

Find Your Path, *Love Your Life*

Ask yourself if any of the following questions apply to you:

- Do you wonder why you're here?
- Is there something missing in your life?
- Do you have talents, skills, and abilities that are being underutilized or ignored?
- Are you spending the majority of your time engaged in activities that zap your energy and vitality?
- Are you longing to make a meaningful contribution to the world?
- Do you feel as if you're merely putting in time?

You're not alone. The common conversation overheard these days involves the expressed desire for more meaning. With most of us having exhausted traditional avenues and notions of contentment, we are led inevitably to the one place where answers lie and happiness emerges: the dialogue within.

In *Find Your Path, Love Your Life* you will challenge yourself, your thoughts, your beliefs, your attitudes, your habits and your lifestyle, and ultimately emerge with a clear direction for your life. It is possible to dream, design, and embark upon a path that will lead to a life of purpose, passion, and power. If you can imagine it, you can create it.

Each week, you will be faced with challenging exercises, activities, and homework that will ask you to consider the heart of your happiness. What is it that you long for? And what would you give to spring out of bed in the morning feeling on track, on purpose and contributing to the world in ways you can be proud of? You *can* make this happen. The answers and the ability lie within you.

This course will help you:

- Uncover the core value system that guides all of your decisions.
- Reconnect you with your talents, passions and natural abilities.
- Overcome barriers that you believe stand between you and your ideal life and calling.
- Develop a clear life vision and express it as a mission statement.
- Form an ongoing support network that will keep you on track and moving forward.

Course enrolment is limited to six participants. This creates an intimate group setting that allows for all voices to be heard, and for more intensive growth to occur. Small group work will be encouraged, as you create an ongoing support network that will extend beyond the course.

This course will make you laugh, make you cry, and make you angry at times. Getting exactly what you put into it, you have the ability to emerge from this course more confident, energized, focused, and most importantly, on the path to living the life you've always dreamed of.