so on.

We are always waiting.

I hear it so often, “I’ll be happy when...”

“I’ll be happy when I get that new job.”

“I’ll be happy when I find my soulmate.”

“I’ll be happy when I’m out of debt.”

“I’ll be happy when I lose 30 pounds.”

And so on, and so on.

We are always waiting.

What if you can be happy right now?

What if you can live stress-free right now?

Even while you’re “waiting” for things to change.

You see, if you believe that waiting to achieve those goals will bring you happiness and inner peace, it just isn’t true.

In theory, it makes sense.

I’m unhappy now because I’m missing these things in my life. So, when I achieve those things, I’ll be happy.

But that’s not how life works.



## The Two Untruths

There are two major things wrong with how most people think (and believe).

1. That in order to be happy (and peaceful), your life needs to be a different way.
2. That waiting for “another time” in the future is going to be better than the moment right now.

First, I want to mention that it’s great to have big goals and want to achieve amazing things in your life. That’s playing the game called life. *We’ll play that game in Part 3 of this book.*

But right now, I want you to know that spending your mental energy and time “waiting” to be happy and peaceful is futile. Wouldn’t it be great to be happy and peaceful *right now*?

You can. Even if your life isn’t perfect right now.

Let me first unpack these two untruths that most people believe.

### **UNTRUTH #1 - *To be happy (and peaceful), your life needs to be a certain way.***

What’s wrong with this thinking is that you are living life waiting to be happy and peaceful in the future, and in the meantime, while you’re waiting, you’re unhappy, and stressed out right now.

Let’s face it, once you get that new home, that new job, that new relationship, that new body, etc., you’ll be happy for a while, then the novelty wears off, life happens, and then there will be something else to be unhappy and stressed about.

That’s life.

My mom would always say, *“Life is like a staircase, sometimes you go up, and sometimes you go down.”*

That way of thinking is really setting yourself up to fail. Most people who think that way are unhappy and stressed out most of the time, with the occasional happy and peaceful “moment”.

Wouldn’t life be much better if you were happy and peaceful all of the time, with the occasional unhappy or stressful moment instead (the reverse)?

Which takes me to untruth #2.

**UNTRUTH #2 - *Waiting for “another time” in the future and believing it will be better than the moment right now.***

You see, the biggest untruth here is that there even is a future.

Not to alarm you, but there is no FUTURE.

There's only NOW.

The future is merely a thought in our minds.

Even when the “future” arrives, it arrives in *the now*.

It's always NOW. It's never the future.

By the way, the past doesn't exist either. It's also just a thought. There is no past. There is only NOW. We have memories of our past (as thoughts in our mind), but it's not happening anymore.

The past only lives in our mind (as a thought).

The insanity here is that whenever we are unhappy or stressed out, it's usually because we are upset and thinking about something in the past (that isn't happening anymore), or we're worried and thinking about something that may (or may not) happen in the future.

It's very rare that we are unhappy or stressed out when we are just “being” in the present moment.

Usually, there is nothing to be unhappy or stressed about in the present moment (*unless you're being attacked by a bear or something at that exact time, of course*).

Think about it. Right now, as you're reading this, what problems do you have right at this very moment? Right this second?

None.

You're just reading this book.

# Five Ways to Achieve Instant Inner Peace and Happiness

I just want to acknowledge that I know negative things happened in the past. I also know things are going on in your life right now that you're not happy about.

I want to discuss how you can navigate through these difficult times now, in the present moment, and experience deep inner peace and happiness at the same time.

Yes, it's possible. There are five things that you can do. Just by practicing the first two right now, you'll feel better instantly. Yes, I said instantly.

Master all five and your life will change forever.

## 1. Surrender to What "Is"

Whatever you're experiencing in your life right now that's causing you stress and unhappiness, surrender to it.

I'm not saying "give up" – oh, I would never say that.

I'm saying "accept" it.

