



Michelle Boulé: Mastering Confidence, Consistency, and Creativity to Get the Results You Want



Michelle Boulé is a World-Renowned Dancer, Teacher, Life Coach, and Healer who coaches people to step into their potential and create the lives they desire. Discover how to organize and empower your mind to show up with clarity, overcome limiting beliefs, and gracefully move through challenges to realize your creative dreams.

TOP EMBODIMENT TIP:

The purpose of embodiment isn't to make you feel comfortable. It's to help you grow and expand.

Come into the Truth of Your Own Expression:

- Your birthright is to have a life that is designed to support you and bring joy. **Whatever you're thinking and believing is what you'll get.** Your life as it is now is a reflection of all your belief systems and your paradigms. When you start to see that, you step into a place where you can actually create the change you want.
- "The degree to which a person can grow is directly proportional to the amount of truth he can accept about himself without running away." (Leland Val Van De Wall)

What Do You Want? Your Passion or Calling is Who You Were Designed To Be

- "True desire represents the urge of life seeking a fuller expression, and it's kept alive by the continuous expectation of its fulfillment." (Raymond Halliwell)
- Consistency: You have to keep showing up. People don't consciously fail. They just start to agree with the reasons that tell them to stop. Be where you are and let yourself grow from there. Success is an awareness, not an end point. Life continues to grow and evolve (e.g. Oak tree with leaves falling is cycling into rest for something new to rise up.)
- Your true desire doesn't matter to anyone else or whether you have the time or money for it. When you step into your truth and commit to follow that, the support will show up. Let the universe take care of it.
- Growth is not about getting comfortable. It's stepping into places of pressure that allow you to expand into something new. You're either growing towards what you want or moving away from it. There is no middle ground.
- What if all the i's were dotted and the t's were crossed, and everything was taken care of. Would you do it? Follow that desire. When you commit and say yes, you let go of an old way of being to step into a new way of being.
- Fear is a good sign. You're actually growing. Fear goes away when you get a new result and can replace the old paradigm. You can't be confident first. You have to get a little messy and make mistakes. People who succeed are willing to act while they are still afraid. As you move towards what you want, the volume of resistance will get louder.
- If you're not getting the results you want, ask yourself, "What am I resisting?"

Resources

❖ **Website:** [Michelle Boule](#) | **Social:** [@michelleboule](#) | **Facebook:** [Michelle Boule](#) | **LinkedIn:** [Michelle Boulé](#)



❖ **References:** *Working With The Law* (Raymond Halliwell) ; *Relentless* (Michael Jordan)

Michelle Boulé





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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