



## MY STORY

What's the first thing someone wants to know about, when first meeting us? Our story – where'd we come from, what's our background, what do you do for a living, and what makes you "tick".

That's what I think anyway – at least those are the common ones ...

I've always thought my story was quite insignificant and boring compared with others, but that's the wrong way to look at it – EVERYONE'S story has interest to someone & maybe that someone is you.

### **My BACKGROUND:**

I'm the 5<sup>th</sup> child of farming parents, and only girl in the family (besides Mom obviously) & I was the "oops" of the family; there being 9 years between the youngest of my brothers and myself. Growing up, I always used to tell Dad that I was the best mistake he'd ever made – lol. We never had an abundance of money, Dad was extremely strict (understatement), and we all worked hard all the time, so I've never been scared to get my hands dirty pitching in, and likewise, never scared of a little hard work.

Mom always tells me that she was SO happy to finally have her little "girl" however, it wasn't long before she realized that THIS little girl was not about to be a "girlie-girl". I was, am now, and will always be, the epitome of a TOM-girl ... Seriously, who has time for all that dressing up, putting on make-up, shopping, etc. when there's fun stuff to do? That's how I see the world and how I've always seen it – the boys were the ones always out doing things that I saw as being more fun, so I always tagged along with them whether they liked it or not.

Like I said, Dad was REALLY strict with all of us kids, so when I graduated high school at 17 Waaaay back in 1985 (yes, I'm old) I moved out as soon as I was able to, taking training as an Administrative Assistant at Westerra (College). All I wanted was something ... anything really, that would get me a job so I could make some money and "prove" to my Dad, that I was indeed an adult ... Phhhht! (insert eye roll, here because nothing could be further from the truth). Needless to say, I was also rebellious, selfish, and very much self-absorbed at that age too. I was successful at getting the job however; I was hired by a guy who'd heard a lot of good things about the graduates of the program that I'd taken, so luckily for me, I was now earning my own way, or at least trying to. I was married in the Spring of 1987 while I was still 18, & definitely "on my way" (or so I thought at the time) because I truly believed that the life I was chasing was what I wanted. After all, that was what I saw modeled for me every day growing up by others, and truly believed it to be what would give my life purpose and make me happy; stuff! At the age of 18 I still hadn't progressed much beyond the selfish, shallow, self-absorbed, immature teen years obviously ... but maybe having babies would make me happy... maybe???

That they did! In 1991 I had my first baby – my little “peanut” that is still referred to as such to this day; Jameson (now a Daddy himself)! And in 1993, my second baby boy, Stuart, lovingly referred to as “jelly-bean”. Indeed having a family does create happiness for sure! You’ve never felt your heart expand just like the Grinch’s does on TV, until you’ve given your love away to those precious, little souls that have now taken over your life! Babies also create chaos, mess, and financial needs. So I went back to work at the plant, (as I’d been a stay-at-home Mom when they were baby-babies) & it was a great outlet for me to talk to adults, make some money, and once-and-for-all, do a little maturing – because if I wanted to keep my job (which I still thought was one of the key indicators of success as an adult), I had to soon realize that it wasn’t all about me .... Say whaaaaaat???? So I grew up a fair bit (finally!) however, it also meant that my then husband and I grew apart rather quickly. And we separated and later divorced in 1998. Guess what ... having a full-time job, making money and living on your own (literally) is NOT fulfilling or giving your life purpose in any way – turns out you’re just “putting in” LONG hours and you’re merely surviving! I sure showed Dad though didn’t I ... NOT! (still not mature enough to yet get it, and too stubborn to admit it)



**Jameson & their son, Van**



**Jameson with wife, Jessica**



**Stuart & fiancée Sara**



**Me (Granny T) with Van after working out**

### **NEXT CHAPTER:**

Fast-forward a few years to 2000. I’ll tell you right now that as I type this I’m tearing up, just thinking about what I’m about to write.

You know how they say that people pass through your life for a “reason, a season, or a lifetime”? It’s true. I have examples of each in my life as we all do, but few people will fit into all categories. But Nick Lewis did. Nick was probably the most fascinating, and dynamic personality I have ever known and sadly, he committed suicide in 2000. His suicide was for me, one of life’s defining moments. It shook me out of

my complacency for life and I did a whole lot of serious soul searching that helped me to mature more in that year, than I'd done my entire life, at that point. My first "aha" moment of life taught me that we need to seize opportunities that present themselves in life and we need to LIVE instead of merely existing and letting life pass us by. So that's the year I went skydiving – Nick, Jim & I had all planned to go together, so Jim & I still went and "did it for Nick"! And it was indeed LIVING out loud; I think I screamed the whole way down! And ... biggest adrenaline rush EVER!!!!

2003 – I was "let go" from my job due to the fact that my job had become "redundant" (as of that morning – lol... & yes I really am laughing about it ... Now!) & it became the best (bad) thing to have happen to me. I'd only been putting in time after all; it wasn't in any way fulfilling any life purpose or giving me enjoyment, and I certainly wasn't "making a difference" like I am now.

2004 – Jim & I got married and I finally matured in that area of my life too. I'd found my (corny as you may think it sounds) soulmate, and the man that I knew without a doubt that I would (& will) spend the entire rest of my life with!