Accept the situation exactly the way it is, and exactly the way it isn't.

You see, anytime you're saying "This is wrong. This shouldn't be happening." Anytime you are "resisting" what's going on in your life, you are causing yourself to be stressed and unhappy.

Not only that, it's almost impossible to actually navigate your way out of that situation in that "resistance" state.

Why?

Because it's like you're staring at a closed door.

Not only is it closed, but it's locked.

You're not going anywhere.



In other words, anytime you're angry, sad, resentful, stressed, or experiencing any other negative emotion, you are resisting "what is". You are saying, it shouldn't be this way.

But the truth is, it actually *should* be this way.

Why?

Because it *is* this way.

Saying it shouldn't be this way will not change the situation. It's just causing you to feel stressed, frustrated, and unhappy.

Instead, what if you just say "YES" to what's happening? What if you just accept it?

The only difference between accepting what's happening versus resisting it, is your experience of life as you know it.

One way, you're at peace. The other way, you're miserable.

One of my favorite quotes is from Eckhart Tolle:

*"Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life."*

See, from that peaceful acceptance place, that closed door opens up for you. You'll have space in your mind to find the opportunities and the solutions to your situation.

Not only that, from that acceptance state, you'll notice the many open doors all around you.

You'll get out of that situation and bounce back much quicker. Your experience in the "now" is way more peaceful and happy. This "now" is your life.

Once you've shed that negative "resistance" to what is, you clear that dark cloud over your head. You let go of those nasty, mean, depressing, stressful thoughts that have been consuming your mind and your life.

You immediately feel peaceful. You begin living your life in a “flow” state.

So instead of swimming against the current (because that’s often how “resistance” feels) and feeling exhausted, panicked, and worried, you’re swimming with the current (accepting what is) and feeling calm and peaceful.

It’s much easier to deal with situations from that surrendered state.

I know. It sounds too simple.

It is simple.



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*“Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.”*

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**Eckhart Tolle**

## 2. Don't Believe Everything You Think

Anytime you're feeling angry, sad, stressed, resentful (or any other negative feeling), ask yourself this question, "What am I thinking right now?"

You see, it's not the situation that is causing your negative feelings, but it's your thoughts about the situation that are causing you to feel how you feel.

Your thoughts are causing your suffering.

When you ask yourself that question, you'll start becoming aware of your thoughts and what you're thinking at that moment.

Once you've become aware of what you're thinking, you'll realize why you feel the way you do.



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*"It's not the situation that is causing your negative feelings, but it's your thoughts about the situation that are causing you to feel how you feel."*

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It's the story you're telling yourself about the situation. It's not the situation itself.

They say that "awareness" is the first step to transformation.

Any time you're not feeling good, become keenly aware of your thoughts.

Only then can you consciously shift and change the "story" you're telling yourself, and shift your perception of what's happening.

Since we're telling ourselves a story about what's happening, we might as well tell a more positive story. Change the story you're telling yourself. What if your interpretation, is just that, an interpretation? It isn't the truth.

Can you find the silver lining, or a different, more positive way of seeing this situation?

If you can't, how about just saying, "I don't know why this is happening, but I know something big, something huge, something way bigger than me, is going to come out of it. "I know it!" That's what I said to myself when I was going through my tough times.

Basically, you just need to change your thoughts about the situation, and you'll change how you feel.

Change your thoughts, and you'll change your life.

Again, it's your thoughts that are causing your suffering. It's your thoughts about the situation. Change that, and you'll feel better instantly.

### **3. Be Grateful**

Another quick way to shift how you feel, is to be grateful. I know it sounds too easy, or so cliché, but it's TRUE.

When you get into a gratitude state, the chemicals in your brain change.

Instead of focusing on everything that's wrong in your life, you focus on everything that's going right.

Often, when we are going through difficult times in our lives, we tend to lose perspective and become consumed with thinking about that part of our life that is not working at the moment.

