

Lynita Mitchell-Blackwell, Esq.

INTUITIVE BUSINESS COACH



Bio

Lynita Mitchell-Blackwell is the Intuitive Business Coach™ who leads her clients to Live Life on FIRE for the Ultimate Successful Life with peace, joy, and fulfillment!

Lynita has built an award winning law firm and publishing house, is a #1 Bestselling Author, CPA, an ordained New Thought Minister, and recognized nationally as an outstanding community leader. Based on her latest book, Lynita loves sharing the formula to the Ultimate Successful Life with Peace, Joy, and Fulfillment!

The Problem

- 33% of people are unhappy with life. Key Factors: anger, stress, sadness, physical pain and worry leading to a new global high

<https://news.gallup.com/opinion/gallup/401216/global-rise-unhappiness.aspx>

- 66% of people are emotionally detached at work
- 19% are miserable and 61% feel disengaged

<https://www.cnbc.com/2022/08/12/job-unhappiness-is-at-a-staggering-all-time-high-according-to-gallup.html>

- 45% of people have not felt true happiness since pre-COVID
- 25% don't know or have forgotten what true happiness feels like
- 88% are seeking new experiences to make them smile and laugh
- 78% are willing to pay a premium for true happiness

<https://www.usatoday.com/story/money/2022/06/27/happiness-report-2022-pandemic/7662843001/>

The Solution

- **Live an excellent rather than perfect life**
- **Define your own standard of success and apply it unapologetically to every facet of your life**
- **Kick FOMO to the curb and embrace JOLO (joy of living O.P.E.N.L.Y.)**

Contact Info



770-766-3152



info@LynitaMitchellBlackwell.com



www.LynitaMitchellBlackwell.com



[@LynitaMitchellBlackwellEsq](https://www.instagram.com/LynitaMitchellBlackwellEsq)



[www.Linkedin.com/in/LynitaMitchellBlackwell](https://www.linkedin.com/in/LynitaMitchellBlackwell)



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Solution Resource: Latest Book

Live Life on Fire is the guide to live a happy life full of peace and joy.

This book is the "cheat sheet" to answer the question, "Who am I living for?" through life and business stories that will make you laugh, cry, get mad, and release - sometimes in the same chapter!

Learn tools to build a life that is both internally and externally pleasing, a life full of good health and great relationships, self-love and worldly recognition.

A life that is whole and complete - not a perfect life, but an excellent one where you define your own standard of success and live it unapologetically. And in doing so, be of service to your family, friends, community, business, and your SELF.

Topics/Conversation Guides

- How to Burn Down the Old and Build the New Awe-Mazing Life: Realize that "I'm tired" Is Not A Swear Word
- How to Navigate Dramergencies, Messiness, and Other Non-Life-Ending Anxiety-Inducing Actions: Grab Your Tea and Meditation First Thing in the Morning
- How to Confidently Ask for What You Want: Know that Porsche Black Is Not BMW Black, Yet the Same Faith Energy Manifests Both
- What's the Best Use of Frustration and Anger: Realize It's A Righteous Emotion and Allow it to Lead to Breakthrough
- Why is Diversity Important: It's A Superpower and Your Existence is Essential to the Progression of Our World
- How to Move On and Let Go: Forgiveness Requires Giving, and Sometimes It Is More Than We Want to Give