



The Life You Desire is Waiting!



Reach Out And Grab It!



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When we are unfulfilled, we may feel...

Tired and frustrated, stuck in a life we don't want;

Unmotivated and dread getting up for the day; and

Irritable and stressed all the time.

Or we may...

Know there is a more fulfilling path in life out there for us;

Say to ourselves "I can't do this anymore;"

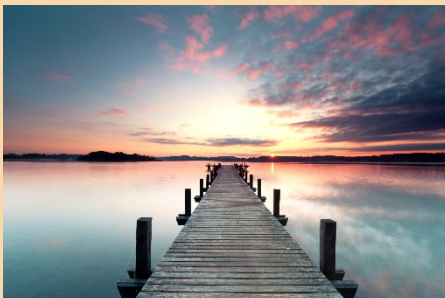
Stare into the mirror thinking we need a different career;

Become short tempered and argumentative;

Give up activities we enjoy and time with friends to stay at home; and

Replace healthy habits with unhealthy ones we later regret.

BUT, THERE IS A PATH FORWARD!



You CAN overcome your unfulfillment and walk the path to the life you desire!

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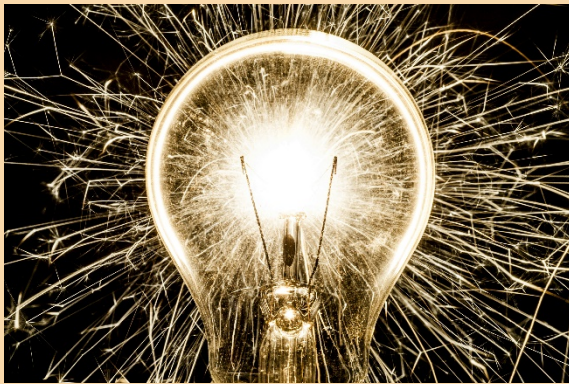
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Creating the life we desire is a personal journey!

And it deserves to be treated as such. It is yours and yours alone. You define the path you walk! Everything you need is within you; and you have the courage to discover and follow it!



The first stage of our journeys is Activation.



Activation ignites a deep visceral spark within us, embracing our yearning to create change in our lives. It is the process of exploring our current selves and circumstance.

Are we drawn to changing our lives from the happiness we will receive from our change or are we running away from something which makes us unhappy? Often, we find ourselves driven to change by an unhappiness. Subconsciously we weigh the cons of our current circumstance against the pros of creating the change we want; and only when that unhappiness overtakes all else, do we start to create the change we want.

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One way of starting our journey towards change is to bring our pros and cons to the forefront. We often gain clarity and greater insight from putting our thoughts to paper.

What is the change you desire in your life? Are you running towards something or away from something? What are the cons of staying in your current circumstance and what are the pros of creating the change you want? These questions and pros and cons can truly help ignite a spark within us, putting us on a path we create towards the life we desire.



The second stage of our journeys is Awareness.



insight for understanding who we are and what we desire.

Awareness is a deep exploration into ourselves to discover who we truly are, and what we desire in life. The experiences of our lives define us and shape us. They make us unique and provide us with great



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One way for us to explore our experiences is through a lifeline. One end of the line represents our date of birth, and the other end represents the current date; everything between the two ends represents all of the experiences of our life. Reviewing these experiences can provide great clarity through themes which appear, such as, what makes us happy, what provides us with meaning, and what we value.



The third stage of our journeys is Acknowledgement.



Acknowledgement helps us embrace who we truly are and the future we desire. It also helps us recognize we have a choice to expand beyond and change our current circumstance. The choice IS OURS! We can

create and take the road which leads to the life we desire!

One of the greatest tools we have at our disposal for embracing who we are and what we desire in life is a strategic vision. A strategic vision is more than just a picture or an idea of the future



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we desire. It is a clear and distinct picture of the life we desire, based upon who we truly are, defining its impact upon us, others, and our environments. It exudes our life's mission and purpose.

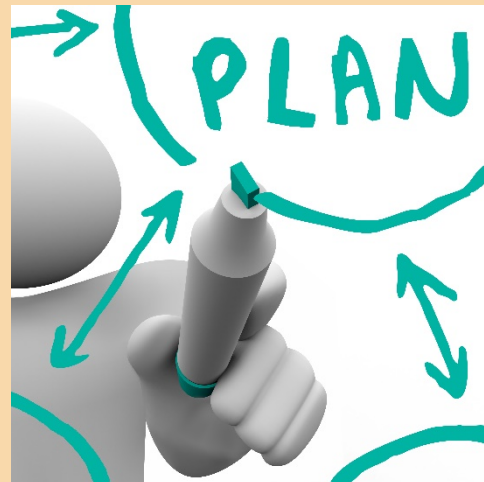


A vision board brings our strategic vision together in one place and serves as a reminder which propels us forward on our journey to create the life we desire. The imagery, notes, sayings,

etc., we include on our vision board represent our mission, purpose, desires, main goal, and milestones. They also exemplify the impact we desire for ourselves, those around us, and our environments.