But what about all the areas of your life that are working?

By simply stopping, reflecting, and being grateful for what *is* working, you immediately shift how you feel.

Something I practice regularly is something called “50 Shades of Gratitude”.

What I do is I write out 50 things I am grateful for. It’s actually not an easy task.

The first ten are easy, the next ten are a bit harder, and so on.

But try it. It will help you shift your perspective. You’ll feel so much better when you force yourself to think about what is working in your life.

#### **4. Let Go of the Past**

Now this is going into much deeper inner work. What if you could just let go of the negative past? When you hold on to the negative past, you’re merely bringing it into the present, which will ultimately affect your future too.

As I mentioned earlier, the past doesn’t even exist, except in our minds, as a thought.

Yet, we live our lives like it’s still happening. We allow it to overtake our lives. We allow it to overtake our inner peace and happiness.

What’s even worse, all that stress, sadness, or anger focusing on what happened in the past actually affects our health in the present. The body doesn’t know the difference between what happened in the past and what’s happening right now. In fact, when you’re upset and stressed over the past, your body is thinking it’s happening right now.

Of course, it’s not.

It’s just a thought.

Yet, your body reacts like it's still happening.

Do you know how dreadful stress can be on your health? It lowers your immune system, affects your hormones, affects your heart, etc.

Can you imagine? Your thoughts are making you sick.

It's time to let go of your past and set yourself free.

This takes a little more time and inner work to do. I first recommend you [watch the Unsinkable movie](#), as the film discusses this topic in more detail. If you've already seen it, I would recommend watching it again (*seriously, people have watched this life-changing film over and over again*).



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*"It's time to let go of your past  
and set yourself free."*

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## **5. Forgive and Set Yourself Free**

Forgiving someone (or yourself) is another way to get yourself to a place of inner peace and happiness (and also helps with letting go of the past).

This is not an easy one for most people.

It's an important one though. Your well-being, your happiness, and your peace are at stake here.

In fact, when you don't forgive, it's like you're walking around with a ball and chain wrapped around each of your ankles.

It's a heavy feeling, and you're not going anywhere fast. It's holding you back from living your greatest life.

If you want to live your greatest life, you need to forgive.

We often believe that forgiving someone means that we are condoning what they did. That's not what forgiving someone is all about.

You see, forgiving is for YOU. Forgiving is to set YOU free.

Holding on to that resentment and hatred towards another person doesn't change what happened. The person may or may not care, and what they feel doesn't matter. What does matter is YOU, and how you feel.

One of my favorite quotes is by Anne Lamott. She says, *“Not forgiving is like drinking rat poison and then waiting for the rat to die.”*

Think about it. By not forgiving, the only person that is “dying” is you.

It’s time to forgive.

Sometimes the person that needs to be forgiven is you.

We’ve all done or said things in the past that we regret. In the end, we did the best we could, with the tools we had at the time. Be gentle with yourself. Forgive yourself.

Set yourself free.

I have a picture with a quote in my home that I love so much. It says, *“No one can go back and start a new beginning, but anyone can start today and make a new ending.”* – anonymous.

There are many ways to help you forgive and let it all go. As difficult as you may think it is, it is possible.

I mean, if my friend Rhonda Britten (who is in the *Unsinkable* movie), can forgive her dad for what he did, anyone can forgive.

You see, when Rhonda was 14 years old, her dad shot her mom—and then shot himself. He did it right in front of her. She lost both her mom and dad at the same time, in a brutally, traumatic way.

How do you forgive *that*?

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*“Not forgiving is like drinking rat poison  
and then waiting for the rat to die.”*

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**Anne Lamott**

She did manage to forgive her dad for what he did. She had to, for her own mental health.

Today, she is a #1 bestselling author, has been on Oprah multiple times, is one of the top coaches in the U.S., and she's even an Emmy Award winner too!

She managed to achieve that much success, despite all that she's been through.

