

*Would you rather have  
unlimited energy or unlimited  
calm?*

*Would you rather have a  
personal cheerleader who  
follows you around all day or a  
wise mentor who appears  
whenever you're stuck?*

# How to Build a Life that Feels Right

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# Feels Right??

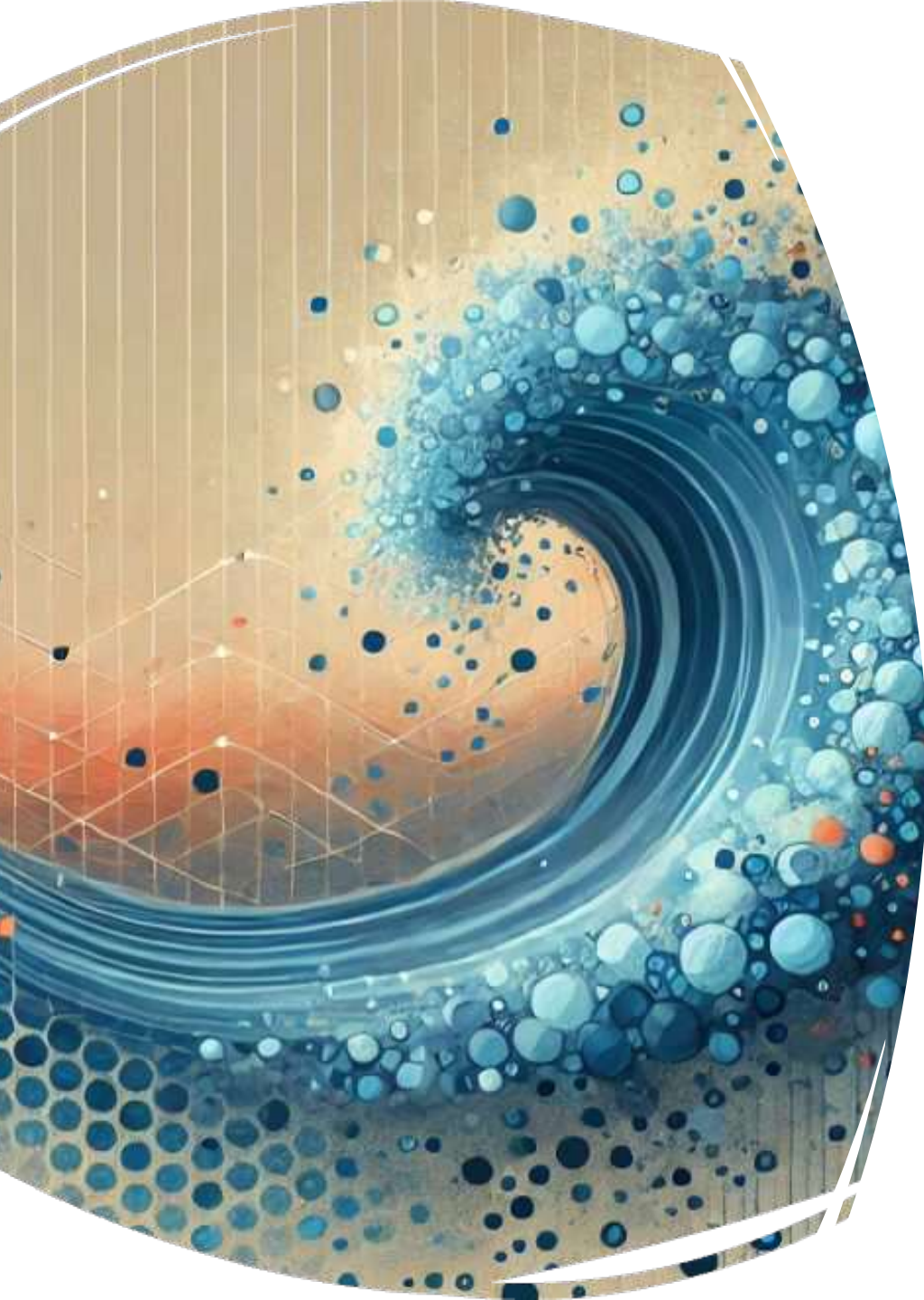
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- Satisfied
- Fulfilled
- Meaningful
- Good
- Happy
- Peaceful
- Serene



A Satisfied\* Life  
means you do  
more of what  
matters to you,  
more often.





