



**the SOURCE™**  
30.1.12

**Personal Discovery Program**

*Focus for 30 Days on 1 Life Area for 12 Months*

**Find YOUR Voice ...  
Discover YOUR Design...  
Live Out Loud!**

## **Tele-Classes Now Forming!**

### **Learn to:**

- Discover Your Passion & Purpose
  - Take Strategic Action to build the life you were designed to live
  - Become directly involved in creating a more balanced & fulfilled life
  - Broaden the quality of your relationships and life experiences
  - Express yourself in a productive, loving way
  - Learn to use your time, your choices & your focus each day to live the life you always wanted
- Ultimately learn to become your own Life Coach!!!**

### **By Focusing on Twelve (12) Life Areas:**

- Passion/Purpose
- Goals/Organization
- Relationships
- Spirituality/Faith
- Curiosity/Learning
- Balance/Fulfillment
- Rest/Relaxation
- Adventure
- Movement
- Nutrition/Water
- Gratitude/Attitude
- Service/Giving Back

### **AND equipping you with the skills to overcome challenges such as:**

- Stress
- Toxic People
- Toxic Food
- Negative Self-Talk
- Procrastination
- Fear

Invest (2) hours per month for 12 months to enhance & improve your personal & professional life

Information or to Register:

[www.ILiveTheSource.com](http://www.ILiveTheSource.com)

**Tele-Classes:**

**\$50 Registration/Materials Fee**  
plus \$25 per month/12 months  
see website for more details