



Welcome

Session #1

Welcome, I'm Sonia Ricotti and this is module one, in the Unsinkable Bounce Back System. I want to congratulate you for choosing to embark on this wonderful unsinkable journey.

In this amazing program that is transforming lives around the world, I'll be sharing some of the most powerful tools and techniques that will help guide you to achieve all the success and happiness you desire and deserve to overcome any adversity you're experiencing in your life.

Whatever situation you're currently in right now, whatever situation you want to shift or change, whatever obstacle you want to overcome, today you're going to begin doing just that. Often we believe that it takes a long time to recover from a difficult adversity, but it doesn't have to be that way. In fact, it can be quick - very quick. Not only can it be quick, but you can more than just recover, you can bounce back higher than ever and turn this obstacle into a massive opportunity.

Have you ever wondered why some people go through difficult times and bounce back quickly, while others just never seem to be able to get over it or recover? Why some people bounce back higher than ever, while others stay stuck where they are for years and years, and sometimes never recover? We're going to be discussing that.

- We'll be discussing what works and what doesn't.
- What will get you moving forward and what keeps you stuck.
- What will get you to bounce back quickly and what will hold you back all together.

You see, knowledge is power and becoming aware will help to get you where you want to go. There are strategies, steps and tools that you can implement right now that will dramatically shift your perspective, shift your mindset, help you gain clarity, help you

get the answers you need, and overall shift the way you feel so you're happy and peaceful no matter what the circumstances are in your life.

We'll be discussing these strategies, steps and tools in detail in this program and not only that, your way of being in any given situation will dramatically shift too. So whenever a negative situation occurs you're in control, you're still happy, you're peaceful and more importantly, you can shift that negative situation with record speed.

Now whether you're going through a divorce, a financial crisis, loss of job, a health scare, loss of a loved one or any other kind of life shattering event, you can recover quickly. You can bounce back higher than you ever thought possible and not only that, but you can also achieve greatness, not despite what has happened in your life but because of what's happened in your life.

First, I'd like to start by telling you a little bit about my story and how my book *Unsinkable* came about. I've experienced my own share of really tough times and have been knocked down really hard. I've experienced massive change in my life throughout the years. In fact, not too long ago I lost everything; and when I say everything, I mean everything! I lost all my money, got into major debt. I lost the home I was living in. I lost my relationship. I lost a major book deal, and to make matters worse, I found myself dealing with living with an alcoholic partner too.

These things happen, I know, but how often do these things happen all at the same time? That's what happened to me, and although it was a very difficult time for me, believe it or not, today I'm actually grateful for it all. Today I'm happier than ever. I'm healthier than ever. I'm financially free and making more money than I ever have in my life. And my entire life and situation turned around within months, not years – but months.

So, I want to read you a bit about my story as I wrote it in my book. I think it's important for you to hear this so you know where I'm coming from, so you don't think I don't get what you're going through because I do, believe me! So you see that even when you have lost it all you can overcome adversity quickly, learn, grow, and make lemonade out of the lemons that you were given. It's to show you that great things are waiting for you around the corner, and you can turn things around quickly and begin living the life of your dreams, the life that you deserve.

Listen, if I can do it then so can you. So here's an excerpt from the book about my story...

As we stood in the driveway between our two parked cars ready to say our final goodbyes, I was an empty shell. Now I'm on the inside. Part of me was still desperately holding onto the past and the other part of me was being reluctantly pushed into the unknown future. Both our cars were packed to the rim with boxes, the last items left in the house. The moving truck had already taken all the big items. Our big beautiful home was empty now, as empty as my heart was feeling at that moment. It was time to say goodbye. This was it. The end of a life I knew so well. The end.

Of course, with every end there's a new beginning. I just didn't know what this new beginning was going to look like yet. I did know what the end looked like though, and the searing pain in my heart of saying goodbye to what was, was unbearable. The piercing pain of this tremendous loss felt like I had been stabbed repeatedly in my heart. I was saying goodbye to the man I loved with all my heart. He was my soulmate, my best friend and my biggest supporter in life and my career. I was saying goodbye to my amazing step kids, whom I knew after this day I would only see on occasion. I was saying goodbye to the house I called home and I was saying goodbye to the life that, at one time, was so perfect.

Yes perfect, at one time it was all perfect.

A year to remember... the year prior to that moment was quite the rollercoaster ride. In fact, it was the most difficult and challenging year of my life. As I think back to all the events that occurred, I realized I could probably write several books just on my story.

One on dealing with serious health issues, I had a dangerous blood clot.

One on dealing with financial devastation and losing everything, including my home.

One on living with an alcoholic partner; that alone I can write several books on.

One on dealing with a relationship break-up.

A final one on starting over.

Although my experience had left me feeling raw, exposed and vulnerable, the lessons I learned, and the growth I experienced, are what helped me re-invent myself and reach the proverbial mountaintop. As I look back now at what happened, I realize that everything happened exactly the way it was supposed to. Today after the storm has passed the sun is shining again, brighter than

ever, I realize it was something that needed to happen in order for me to blossom into the person I am today.

