


 PART  
2

# best friends MAKEOVER

## > Life

Life coach **Cathy Yost** had bimonthly phone meetings with Tracy and Tanya (and one day brought over the film *The Secret*, about how our thoughts and beliefs can shape our lives). She explored successes and setbacks with the girls and helped them see potentially challenging situations as opportunities to change patterns and old beliefs. For example, while it was challenging when Spencer wanted to stay with friends for several weeks, Tracy suddenly had more time for herself – and to make decisions about her life. Time spent apart was good for both of them and now that he's back home, they're starting to get back on track in their relationship.



Follow Tanya and Tracy's makeover story from the beginning.

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**RECAP:** Five months ago, Tracy Metcalfe, 46, and Tanya Leavitt, 37, both of Calgary, embarked on a yearlong Best Friends Makeover. Both women are devoted single moms who had gone back to university as adults to better provide for their families. They both worked in the nonprofit industry, shared rent and lived frugally but still had trouble keeping up with the high cost of living and heavy debt loads. They had little time and no budget for fitness, and didn't have much of a social life. To the rescue, their own team of professionals assembled by *Canadian Living Magazine*. The team included coaches in: fitness (Shelly Stranaghan); nutrition (Rory Hornstein); life skills (Cathy Yost); career (Gimalle Crawford); finances (Jennifer Kirby); and image (Astrid DesLandes) as well as Dr. Rita Dahlke, a family physician.

### Tanya

#### SELF-CONFIDENCE

Tanya has made many positive changes in the area of self-confidence, and her coworkers are noticing, says Yost. What's at work here? A coaching tool called Clean Sweep, which initially helped Tanya declutter her home. "It has evolved into not just a physical cleanup, but into how I set my goals and fill up my mind," says Tanya. "I'm learning to trust myself."

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