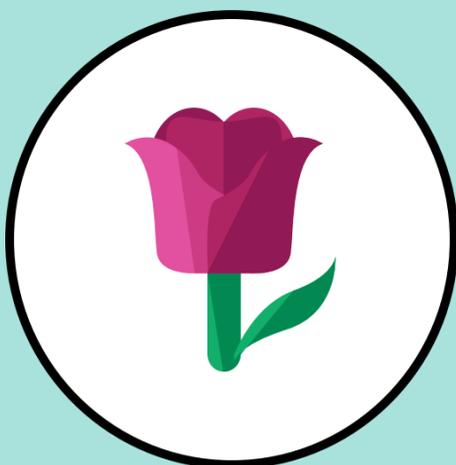


# Gentle Steps To Transform Your Life

You know that thing you've always wanted to do but haven't started?  
How about something you get excited about, go gung-ho on for a bit, but then fades?  
How about something smaller, something you've been meaning to do but keep postponing?

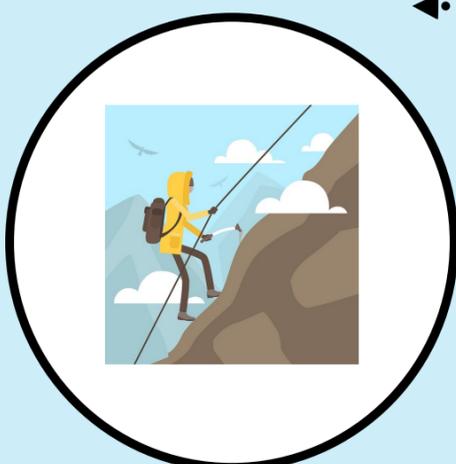


## Step 1: The Good News

You're not lazy! You're not incompetent, broken, undisciplined, distracted, or any of the rest of the things you might believe. The big news: you're human.

## Step 2: Our Dear Brains

Our brain does so much for us, and it sure is helpful. But it's wired to keep us safe, and lots of times it overreacts! When we don't take action toward something we want it appears like life just got in the way. We're unaware that subconscious fear is holding us back.

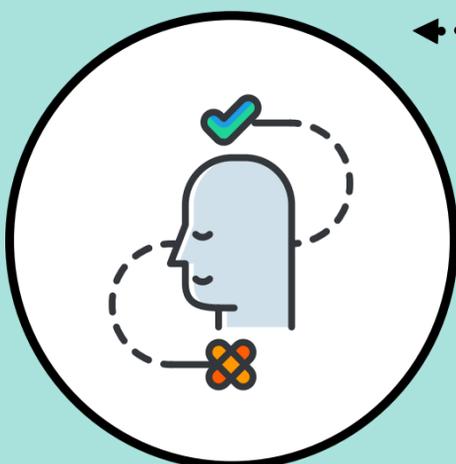


## Step 3: Change Isn't What You Think

When we consider a change, we often imagine we have a big mountain to climb. If we're looking straight up (at the final result we want), it can seem daunting. If we look for the next crevice to grab hold, we can steadily make our way.

## Step 4: The Real World

Learning a new language, playing an instrument, having a tough conversation, getting a new job. These are just a few examples of things that might feel like impossible mountains. You don't need a philosophy degree! With a little courage, you can create a new reality through simple, consistent action.

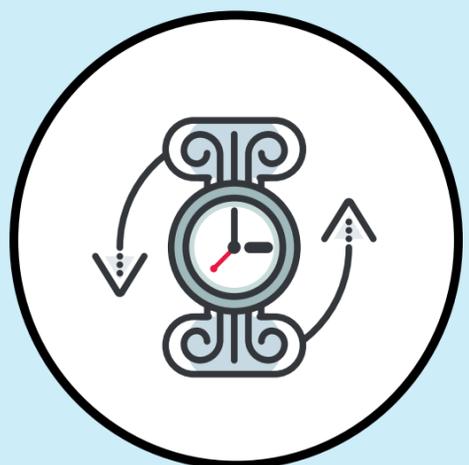


## Step 5: Courage Isn't Hard to Find

Life can seem really tough. The fact that you've made it this far points to the courage you have within. But it's easy to lose sight of that. When we uncover our courage, we see things from a new perspective. New insights lead to inspired choices.

## Step 6: Time Is On Your Side

It's never too late and it doesn't take as long as we think. As we take the next step, and then the next, we build momentum. Our trusty brains are good at something else: adapting! Pretty soon things that seemed scary or out of reach before now feel normal. Before you know it, you're living the life you dreamed.



Join us November 13-15 for a low cost weekend of insight and connection. Our virtual event packed with compassionate facilitators. Discover courage within you, gain new insight, and put it into action.

Register Now