Forgiving was a critical part of her journey.

In the Unsinkable film, she shares the exact step-by-step process she used to forgive her dad.

When you [watch the film](#), you'll hear it in her own words. It's truly fascinating, and surprisingly simple.



## ► PART 3

# The Time is NOW to Live Your Greatest Life

(Be a Maverick)



# Stop. Trust.

If you're in a place in your life right now where you are not happy, or you're feeling "stuck", or you're just not sure how to get out of the current situation you are in (financial, relationship, career, health, etc.), there's one thing I highly recommend you do.

Stop.

You need to stop.

If you just continue doing what you're doing, and are constantly complaining every day, saying how "someday" things will be different and will change - I hate to be the bearer of bad news - but the days, weeks, months, and years will pass you by, and your life will not be any different (or it may end up being worse).

Just think about how the last five to ten years have gone by so quickly.

This needs to stop. YOU need to stop.

You're probably wondering what I'm talking about. Stop what?

Stop everything.

## **My Life-Changing Experience**

About a year ago, I was doing a live sound healing online event for my *Unsinkable* community with my good friend, *Mark Romero*. During that event, I decided to air a special "Your Future Self" meditation (a meditation included in one of the modules in my *Unsinkable Bounce Back System* program).

I simply hit play for everyone to experience it. I decided to do the meditation too. I sat on the floor of my office. I closed my eyes and just followed the meditation. The purpose of this meditation exercise is to get the answers from your older and wiser self (about your situation right now).

What I experienced truly shocked me.

As I followed the meditation going “20 years into the future,” I was shocked at what I saw. In the past, when I did this meditation, I was always light, energetic, and happy, all dressed in white. I looked younger (weird, I know), in a beautiful white flowing dress.

This time was different.

This time I saw a small, old woman walking slowly with a curved back. She was tired. She had no energy. She was weak. She was wearing black.

I cried.

I continued with the guided meditation. I was told to ask my future self, “What is the message you have for me about my current situation?”

The answer...

*Stop. Trust.*

*You need to stop.*

The crazy part is that I knew exactly what that meant.

You see, I had been working like a mad woman in my business.

I love what I do. I reach millions of people worldwide, helping them “bounce back” from difficult times and live their greatest lives.

When Covid hit, this work was more important than ever.

I was working around the clock. I wasn’t taking time off. I was always on the go.

I would get so excited about what I was doing, that I wasn’t taking any time for myself.

It was burning me out. I was tired. I was on this high-speed treadmill. I was running. Running fast. I was about to collapse.

The crazy thing is that the people around me saw it. My brother would often tell me to slow down.

I said that I will. Eventually. Not now.

I didn’t take it seriously enough.

Until I did this meditation.



*Stop. Trust.*

The message was, “You HAVE to stop. You can’t continue living at this crazy, stressful, hectic pace. You need to stop what you’re doing now, and trust that all will be okay when you do. Everything will be okay. Great things will come from it.”

*Stop. Trust.*

Once the meditation was over, my face was streaked with tears. I remember I was so shocked at what I saw in that meditation. That old, delicate, weak lady dressed in black, hunched over. I couldn’t get her out of my mind.

I remember continuing the online event after that, feeling shaken by the experience.

So, what did I do after that?

I stopped. I took time off. It isn’t easy for me to do (especially when I love what I do), but I had to do it.

I slowed everything down. I mean everything.

By doing that, I started to slow down my mind too. I was relaxed. I was lighter. I was peaceful. I began to get clear about what I really wanted to do (and what I *didn’t* want to do).

I began to reflect on “the dash” and asked myself, “*How much time do I really have left?*” I didn’t know. Nobody knows.

Stopping gave me a chance to recover, reflect, and relax. It allowed me to get really clear about what I wanted. What I *really* wanted in my life.

I wanted to get off that treadmill.

I wanted to savour every moment, every day, every hour, every minute, every second.