# Two Main Challenges

- We are not clear on what really matters
- We know what matters, but we struggle to follow through

# What is Worth Wanting?

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- Motivational Complexity
- Values vs Desires
- Values vs Values
- Pick a Guide



# The Architecture of Change

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## Structural

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## Internal

# Structural

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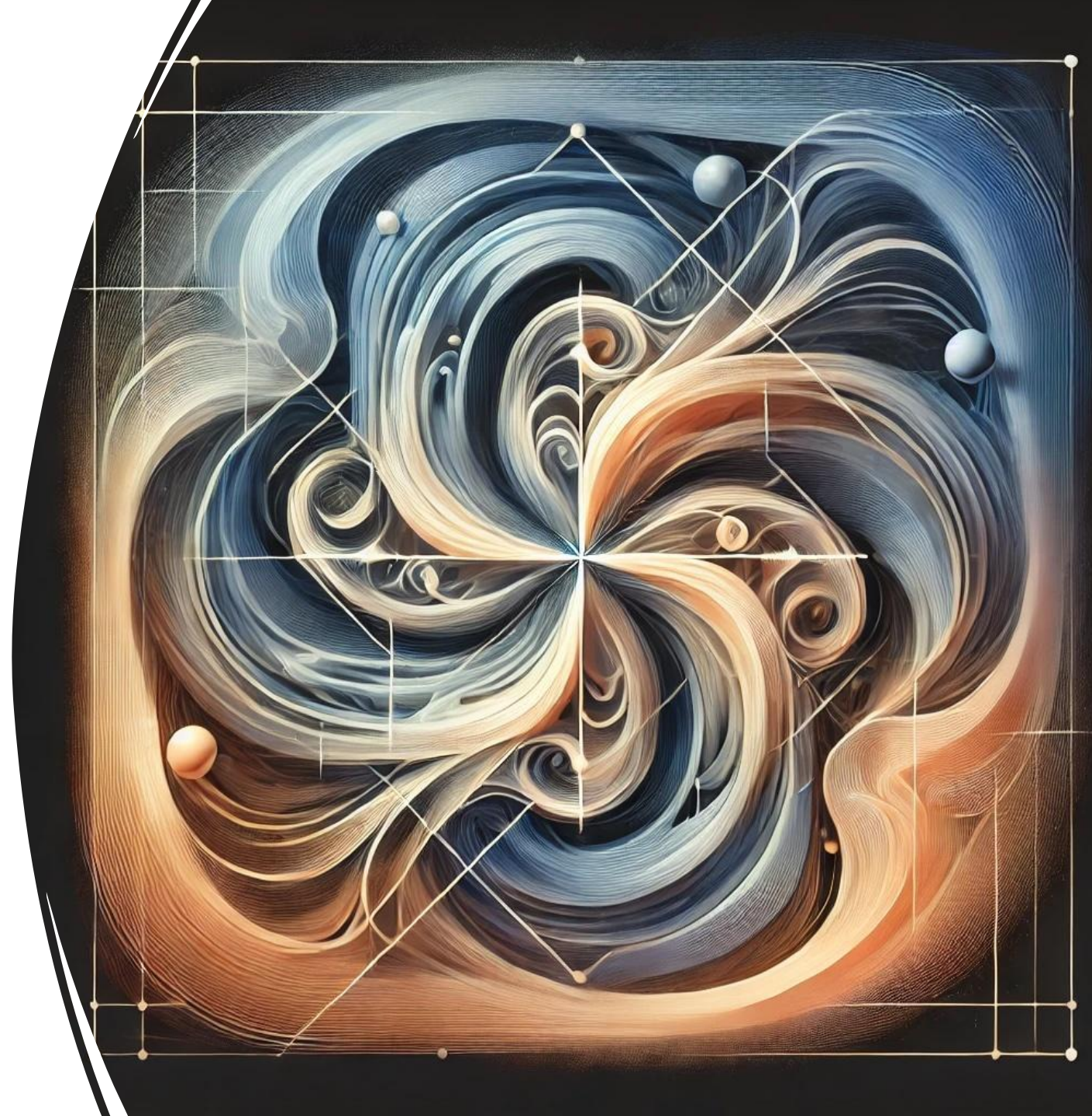
- Scaffolding that makes a good choice easier
- Planning, support, designing Your environment
- SPAR Method



