

# Monica's Story

My name is Monica J. Foster, and I am Founder and Chief Motivational Officer (CMO) of BUTTERFLYWHEEL® Motivation, Advocacy & Consulting. I have dedicated my life to coaching people with disabilities, other daunting life challenges and limiting beliefs to help us all develop the skills we must have to meet our challenges head on and live happy, fulfilling lives. ***As a result of my life experiences as a vibrant amputee on wheels, I have become more open to the beauty each day holds.***

I believe that life is a gift, and that each day is an opportunity to make a positive difference in someone else's life, especially women with disabilities, female veterans and other women struggling with limiting beliefs and labels. Many times, I meet people who are in a cycle of confusion about who they are and desire to be. I use my own story of strength, courage and triumph to engage, educate and encourage others to overcome their doubts, fears and obstacles to ***live a Life Beyond Limits®***. You can find me across social media sharing the hashtag #beyondlimits.

I know that it's possible, because I do it every day. I was born with Spina Bifida, and I use a wheelchair. Continued battles with life-threatening infections caused by compromised circulation in my legs. Further life-threatening infection in my left foot led me to make the difficult decision to amputate my left leg just above the knee in January, 2010. I have no regrets, and my life is more vibrant and experiences exceptional as a queen-sized amputee on wheels. I'm a work in progress and so are you! ***Life continues to spin #beyondlimits in beautiful ways.***

I possess an extraordinary passion to guide and motivate others, particularly other women with disabilities and female veterans, through the various transitions of life, work, love, aging and wellness. Disabled female veterans, people with all types of disabilities, and girls with special needs have found in me an advocate, mentor, cheerleader and empathizer. People without disabilities, especially moms of people with disabilities, discover there is more to life than simply focusing on things we are most afraid of or think we can't do and becoming laser focused on what makes us feel the most fulfilled. ***I find joy in every connection!***

There is incredible value and meaning in my relationships with those I life coach, but I can't describe how much I treasure my relationships with those who have coached me. I credit my dad, Royce, a retired Senior Chief Petty Officer who spent four years in the Air Force and 18 years in the Coast Guard, with the lessons I've learned in patience and integrity. My mother, Gail, a retired teacher, encourages me to never accept injustice and continues to stoke my fire to fight for what's right and my personal vision of joy.

Monica and Bryan

My wonderful husband, Bryan, has shown me the benefits of accepting what is, in order to discover what can be. He really is my better half! Bryan and I met in 2000, and in 2002 he experienced a stroke that left him paralyzed on his right side for many months. I learned a great deal about my abilities as a caregiver in spite of my own challenges during that time, and lessons about *in*dependence were replaced by lessons on *inter*dependence. After rigorous rehabilitation, Bryan is now a strong survivor of a traumatic brain injury, and we've each had a really good look at what it's like for the other person in our relationship. In 2005, after growing together and learning to navigate the challenges of being an interability couple, we married. We purchased our first accessible home in December, 2009, and have settled down in my hometown of Landis, North Carolina with two rambunctious cats, Annabelle and Poe.

I'm also very close to Bryan's family, who has supported me like I'm one of their own. I've always thought that *more* family is *better*, and they have proved that to be true time and again. They really are my Foster family in every way!

Each member of my family has given me undying support and unconditional love, and I draw from it daily to keep me moving onward and upward in all I do.

So, that's my #beyondlimits story. What about you? **Let's work on your new #beyondlimits story together. [Contact me today!](#)**

## About

### What is BUTTERFLYWHEEL® Life Coaching and Where Did It Come From?

Life is change. Change is all-inclusive, and the fact that everyone will eventually experience it is inevitable. It's not *that* we experience change, but *how* we experience change that determines whether we soar or sink. When life hits you with change, there is always a choice to be

made. Ladies, you can choose to become the butterfly emerging from her cocoon, or you can choose to sink like the *The Titanic*.

I chose the butterfly. In each of us is a beautiful butterfly waiting to emerge and we all go through some pain during our growth, just like the butterfly does as it pushes through the veil of its tight chrysalis to go from caterpillar to fully formed butterfly.



BUTTERFLYWHEEL® Logo

Side view of butterfly  
within a circle within a square

BUTTERFLYWHEEL® is the combination of two symbols that represent change and transformation to me. The butterfly represents internal growth, while the wheel represents shifting out of destructive patterns and mindsets, learning healthier, more empowering habits and building momentum toward success as the empowered, independent, successful woman you were meant to be.

My life coaching is a reflection of this, in that my clients are able to achieve internal and external growth simultaneously, maximizing their level of success.

When I was little, my grandpa called me "*butterfly crutches*". When I would play outside on my braces and crutches, butterflies (which I love!) and other critters would end up landing on my clothes and on the shiny metal of my crutches. I would carry them inside with me, and they would flit around loose in the house until we opened the screen door or window to let them go.

After I transitioned to the wheelchair full time as an adult, I was trying to come up with a business name that reflected powerful growth and I realized that the butterfly and the wheel were two very powerful symbols for me and transformative symbols in general. They both represent personal and world transformation. Both symbols are perfect for me and what I do for others in my work, because coaching can have an impact on us inside and out — sometimes simultaneously.

I was thinking about my grandpa one day, missing him and remembering him calling me "*butterfly crutches*," and it all came together. I could give him a nod and shift from *butterfly*

*crutches* to “*butterfly wheel*.” Instead of two words, though, I wanted to mold it into one powerful compound concept to represent the powerful changes I want to see happen in my clients’ lives inside and out.

When I was creating the logo, I kept thinking about how people with disabilities and other labels sometimes feel like square pegs in round holes, and how we are labeled and put in boxes that don’t really fully define us as able, valuable people in society, while still honoring the struggles we go through as valuable lessons. With some focused action and confidence building, along with the refusal to let obstacles and others’ misconceptions get in our way, we can rise out of that limiting box. We can rise and reach for a **Life Beyond Limits** (share the #beyondlimits hashtag on social media!), gaining the momentum to transform our lives and the world around us into a world of opportunities that appreciates our value and abilities as vibrant women and full citizens of humanity.

Did you know BUTTERFLYWHEEL® has a theme song? Here it is! [Click here](#) to download the lyrics and click below to give it a listen!

[audio:http://butterflywheel.com/wp-content/uploads/2012/08/BUTTERFLYWHEEL-Theme1.mp3|titles=sample-embed]