The fourth stage of our journeys is Alignment.

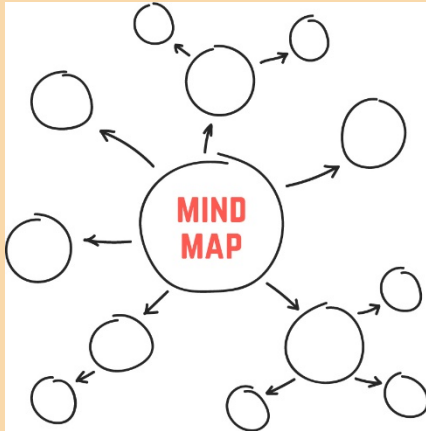
Alignment consists of creating a plan to transition ourselves from who we are now, and our current circumstance, to who we truly are and the life we desire. It also is a process which orients and prepares us to follow the plan we create. Without a plan we can feel directionless and take action



which seemingly always leads back to the same place. A detailed plan provides us with a list of steps to take, as well as, maps out timeframes and milestones; which naturally



gives us feedback and holds us accountable for achieving our plan.



One tool we can use to help create our plan is a mind map. A mind map places our main goal in its center which connects to sub-goals or action steps needed to achieve the main goal. Each sub-goal or action step may also connect to smaller sub goals or actions steps of their own. Typically mind maps

use single words to describe each goal and action step. Including time frames for completion or deadlines for our specific sub-goals and action steps on our mind maps provides us with accountability and feedback for creating the life we desire (our main goal!).

The fifth stage of our journeys is About Face.

About face is an action driven transformative process of becoming who we truly are and creating the life we desire. It lays the foundation we build upon to embody our true selves, creating a ripple effect on those around us, and subsequently our environments. It is our growth which shapes our relationships and the world around us, creating the life we desire.





About face begins with small steps shaping our beliefs, behaviors, communication, emotions, feelings, thoughts, and support, to be in line with who we truly are. It is our growth which brings the action steps of our plan to

completion. At this stage we don't hold others responsible for the hurdles we face; rather, we ask what are we doing which is standing in our way?

One of the keys to successfully turning about face is to keep it simple. Often, we try to change too much too quickly. True change takes time as we rewire our brains to create and solidify new habits, slowly decreasing the strength of our old habits. By initially setting a goal of slowly transitioning one part of



ourselves to be aligned with who we truly are, such as meditating once a week, then twice, then three times, etc., we create true transformative change which lasts. Each change we create makes it easier to embody additional change, jump starting a trickle effect easing our transformation.



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The sixth stage of our journeys is Actualization.



Actualization is the embodiment of who we truly are and the act of bringing the life we desire to fruition. It is when the transformations of

our beliefs, behaviors, communication, emotions, feelings, thoughts, and support become a part of us on a daily basis; and we take the final steps to achieve the life we desire.

It is within this stage that we break free of the last remaining bonds holding us back from being who we truly are and the life we desire. Revisiting the road



we have taken along our journey provides us with the strength and resolve we need to continue forward and finish what we set out to achieve. The strategic vision and action plan we've created remind us of why we have undertaken the journey and the fulfillment we are about to receive. They also provide us with the final steps to take to create the life we desire.

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The seventh stage of our journeys is At Peace.



At Peace is a state of being and embracing our transformation into who we truly are and the life we have created. WE HAVE BECOME WHO WE ARE MEANT TO BE

AND CREATED THE LIFE WE DESIRE!

Reflecting on how we have grown and the road we traveled is a very powerful tool for embracing who we have become and where we are now. Writing a letter to who we were when we



set out on our journey is one such method of reflection. Including how we feel, think, and act now as compared to when we started solidifies our understanding and embracement of where we are now.

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The eighth stage of our journeys is Advancement.



Advancement is being open to and recognizing the continual growth of who we are and the future we desire as it grows over time. As we achieve the life we desire, new desires come forward and provide our

life with direction in line with its purpose, further bringing meaning to it.