I wanted to spend time with my family. The people I care about most.

I wanted to only work on projects I absolutely love (that really help people).

I wanted to do it all on *my* own timeline. No deadlines. No pressure. No stress.

I wanted to eat clean. Exercise. Take care of myself.

Once I got very clear about what I really wanted, I then started to plan out HOW to make it happen. I did it slowly (baby steps).

Eventually, it all came to fruition. I have an incredible team that takes care of the day-to-day tasks of the business, and I work on the projects I love.

If you're ready to live your greatest life, it's time to get really clear about what you want.

It's time to stop.

If you don't stop, you won't be able to re-invent your life. You won't be able to get crystal clear about what you really want, and figure out how to get there.

You just won't.

Think about all the dreams you've had over the years. How many were put on that "someday" shelf? Well, that "someday" will never come if you don't stop, reflect, recover, and get clear about what you really want.

You need to put yourself first. That may sound selfish, but it's one of the most selfless things you can do.

By becoming the best version of YOU, you show up for the world in a calmer, happier, supportive, and loving way.

Time is ticking (think about the number of weeks we have in our lives). The time is now.

It's time to make things happen.

Please, make the time to stop. Clear your mind. Put yourself first.

Decide what you want. Decide what you *really* want.

I'm going to help you do that right now.

# What Do You *Really* Want?

We all talk about how we want a great life, but we often don't know what it looks like. What we do know is what it doesn't look like because, of course, that's usually what our lives look like right now.

What you think you want, may not be what you *really* want.

That's why it's so important to stop, reflect, and get clear.

You see, so many times people chase a big dream, and then reach it only to find out it wasn't what they wanted after all.

In this section, you will get crystal clear about what you really do want and what your greatest life really is to you.

Before I get to that though, I want to share a special story.

## Be a Maverick

In order to live your greatest life, you need to step outside the box. What I mean by that is that you need to be different. You need to be a Maverick.

You don't want to be like everyone else around you. You don't want to be in that box where everyone else resides.

Why?



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*"In order to live  
your greatest life,  
you need to step  
outside the box."*

---

Haven't you noticed? Most people are not happy in their lives.

So, what I'm asking you to do is to really stretch yourself, and think outside the box.

Figure out exactly what you want. Not what you "need", but what you want.

Dream big. I'm asking you to really step outside that box. Be Unrealistic.

You'll figure out the "how" later. For now, figure out what would make your heart sing.

The one thing I'm really proud of about myself is that I'm GREAT at thinking outside the box.

Even if something seems impossible, I really stretch myself to find a way somehow. Even if it's extreme.

A perfect example was many years ago when I lived in Montreal. I was in my twenties. The winters in Montreal were dreadfully cold, with constant snow storms.

I remember I had a dream. I wanted to live in the tropics in the winter. I wanted to live by the beach, where it was hot (and completely miss the Montreal winters). I wanted to live in paradise.

I found out there was a job opening for a "Destination Representative" at a travel company.

It was a position where the person would have to live at a travel destination (yes, the ocean!) and be the company's representative at that location. The person would help travellers with any problems they may have at the destination, and answer all their questions.

When I saw the job posting, I got so excited. This was my dream job! This is it! I will apply for it.

Then, I read the "requirements" for that position, and my heart sank.

It said in black and white, *must speak Spanish*.

The job required the person to speak Spanish because the destinations were all Spanish speaking places.

My heart sank. I didn't speak Spanish.



Now, most people would just give up here. But I really, really, really wanted this job.

I figured, well, the job doesn't start until December (tourism season), and it was September now, so I had some time to learn the language if I needed to. I decided to apply for the position.

Two days later, I got the call. The person on the other end of the phone said, "We'd like to interview you for the position of Destination Representative. Can you come in at 2:00 pm?"

I was so excited! I couldn't believe it! "Yes!" I replied.