I am grateful for it all. It was a gift. With so many negative events happening at one time, I felt as though everything was spiraling out of control. The next few months were a test. Many lessons would be learned, immense growth would take place, and the meaning of letting go, accepting what is and offering unconditional love would take on a whole new meaning. Little did I know that my purpose on this earth was about to shift, that an awakening was about to take place and that a new book was about to be written.

That was just a short excerpt from my book *Unsinkable*, which by the way became a number one bestseller. Now, in the book I actually go into detail about everything that happened, but here in this program I don't want this to be about me - I want it to be about you. Just know that I know how hard it can be, and know that this will turn around for you and it will turn around quickly.

One final thing I want to share with you before we begin the program, is that no matter what is going on in your life right now, you can find inner peace in the midst of all the chaos; you really can. As I walked and stumbled upon my path through that difficult time in my life, and the few months after all that happened, I realized I was lucky. I was lucky because I had already begun my path of self-discovery.

I knew what was required to get through those tough times with grace and ease and how to find inner peace and joy, even in the midst of all that chaos. In fact, I had even been teaching those concepts in all my workshops. I even created audio programs around it and talked about them on my radio show. What I didn't realize though was how difficult it would be. Now, I'm not going to lie to you and say it's going to be easy because it isn't. I'm not going to say to you that when you wake up tomorrow morning everything is going to be picture perfect, because chances are it's not; although you never know, miracles do happen.

What I am saying is that life is a journey, and although you'll be faced with challenges along the way, many of which will be circumstances out of your control, you have the ability to choose how you deal with them, how you interpret them and how you react to them. Although you may feel you don't have much of a choice, that isn't true. You do have a choice. You have the choice of gliding through it with peace and joy, instead of suffering.

So the big question then is, why doesn't everyone choose this obviously better path? The answer is, because many people aren't aware that this choice even exists. Awareness is key. You have direct access to inner peace and joy at any given moment. It isn't something you search for, something you buy, or something someone else gives you. It's within you. In fact, you have access to it right now, this second. You hold the key to this beautiful place of serenity and bliss.

Access to this world isn't determined by what's occurring in the external world; in fact, everything can be changing in your life, and negative events can be unfolding in the world outside of you, but that doesn't matter. What does matter is what choices you make in your inner world. You can be confronted with challenging circumstances that make it seem as though everything is falling apart all around you, and still experience true inner peace and joy. You can also have everything going well in your life and yet be unhappy, stressed and have your mind filled with chaos and dissatisfaction.

The sooner you realize that what's going on around you is irrelevant to your true joy and peace, and that you have immediate access to this beautiful world, the sooner you can begin loving life, no matter what happens. This, of course, doesn't happen overnight. It takes some commitment and dedication to achieve this ultimate state of mind. It isn't always easy to gain access to this beautiful place either, but with practice it gets easier and easier. It's there, just know that it's always there and available to you.

In this program I'm going to show you exactly how to get there and how to get access to it any time you want. By the way, I have to share one other personal thing with you. You know what's really incredible, after I handed in my manuscript to my publisher I had several other major events happen in my life. It's like I was being tested or something, some really tough stuff.

I had a very close aunt, whom I watched pass away after a very long difficult battle with cancer. Two days after she passed away, my uncle, her husband suffered a bad accident and was in ICU for over a month, and then he passed away too. Then about two weeks later my own dad went into surgery and experienced some very serious complications, which put him in ICU and he almost passed on. Thankfully he experienced a miracle and survived and recovered completely, which I'm truly grateful for. As all these things were happening, I was also sitting by my best friend's side as she was receiving chemotherapy treatments for breast cancer. (You'll hear more about her inspirational story later on in the program)

At one point I was running from one wing of the hospital to visit my aunt and running like a maniac to the other wing to be with my friend. I'm telling you, those were some

crazy times. I couldn't believe everything that was happening. What's incredible about all this is that although all these things happened, and they were difficult times to say the least, because I had the tools, steps, strategies, and I mastered the proper mindset, I was able to maintain my sanity and get through it all with grace, ease and peace.

You see, life is life and things happen. The big question is, when life throws you a curveball how do you handle it? How quickly do you recover and bounce back? I'm telling you, when you're equipped with the proper mindset and tools, you can glide through any difficult time with ease. Yes, there will be tough times. There'll be times when you'll feel frustrated, angry and stressed, but you'll be able to quickly shift that state. You'll be able to quickly turn things around and move forward. By the end of this program, I can assure you that you'll be well equipped and your life will transform in incredible ways that will truly surprise you.

Of course, this is provided that you follow everything in this program. It's been designed in a way that you're able to transform all areas of your life, specifically the area you're most concerned about, and you can do it in just 21 days. Why 21 days? Because they say it takes 21 days to develop a habit and believe it or not, bouncing back quickly and higher than ever, no matter what life throws at you, is a habit. That's right, once you've mastered the lessons and principles in this program, it will become a habit, and not only will you be unsinkable, but you'll also be unstoppable and you'll be on your way to achieving anything and everything you've always wanted in life.

And, although there will be obstacles that come up along the journey, they won't be mountains. They won't even be mole hills. They'll just end up being tiny bumps in the road, that's all, and you'll move forward and continue on living your greatest life.

That's the power of this program, so let's get started.