Coaching has helped me see that my life has been filled with much more good than bad. I have done more things right than wrong. Most of all, I am excited to see what God has in store for me now. I am enjoying everyday life, moment-by-moment, and optimistic about the future… whatever it holds.

After my coaching experience, I have begun painting again, my self-appreciation has grown, my ability to love others without guilt, shame or blame has returned. I look forward to each day and spending time lovin’ on my husband, adopted daughters and grandchildren, with healthy boundaries.

I am ever so thankful that God led me to my Professional Life Coach Larry Kettle; it has literally changed my life.

Sarah