My excitement changed to horror when he then said, "Okay, great. We'll see you at our head office at 2 pm on Thursday. By the way, we will be testing your Spanish during the interview."

My heart sank. I had a pit in my stomach.

Oh, my goodness, what do I say? What do I do?!

I said, "Okay, great. See you Thursday."

I hung up the phone, and began panicking. What am I going to do? They're going to find out I don't speak Spanish. I won't get the job. I will make a complete fool of myself. I can't go to this interview! I was so deflated.

Then, I stopped. I thought about it. I really wanted this job.

How can I get this job? How?

I had an idea. It may backfire. It might not work. I could make a complete fool of myself.

But I may have found a way.

I immediately called my best friend, Paola. She is originally from Ecuador and speaks and writes perfect Spanish.

"Paola, can you do me a huge favor?" I asked.

"Sure. What's up?" she replied.

“If I give you ten questions with ten answers written on a piece of paper, can you translate them into Spanish for me?” I asked.

“Sure, I can do that for you.”

I went on to explain what I was doing. I explained to her that I wanted her to do this for me so that I could memorize all the possible questions and answers *in Spanish*. I figured, what could they possibly ask me in an interview?

*“Why do you want to be a Destination Representative?”*

*“Why do you want to work for our company?”*

*“What would you consider to be good customer service?”*

...and so on.

She thought I was crazy.

I was crazy, but I really wanted this job. I figured, if I can pull off this interview and get the job, I will do everything I can to learn how to speak Spanish in the next 2 to 3 months (in time for the job to start).

Was it a crazy plan? Yes.

Could so many things have gone wrong? Yes.

Was I scared? I was shaking, and I was so scared.

Here’s what happened.

I showed up to the job interview and was waiting in the reception area.

I was sweating. I couldn’t believe I was there, and that I was going to do this. All these crazy thoughts were going through my mind. *What if they find out? What if they ask me a question that I don’t have the answer to? What if they find out I lied?*

All these scenarios were going through my head. I was sweating.

I went up to the receptionist, “Excuse me, can I use your restroom?”

She said, “Yes, it’s down the hall.”

I walked into the restroom and went into a stall. I got out the ten pages of notes, all written in Spanish.

I continued memorizing the words one last time.

I really wanted this job. This has to work!

Five minutes later, I walked back to the reception area. They were ready to interview me.

I was 30 minutes into the interview, and everything was going so well. It was all in English, and I was answering the questions easily.

At one point, I thought to myself, *maybe they will forget to do the Spanish test! Wouldn’t that be great!*

I was wrong.

“Okay, so now I’d like to test your Spanish. I’m going to ask you some questions.” the interviewer said.

My heart sank. Oh no! It’s happening.

*“Why do you want to be a Destination Representative?” (asked in Spanish, of course).*

*Oh, thank goodness! I know the answer to this.* I proceeded to answer with what I had memorized.

He smiled and nodded.

Next question.

*“Why do you want to work for our company?” (again, asked in Spanish)*

Wow. I know this one too!

I answered it.

He looked at me. Smiled, and said, “Okay, that’s great.” (in English)

That was it. That was the test. I guess I answered the questions so well, that he didn’t need to test any further.

I passed it.

I couldn’t believe it.

A few days later, I got a call saying that I got the job!

**I GOT THE JOB!**

Now, of course, I did have to learn how to speak Spanish over the next three months. I studied, and practiced with my friend, every single day.

That December, I landed in Varadero, Cuba to work as a Destination Representative.

I made my dream come true.

I remember, I would always chat with the travellers. They were always so fascinated by my job. I can’t tell you how many times I had the exact same conversation, over and over again.

It would always go like this.

Them: “Wow, you actually live here?”

Me: “Yes.”

Them: “That is so incredible! You get to live in paradise all winter long! I would absolutely love to do that.”

Me: “Well, you can. If I can do it, you can do it.”

Them; “No. I can’t. I don’t speak Spanish.”



