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TESTIMONIAL FOR MICHAEL MORNINGSTAR

I have had the pleasure of knowing Michael Morningstar for the past two years. Along with being an outstanding coach to myself and others, he has become one of my dearest and most trusted friends. Since the day that I met Michael, I have been impressed by his wealth of knowledge of food, nutrition and exercise. Every time I saw him, he was coaching someone on his or her diet or fitness outcomes. I have watched him captivate an audience as they intently listened to what he had to say on these subjects. When his presentation was over, they applauded and wanted more! Because of this he would spend one-on-one time with certain individuals. They would walk away with a realistic plan on how to improve their health by using a couple suggestions that he made to them. I am extremely impressed with his dedication of helping people and for being extremely focused under pressure.

Michael has, in the past and to this present day, been an essential influence in my life. He has taught me techniques to break my own disempowering patterns using Emotional Freedom Tapping (EFT), the use of aromatherapy and even reflexology of my feet to relax myself after a challenging day. I consider myself extremely knowledgeable on the subjects of diet and exercise, yet he surprises me quite often by teaching me some other useful tidbit or tool that I did not know when it comes to these subjects.

One of the most amazing tools that he teaches, which I have incorporated into my life, is his "Set and Get Your Outcome" technique. This simple tool has intensified my experiences and made them more meaningful, fun and rewarding! It is truly a simple technique that is not only easy, but it is not time-consuming. It helps you to get clear on what you want so that you can take your experience up to a level 100! One of Michael's favorite words is "yet." I would find myself saying, "I can't find this, Michael!" And he would always add "yet" to the end of my sentence. It takes on an entirely different meaning when you do this. I now find myself coaching other people when they use that phrase, "I can't." I say, "Put a yet on the end of that and see how it feels." They always notice how it feels, how it leaves you open to find or do the thing that has become a challenge. I get thanked, and then I tell the story of Michael Morningstar.

In closing, Michael is a trustworthy, honest, caring man who has profoundly impacted my life in the most positive of ways! I feel if the world had more Michael Morningstars, the possibilities in life would be endless! I would wholeheartedly recommend Michael as a coach, a teacher or a friend.

-- Laurie J. Driggers, CSR, RPR, CRR, Captioner/Court Reporter