

*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



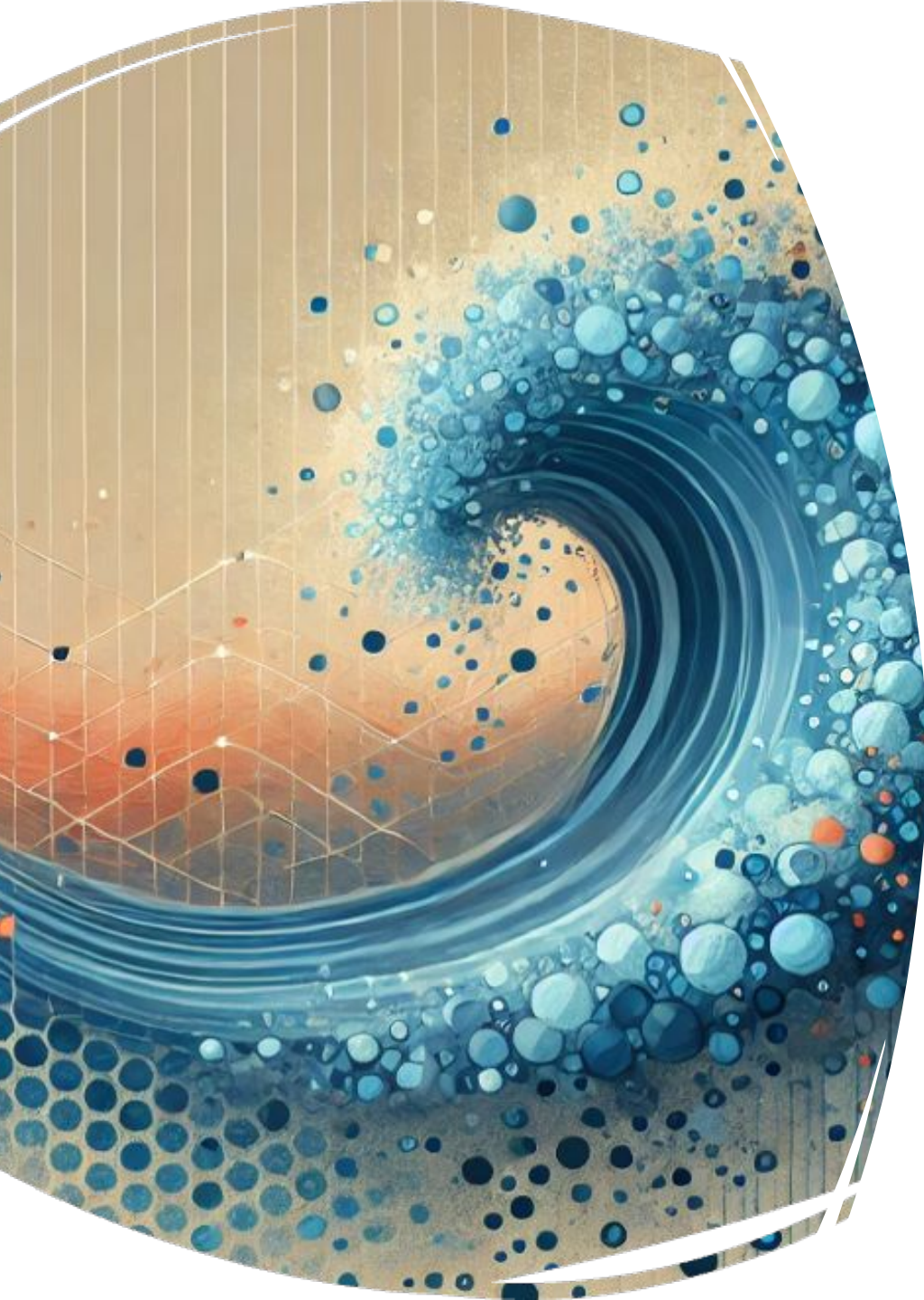
Feels Right??

- 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?