## What Dreams Do *You* Have?

I'm sharing this story to show you how I really thought outside the box to achieve a big dream of mine. It was unconventional, of course. I could have easily given up on that dream believing it was impossible.

*I actually ended up living abroad for four years as a Destination Representative. I lived in Cuba, Colombia, and Mexico.*

What's interesting about my story is how I had the exact same conversation with different people every single day. They all had the same dream I had, but the first thing that stopped them dead in their tracks was, "I don't speak Spanish."

You see. People give up too easily.

I could have easily given up. I didn't.

I thought outside the box. I was a Maverick.

I found a way.

Because I didn't give up, I was living my dream life.

You can think outside the box too. What dreams do you have that you've either put on that "someday" shelf, or believed it was impossible for you to achieve?

I want you to think about some things you've wanted for your own life, but gave up because it was "impossible" in your mind to do.

Really take the time to stop, reflect, and think about it.

It's time.

It's time to think outside the box.

It's time to step outside the box.

It's time to live outside the box.

It's time to make the impossible possible.

It's time to be a Maverick.

# It's Time

So far in this book, we've discussed the importance of becoming aware of "The Dash" and realizing that the amount of time we have in this lifetime is finite. Don't waste a moment of your life. Each moment you waste is a moment you'll never get back.

Then, we discussed the two lies that most people believe, that unfortunately make them feel unhappy, stressed, and frustrated in their lives.

We also discussed how to experience inner peace and happiness right now (no matter what you're going through).

Then, I shared my "Maverick" story to demonstrate that your dreams can come true when you think outside the box.

**Now, it's your time to be a Maverick and make your dreams come true.**



## STEP 1 – Get Clear

The first step to being a Maverick is you need to get really clear about what you want.

What do you really want? Not, “Well, it would be nice if I could have...” but what do you *really* want. What would really make your heart sing?

Many people don’t even know. Why? Because they’ve never taken the time to figure that out.

That’s why I mentioned earlier, it’s important to “stop” and really take the time to slow down and clear your head. That’s when all the answers will appear to you.

### Exercise:

Get yourself some paper and a pen, and find a quiet spot where you won’t be distracted or disturbed.

You’re going to get clear about what you really want.

I’d like you to write a list of everything you want in your life. Writing it down is very important.

Why?

Because you have a much better chance of achieving your greatest life by simply writing it down. I know it sounds crazy, but what you focus on expands.

I want you to dream big. Don’t be shy. You don’t have to share it with anyone. You don’t even need to know “how” you will achieve it. That’s not important right now.

What’s important is to uncover, and get clear about what you really want in life.

What would your dream life look like?

If you’re not sure what you really want, as a first step, you can create a list of all the things you don’t want in life. Then, go through each negative statement and turn it into a positive statement of what you DO want.

### **DON'T WANT**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### **DO WANT**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Once you've created your list of things you want in your life, I want you to read it. Then, read it again. Then, read it every day. Not only that, I want you to print it up. Make many copies, and post them everywhere. Keep a folded piece of paper in your pocket or purse. When you put your hand in your pocket or purse, take it out, and read it.

Keep it with you.

Again, what you focus on expands.

You see, by doing that, you're stepping into a new energy and space. The energy and space of your new dream life.



## STEP 2 – Think Outside the Box and Put a Plan in Place

Now that you have your list of what you really want in life, it's time to start taking action and moving toward your dream life.

Take this list now, and go through each item one by one, and ask yourself this question:

“What do I need to do, to make this happen in my life?”

Really think outside the box.

You'll notice that all these great ideas start popping up in your mind. Write them down.

Start planning how you're going to achieve these goals. Some you will achieve quickly and easily, while others will take longer. That's ok. It's expected.

Break your dream life down into baby steps.

Like they say, “How do you eat an elephant? One bite at a time.”

Make sure you have this plan in writing.