**Jim & I while out camping with the kids (Jameson, Jess, Van, Stuart & Sara) - 2016**

It was at this point of my life that I took training as a Health Care Aide and began working both in facility, and doing in-home care – a complete 180 from my previous self-centred self. I loved the work and met some absolutely wonderful people that I cared for. And it was during this time that I discovered what it was that brought me joy, fulfillment and a sense of purpose - it was being in "service" to others. A major revelation for me for sure! Sadly, I gave up the HCA care when my back began to give out (bet I could do it again now though!), and when I started getting "messed about" (I used the much kinder British term, but you know what I mean) by my employer. And I'll just add here that the pay was considerably less than anything I'd been accustomed to, but it never mattered one little bit, because the work was just so-stinking rewarding! I held on tight to the one client that I'd grown particularly close to however, as I just couldn't give her up. So I continued to go over 1 day a week for years afterwards until she passed away due to the complications of her MS in 2013. To this day I still spend 1 day a week with her husband; in the winter playing Crib, and golf in the summer. Both of which he beats me at terribly.

So what to do ... I NEEDED to be in a position of "serving" people – No way was I giving up on fulfilling my life's purpose now that I'd finally discovered what that looked (& moreover felt) like!

Enter Massage – I became a registered Massage Therapist and again, absolutely LOVED it. There's truly no feeling like knowing you're actually making a difference in people's lives AND became my own boss.

No more would my “purpose” in life be dictated by others. I worked at massage for 8 years until my thumbs finally made it impossible to continue. At least I knew I’d been able to make a difference in people’s lives, for at least those 8 years! I was extremely disappointed to have to give it up.

And that my friends, takes us to pretty much present day ...

But why did I decide to take up the fitness/wellness coaching?

Because I know a few key things now that I didn’t before (some of which I learned during this past year during my own personal health/fitness journey in which I’ve dropped 25 Lbs, am healthy & feel terrific):

- My purpose in life is to serve others – I actually have a “*need*” to help others reach their goals (whatever they may be) & uplift others; it gives me incredible joy (see there’s still some self-serving there – lol)
- I loved the freedom that being my own boss while doing massage granted me, & didn’t want to give that up for anything I chose to do next
- This past year (2016), I realized that it wasn’t too late for me to still get in the best shape of my life, even as I turn 50 (Oct/2017) by getting off the yo-yo dieting train, and that I could help others do the same.
- I’ve learned that I’m capable of more than I ever realized; physically, emotionally, and mentally (Ie: I can now do 2-3 unassisted chin-ups after becoming stronger than ever by working out; something I’ve NEVER been able to do previously to this year, and previous to the last 2 months)
- Working out releases endorphins (the “feel good” ones) that combat depression & anxiety EXTREMELY well – something I wish I’d have had insight into years earlier



**My “proof” shot!!!! (there’s video I promise)**



Throw in 1 Year's work & ...



**January 2016**

**January 2017**

So when you're ready to join me on what will become YOUR transformation and YOUR health/wellness and fitness journey of a lifetime, just let me know, because this career that I have with fitness coaching, now checks off ALL the boxes for me, so I can guarantee that I'll still be here for you whenever you are ready...

Coaching:

- Fulfills purpose – Check
- Brings me great joy – Check
- Keeps me in great health – Check
- Helps others – Check, Check
- Is something I can do for years & years & years – Check &
- I can keep learning as long as I live doing it (something I believe in doing btw) – Check

And as I work through some training to become the best version of me, I have 1-on-1 sessions with my performance coach and today ... He asked:

If I were to have others describe this “future” me with just 3 words that would describe my characteristics; ones that I desire/hope that people *would* use in describing me, what would they be? Characteristics that I want to be/achieve/have, or “grow into”...

At the time I chose UPLIFTING, possessing OPEN-NESS, and to be a person GIVING OF KINDNESS WITHOUT EXPECTATION (I wasn't able to describe what I meant in one word apparently). Later today however, after giving it more thought, I'd also add that I want to be known for being ALL-INCLUSIVE.

Again you ask why?

Because I want to be THAT coach; the one that never turned anyone away, never judged anyone, and ALWAYS met clients exactly where they were at currently, and assisted them in living THEIR lives to THEIR greatest potential; meeting their goals and helped enable their living of healthy fulfilled lives.

So what are some things you may NOT know about me after delving into my life ...

### SOME BIO FACTS JUST FOR FUN:

- I simply LOVE Second Cup and their almond milk lattes – Not a fan of any of the “other” guys at all
- I also love red wine, dark chocolate, and popcorn ... If you’re going to lure me into a trap use those!
- I am a HUGE fan of Tony Horton, Brendon Burchard, Ellen, Shemar Moore (for obvious reasons), Morgan Freeman, and my husband, Jim Thomson!
- I hate mushrooms
- My sweet, little “fur-baby” puppy (now 4 yrs old) is a Labradoodle and I simply adore her
- I believe in an after-life
- I am extremely tech challenged – Check for sure! (but I’m working on it!
- I hate lunges, squats & burpees just as much as ANYONE (but I still do them)
- I love DIY projects & always *think* I can do them although usually I find out differently in practice
- I feel most at home, either AT home, or if abroad ... in Scotland!
- I have 3 tattoos (want more) &
- My favorite color is Indigo

**And always remember ...**



**So NEVER stop trying!**