Stretch goals provide the means for us to examine the new desires of our life and provide us with new direction. Stretch goals are goals which are seemingly out of reach to obtain. By exploring what we once



believed was out of reach, beyond the life we desired, at the onset of our journey, we can form what our stretch goals were. When viewed from our new perspective, having embodied who we truly are and achieved the life we desired, these stretch goals no longer seem out of reach. In other words, what was once seemingly impossible is now possible. It is these possibilities we strive for next; restarting the stages of our journey towards new goals.



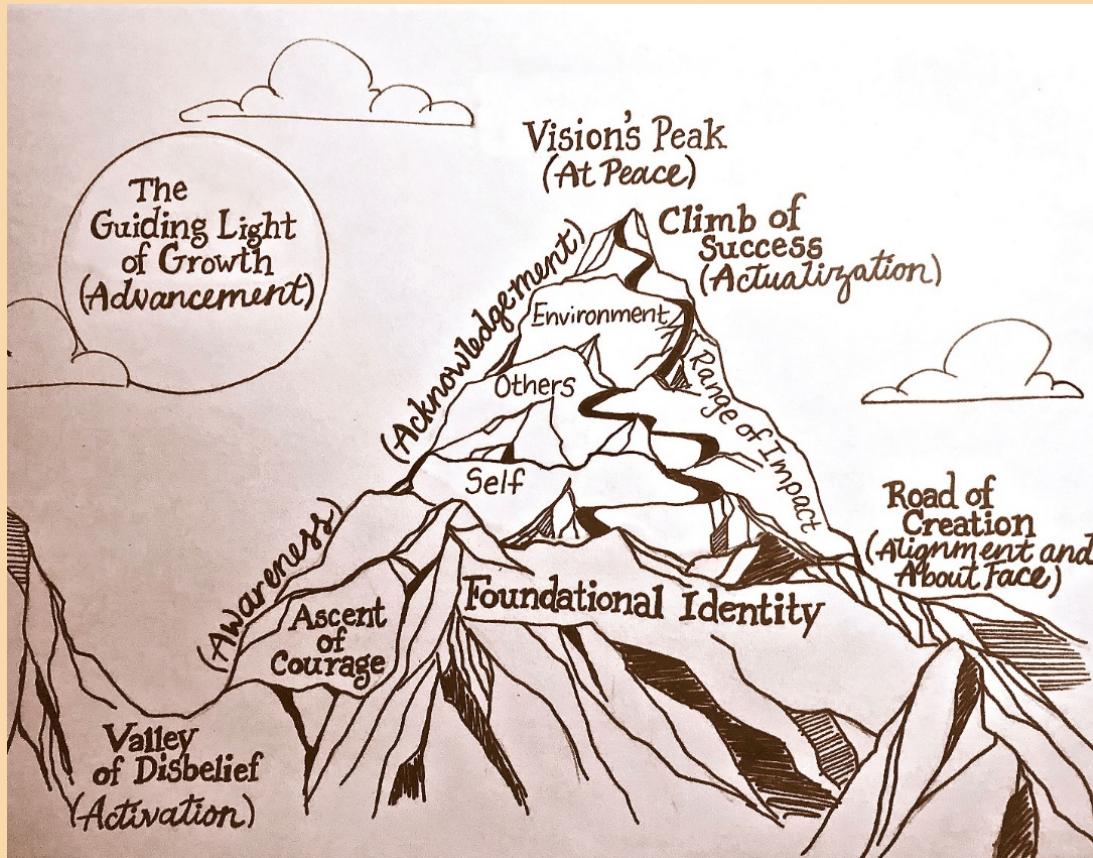
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Our journeys have a roadmap!



Strive For More has formed a roadmap for creating the life we desire which integrates the eight stages of our journeys and meets you where you are. It is a roadmap for you, individually tailored with you, and by you, to achieve the life you desire and become who you truly are.

Do you know where you are on your journey to creating the life you desire? Pinpointing where you are helps determine what your next steps are for creating the life you desire.

Unsure or need help? Strive For More is here for you!

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Strive For More offers programs which can help!

Strive For More offers 3 specialized programs designed to help create the life you desire and embody who you truly are, depending on where you currently are along your journey. Each program meets you where you are and individually addresses your needs, setting you up to successfully further your journey.

Getting Started

Getting Started is a program designed to overcome the hurdles associated with taking the first steps towards your desires.

Gaining Clarity

Gaining Clarity is a program designed to provide clarity around who you truly are and create a detailed vision of the life you desire.

Bringing My Vision to Life

Bringing My Vision to Life is a program designed to create and follow an individualized action plan to help make your desired life a reality.

Unsure of which program is right for you? Take our quick free assessment by [clicking here](#).

Ready to talk to someone and start your journey today? [click here](#), or call (412)420-0706

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