

How to Find Your Future Self

Green Popsicle Sticks

strive to



Observe & Sort Our Thought Deliveries

We understand that everything begins with our thoughts. We lovingly seek to manage our thought deliveries.

Be Kind To Ourselves

We actively choose to accept only loving thought deliveries for ourselves.



Process Through Emotions

We move toward our emotions. We notice them, feel them in our body, give them a name (how about Sam?) and process through them.

Love Others

We free ourselves of the expectations we have for our partners and children providing us with true freedom to love them as they are.



Enjoy the Simmer

We embrace the simmers of life, and work on ourselves while simmering.

Make Friends with Now

We understand that we move ahead in life only when we accept where we are in this exact moment.



Level Up Continually

We embrace opportunities to level up.

Not Lurk

We know there are others who are doing the same work, and we are actively connected to the GPS community.



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YourEmptyNestCoach.com

Christine
YOUR EMPTY NEST COACH

Relevant Episodes



Episode 3

Most episodes touch on the power of your thoughts, but this one begins the discussion.

Episode 4

Observe your thoughts with kindness.



Episode 5

Your Feelings: How our thoughts impact our feelings.

In Most Episodes

Do you have a favorite? Freeing others from our expectations and loving them for who they are. So good!



Episode 29

The introduction of "sitting in the simmer." Follow-up with episodes 46 & 48.

Episode 44

Make Friends with Now: Coach Christine shares what she learned from Eckhart Tolle.



Episode 35

Donkey Kong Your Life: It's all about leveling up.

Episode 17

Coach Christine introduces her Green Popsicle Stick fable.



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