Get organized. Put a plan in place. Take action *every day towards* your goals.

And most importantly, enjoy the journey.

That journey is your life.

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*“Break your dream  
life down into  
baby steps.”*

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# FINAL THOUGHTS

# What the Late Bob Proctor Said That Changed Everything

One final thing I want to mention is that sometimes, all it takes is to have one idea or thought planted in your head for your life to change.

The legendary late *Bob Proctor* was a good friend of mine. He was one of my biggest supporters in my work. I'll never forget something he said to me several years ago. It was something that really shifted things in a dramatic way for me in my life *financially*.

I was at his house for a special event he hosted. It was a fun day.

At the end of the event, Bob walked me to my car (parked in his driveway). As we were saying our goodbyes, he stopped. He stood there. He went quiet. He was in deep thought.

He looked up to the sky, then looked at me.

I wondered what he was thinking and what he was about to say.

He said, "*Sonia, I know you are really successful. I love everything you are doing to help people. Now, what I want you to do is this, I want you to figure out how to **double your income, working half the time** you are now.*"

He knew I was working really hard and long hours.

I was a bit stunned at that statement because we had not even spoken about business or money the entire time I was there that day.

I also thought to myself, "Yeah right, I wish I could do that."

Instead, I said, "Okay. Thanks Bob. I will." with a big smile on my face.

I gave him a big hug and then got in my car and drove away.

I thought that was such a random message from Bob. It was weird.

But guess what I was thinking about while I was driving home?

I was thinking to myself, “Hmmm, is that even possible? Can I make double the money and work LESS? How could I do that? Wouldn’t THAT be incredible!”

You see, Bob immediately helped me shift my way of thinking. I realized that I just “believed” that in order to make double the money I was making, I’d have to work double the hours (and I was working a lot of hours at the time).

So, I was thinking to myself, “Okay, so let’s think this through. How COULD I do that?”

All kinds of incredible ideas started coming to mind. I started coming up with ways to make it happen.

Guess what happened?

Yes, I doubled my income that year, working half the time (crazy, I know). I found a way to automate a major part of my business, so I was working less, but helping way more people!

What’s amazing, is that all it took was a shift in mindset. A shift in what I believed was possible. All this happened because of that one message I received from Bob. Sometimes, all it takes is one small message to change your life.

The same thing can easily happen to you. There are many life-changing messages in this book.

Remember...

Life is short. Don’t waste a minute.

Inner peace and happiness are available to you right now.

Get clear about what you really want.

Put a plan in place and take baby steps each day.

Your greatest life is just around the corner.

In fact, it has arrived.

Enjoy living an Unsinkable life!



# Resources

## 1. Free Ticket – “Unsinkable” Movie (and More)!

I have many life-changing free resources that help you bounce back quickly from difficult times, and that help you live your greatest life. This includes masterclasses, more ebooks, conferences, and of course, the [Unsinkable movie](#) (available for free for a limited time).

Please check your email daily for these wonderful resources.

What I tell everyone is to watch the [Unsinkable movie](#) first. That is the first step. All the concepts in this book are explained in detail in the film by some of the world’s top motivational teachers and experts (including the late Bob Proctor, Lisa Nichols, Dr. Joe Dispenza, and many more).

You’ll be entertained, you’ll be inspired, you’ll laugh, you’ll cry, and you’ll have a new lease on life! Enjoy!



[Go here to watch the movie now.](#)



## 2. Unsinkable 2026 – 3-Day Breakthrough Experience!

Ready to take control of your life, turn things around quickly, and begin living your best life NOW?

Make sure you get your FREE ticket to Sonia's upcoming 3-day virtual event.

**“Unsinkable 2026” 3-Day Break Through Experience.**

**[Go here to get your FREE TICKET.](#)**

*Your BEST Life Awaits in 2026!*

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Have any questions? Please don't hesitate to reach out to me (and my team) at:  
**support@unsinkable.com**

