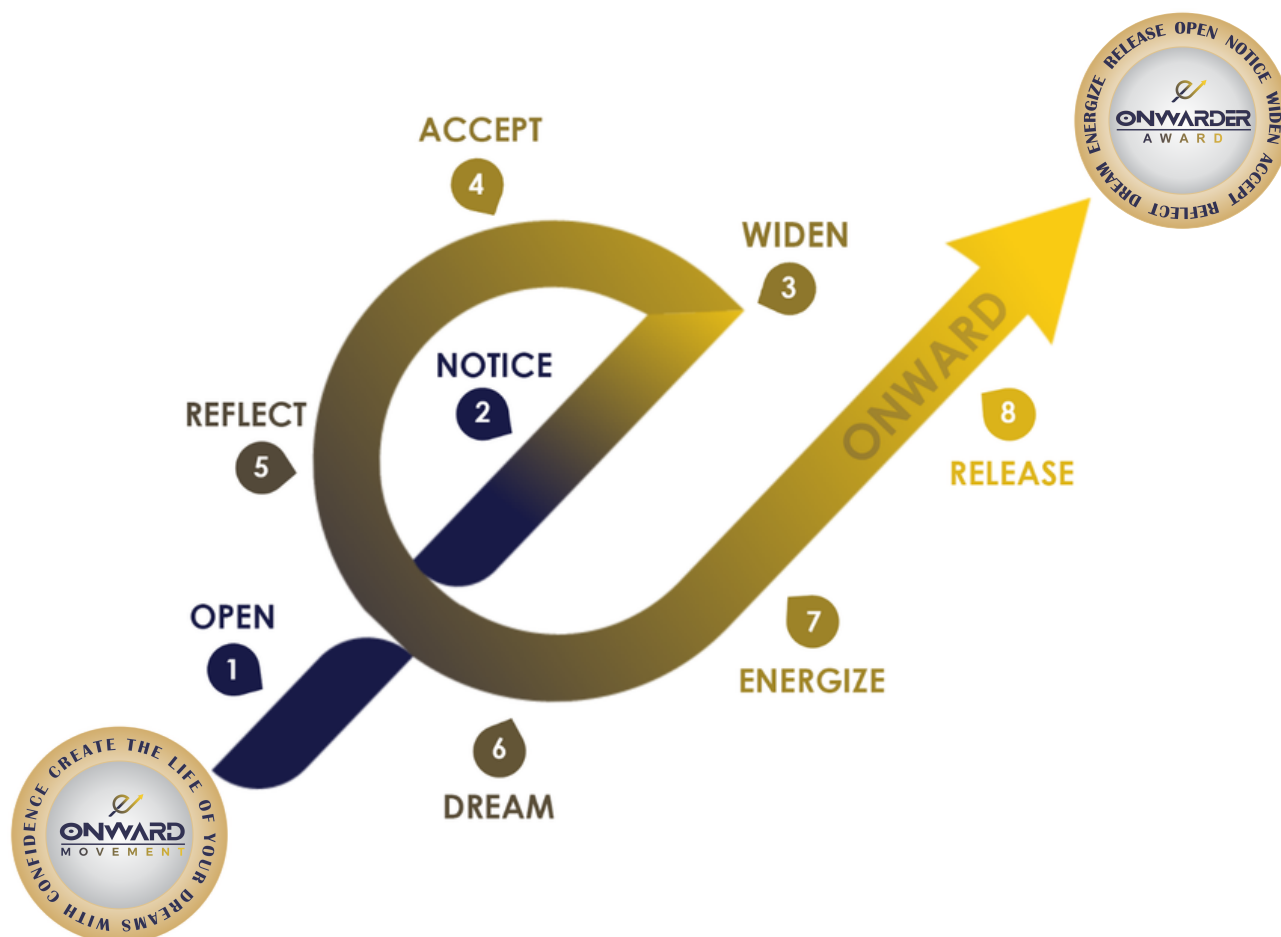


THE ONWARD MOVEMENT ROADMAP

The Onward Movement seeks to inspire you to create a life you LOVE living - NOW!



- O**pen Congratulations! You've opened your mind and prepared to be authentic and vulnerable as you embark upon your unique transformational journey to create the life of your dreams.
- N**otice You've noticed the recurring patterns throughout your life. You're becoming more aware have noticed your beliefs about the "shoulds" in your life. You're noticing your longings & discontent.
- W**iden You've widened your introspection and performed an assessment of all areas your life to include: relationships, health, vocation, time and financial freedom. You've also identified your top 3 values.
- A**ccept Awesome! You've learned how to remove resistance and you've accepted your past and accepted your present. You're able to find the positive aspects in all circumstances.
- R**eflect You've reflected upon your life and all that you've discovered about yourself in this coaching program. You've discovered or confirmed your life's purpose and the legacy you want to leave.
- D**ream You've dreamed in all areas of your life and created your written vision for a life you'd love living.
- E**nergize You're energized and confident about creating the life of your dreams. You're taking steps every day toward creating a life you'd love.
- R**elease Congratulations! You've released your fear and limiting beliefs. You've left your comfort zone & are on your way to creating the life of your dreams. You've established a support network. You've started to share your unique story and journey with people around you and you're an Onward Movement Torchbearer.