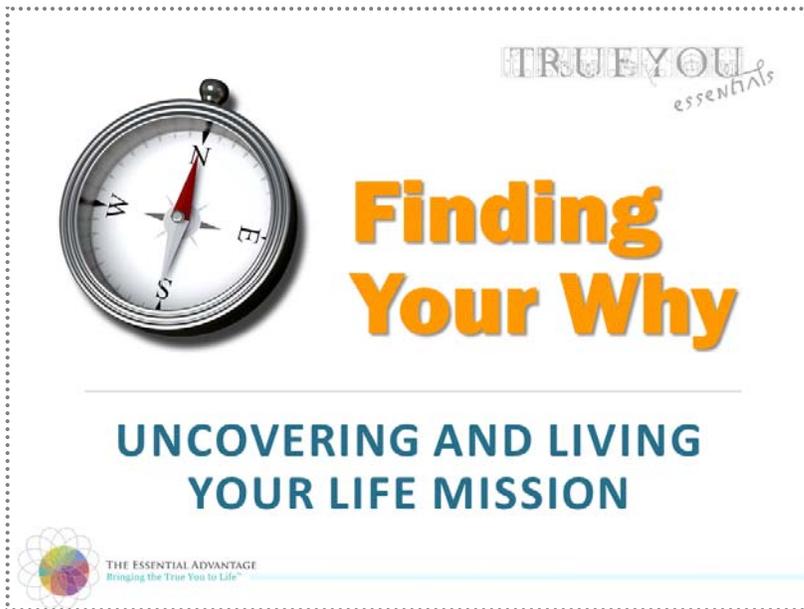


Finding Your Why

Uncovering and Living Your Life Mission

True
You
essentials



What if you woke up every day, eager to jump out of bed and make the most of the day ahead? Instead of constantly thinking, "There must be something better," can you imagine having the power to find meaning in whatever life hands you? Can you picture looking back on your life with satisfaction, pride and gratitude for all you have experienced?

Not only is this possible, it is your birthright and essential for true success. This workshop helps you get in touch with your unique talents and strengths, identify your compass-like "Ideal," and create a personal Mission Statement, so you can mine your day for meaning and inspiration, no matter what your calendar holds. With clear purpose, you will accomplish more by aligning conscious intention with focused action. You will begin to notice the signposts--that already surround you!--that point you to your highest potential.

In this life-changing workshop, you will learn:

- What Mission is and isn't (hint: Mission ≠ Vocation)
- Edgar Cayce's remarkable and practical insights for meaningful mind/body/spirit balance
- 3 indispensable parts of a functional mission (if you lack any one, you will feel off-course)
- What Abraham Maslow's Hierarchy of Needs means to your happiness
- The 5-Step process for discovering your life mission, and real world considerations for living it

Format recommendation: perfect for a retreat as a half-day workshop; can be extended to full day (or longer) with hands-on activities and personality assessments.

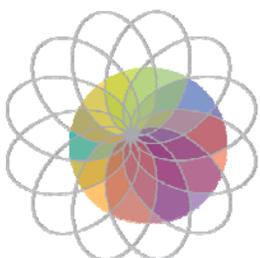
Topic Categories: Employee engagement, Work/life balance

Trust Liz to inspire your group toward greater health, wealth and happiness!

Holistic wellness coach and clinical aromatherapist, Liz Garrett, is changing lives with creative, reality-based programs designed to meet the goals and needs of busy people.



Liz Garrett



THE ESSENTIAL ADVANTAGE
Bringing the True You to Life™

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