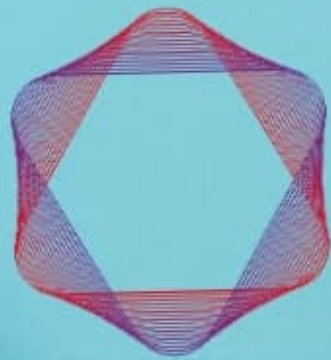


LIVE
YOUR BEST
LIFE



Live Your Best Life!

FIND YOUR HAPPINESS!

Virtual Workshop Series



**Life is not a problem to be solved,
But a reality to be experienced.**



1. Story vs Isness

Story

The Weather Report

Sharing an intention

Isness

The Weather

Commitment

Cup demonstration

Story comes after:

**But
Because
Why?**



1. Story vs Isness

Feeling stuck, flat, bored, in a routine, uninspired, lack magic, like things are not moving forward?

You are very likely IN STORY

Story #1

Isness #1

Story #2

Isness #2

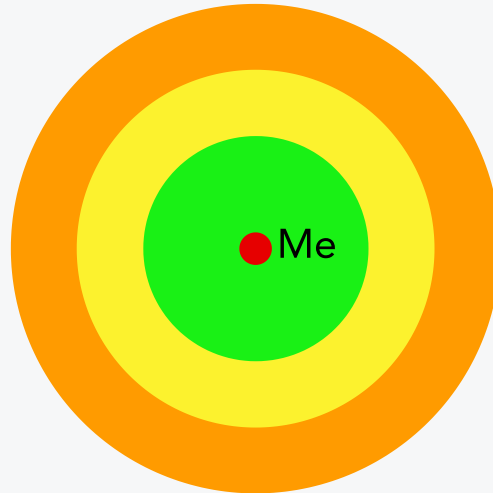
Story #3

Isness #3

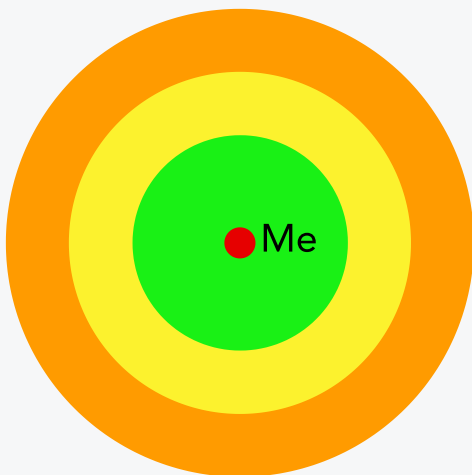


2. Priority Circles

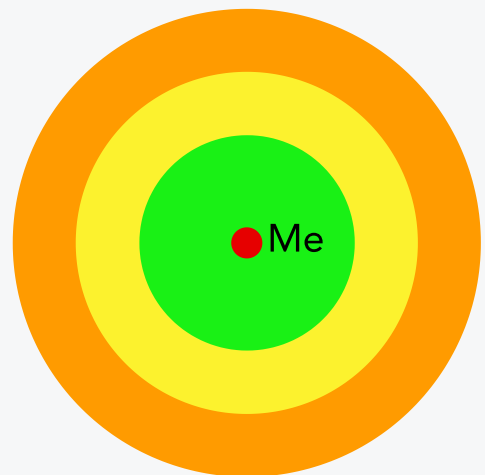
Current situation



Preferred situation



Situation end of week



Commitments

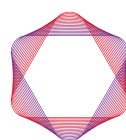


3. Your Core-Values

I take to my island

Because of this quality

This means to me
(core value)



3. Your Core-Values

My decisions for now and the future

My commitments



My nugget of this workshop (series)





**"I AM....
two of the most powerful words,
for what you put after them shapes
your reality"**



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