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



The Architecture of Change

Structural

Internal

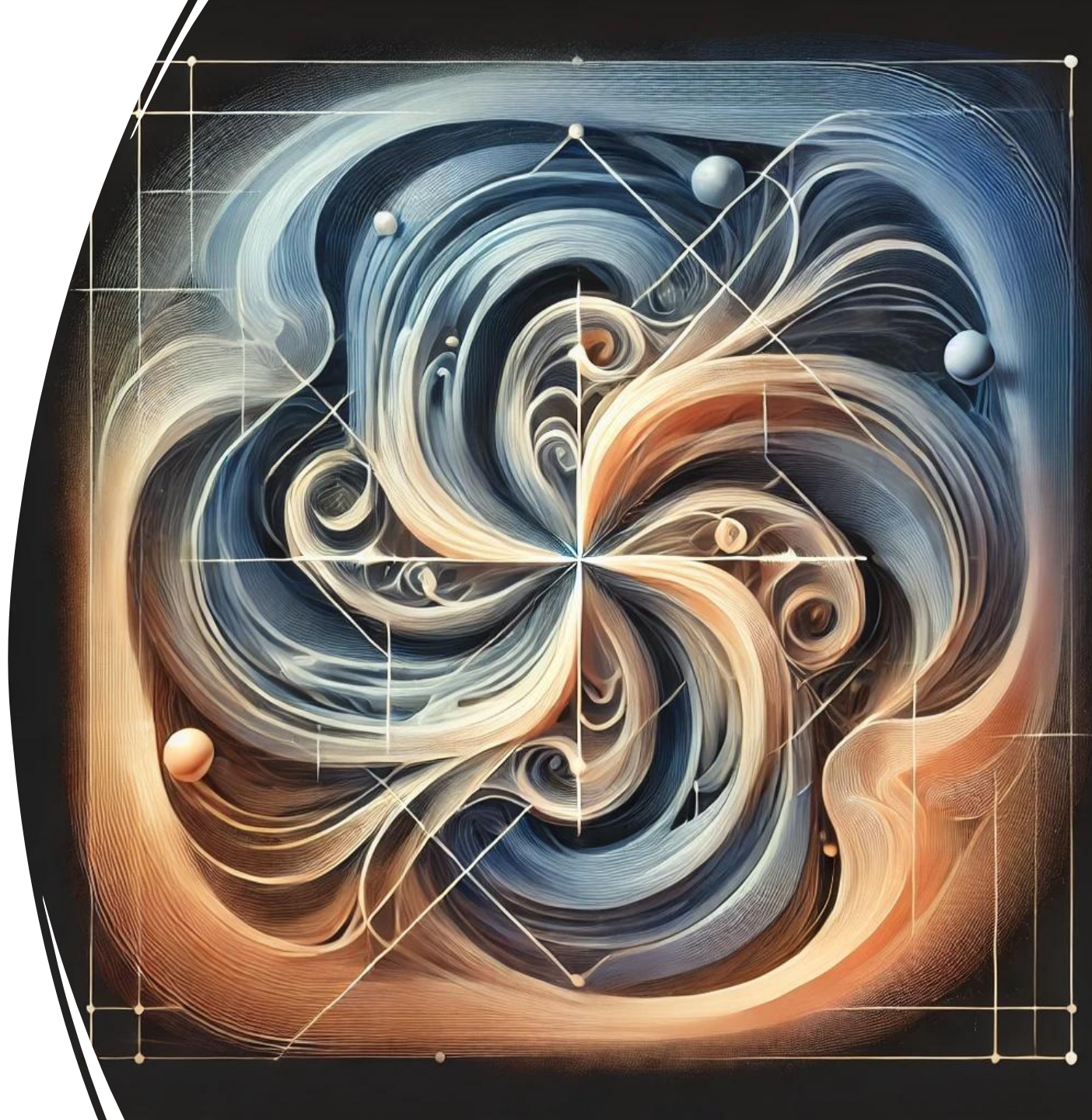
Structural

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



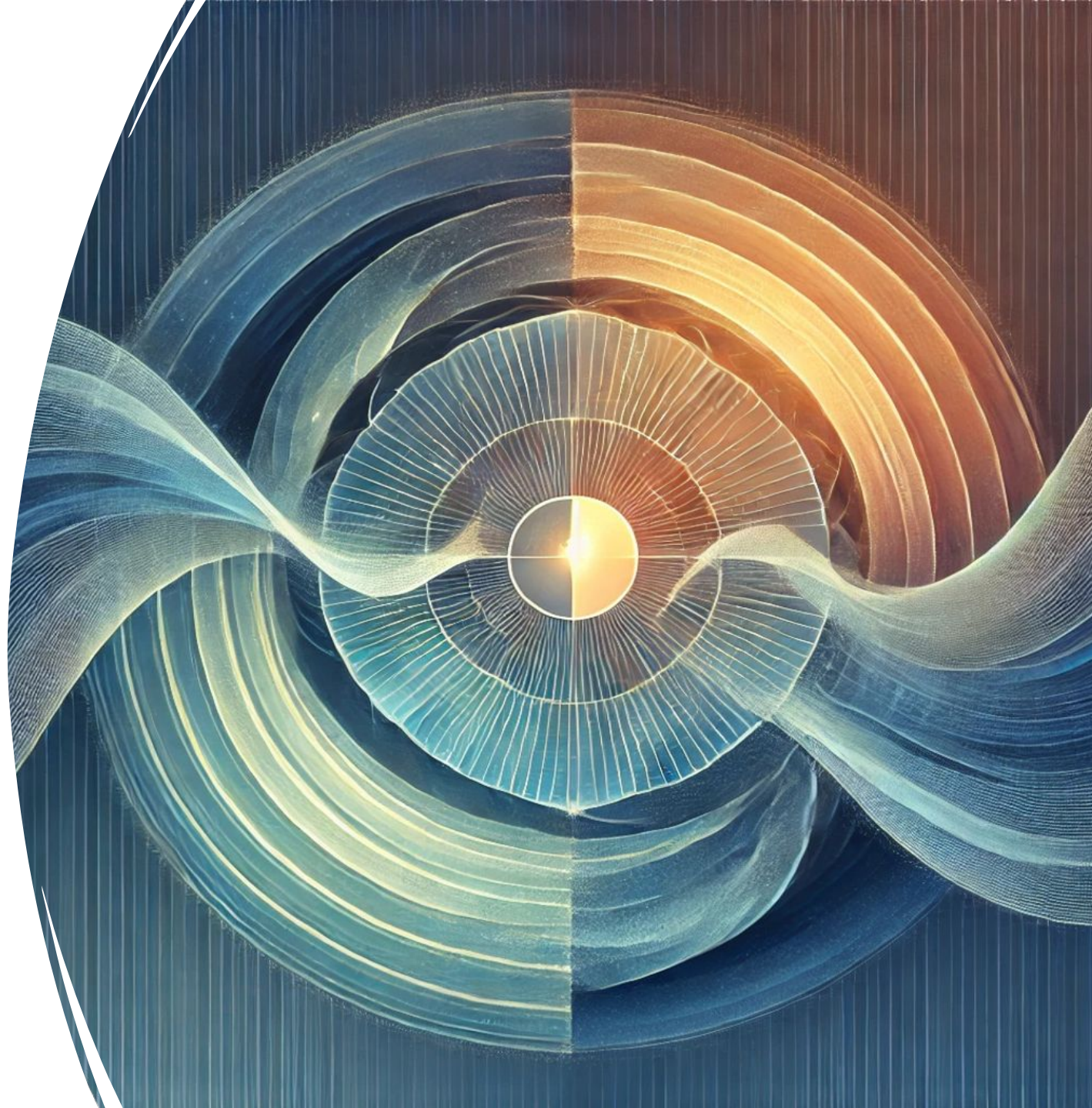
The SPAR Method

- Specificity
- Prompts
- Alignment
- Resilience



Internal

- 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

- **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

- 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

- 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