Does your life need a makeover?

Mona Bergman's did. Because hers felt like a disaster, and she didn't know what to do about it. Until she discovered the difference one caring person can make . . .

Do you ever feel like your life could use an overhaul? Mona Bergman sure did. Because at 32, the Los Angeles production assistant felt as if her life was falling apart, and she didn't know where—or how—to put the pieces back together.

Then one day she met someone who believed in her—and taught her to believe in herself, too . . .

It wasn't any one thing. But when Mona looked at her life, nothing felt . . . right.

At 5'8" and 177 pounds, she'd packed on 30 pounds since college, which made her feel unattractive.

And though working in the film industry sounded glamorous, after two years of running for coffee and parking cars, Mona wondered if she'd ever get promoted. Plus, she was barely making ends meet—and had fallen behind on some of her bills.

And "What love life?" Mona groaned when a co-worker asked. I must be giving off bad vibes, she thought, because every guy she met was more interested in himself than in getting to know her.

Mona wanted to be happy. But dieting didn't work—after working 15 hours a day, she was so tired, she wound up turning to fast food. And talking about her problems in therapy only left her feeling more depressed than before!

I just don't know what to do! she cried.

Ready for change

Then one evening, Mona went out to dinner with her friend Laura and Laura's sister, Amy Applebaum, who happened to be a life coach.

"I help people figure out what they want in life and find solutions to their problems," Amy explained.

"That's exactly what I need!" Mona said. "Could you see me?"

But the next morning, Mona had second thoughts. Maybe I'm not ready for this! she panicked.

"Change is scary," Amy reassured her. "That's why we'll start by making small changes: baby steps."

And after a "get to know you" session, Amy put Mona to work.

First, she had Mona write letters to the men in her failed relationships—not to mail them, but to help her discover what she'd learned from them.

I deserve a man who cares about me as much as I care about him! she penned.

Amy also had Mona write down every-

thing she ate, so she could see what her diet was really like. And she asked Mona to list bills, income and spending, so she could see where her money was going.

"Wow," Mona gasped. "I didn't realize I was eating—or spending—so much!"

Next, Mona decided what she truly hoped to change.

"I'd like to lose 30 pounds, start saving and only date the right kind of men," she told Amy.

Then Amy helped Mona set small, attainable goals. Like "Tomorrow, I'll tell my boss I'd like more responsibility," or "I'll eat a frozen meal with fruit for dinner."

Looking—and feeling—great!

So that's what Mona did: Stood up for herself at work. Ate low-fat foods. Because every night, there'd be an e-mail from Amy asking: *How'd you do?*

Amy being there for her made Mona feel like someone cared. And somehow, having to be accountable to Amy kept Mona accountable to herself.

And soon, all those little accomplishments added up!

"You look great!" friends raved when Mona lost 27 pounds in three months!

But the biggest change wasn't something you could measure on a scale . . .

Maybe it was the way Mona carried herself. Or maybe it was the extra 10 minutes she took every morning, choosing just the right outfit and putting on her makeup, or the way she smiled so much more. But suddenly, Mona practically exuded self-confidence, and it made a huge difference in . . . everything!

"You're definitely ready," Mona's boss said, giving her a promotion and a raise. And she started getting asked out by *nice* guys who made her feel special!

"My life's changed so much I barely recognize it!" Mona told Amy.

And though she'd only worked with Amy for three months, Mona's life kept getting better. Because two months later, Mona met Mr. Right—and soon, he asked her to marry him!

Today, Mona is happily married, looks amazing and has a job she loves. And she credits having a life coach.

"Amy helped me to realize I had the power to make my life anything I wanted it to be," Mona says. "And once I realized that, I never looked back!"

—Deborah Bebb

Did you know? Simply writing down your goals makes you more likely to achieve them!

"I used to feel so stuck, but working with Amy gave my life a push in the right direction," says Mona, *right.*

4 top life-coach tips to help turn *your* life around!

Mona followed these simple steps—and they transformed her life!

1 Identify your goal. "Be specific," says life coach Amy Applebaum (bootcampforyourmind.com). "If you want to lose weight, how much? The more focused we are on where we're going, the likelier we are to get there."

2 Practice thinking *this* way. "Whenever you start thinking something negative, try to replace it with a thought that supports your goal," says Applebaum. "It helps you make better choices."

3 Break it up into pieces. If you want to lose 10 pounds, for example, the piece might be to exercise for 15 minutes today.

4 Allow for failures. "We all mess up!" says Applebaum. "If you do, say, 'So what!' and keep going, and you'll achieve your goals."