# The SPAR Method

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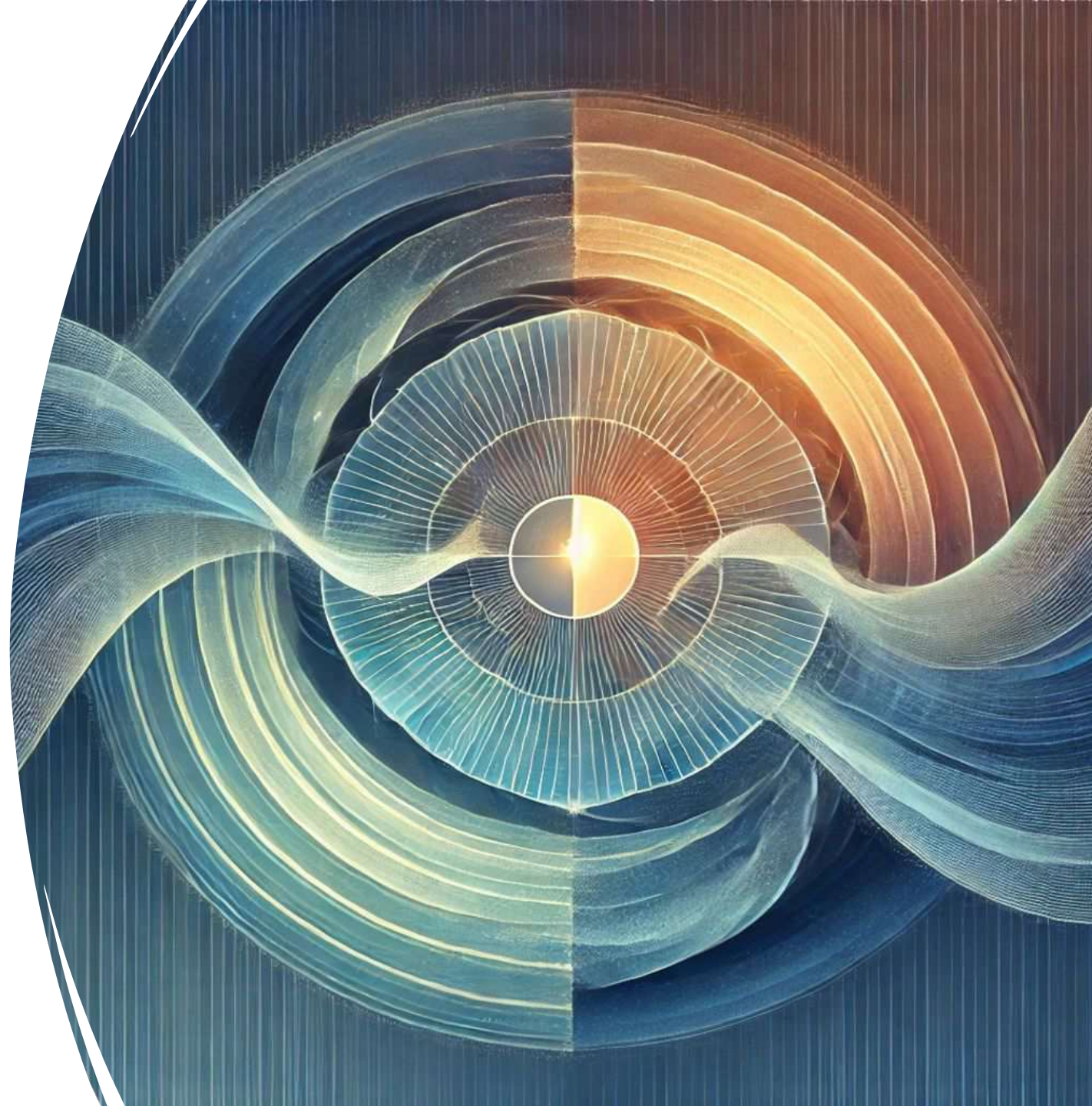
- **Specificity**
- **Prompts**
- **Alignment**
- **Resilience**



# Internal

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- The Choice Point
- 6 Saboteurs
- How we talk to ourselves





# The Choice Point

- Just Start!!
- What am I thinking, feeling and saying to myself right now?

# Structure

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- **Monthly Live Gathering**— teaching, reflection, discussion
- **Weekly Practice Rhythm** — prompts, exercises, check-ins, joy threads
- **Peer Circles & Affinity Groups** — small groups, shared journeys
- **The Daily Pause**- 20 minutes of quiet time
- **Resource Library & Replays** — tools, podcast playlists, recordings

# First 3 months focus

- Clarifying values (knowing what matters)
- Structural
  - SPAR in detail
- Internal
  - Strengthening inner skills (mindset + emotional resilience)



# Alumni/Founder invitation

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- **Special Founding Member pricing** (lowest it will ever be)
- Access to both Tier 1 + Tier 2 benefits for Tier 1 Price
- Locked-in rate that never increases
- An early opportunity to help shape the community culture

# Participation

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- This is what we make of it
- We will do our best, but it is each of you that matters
- So, given that there is a bit of a community “agreement”
- **Bring yourself fully**
  - Regular contributions are important — for you and for us as a community. This isn’t a place to sit on the sidelines. Think of it less like a library you browse and more like a circle you sit in. Our circle only comes alive when each of us shares a little of ourselves