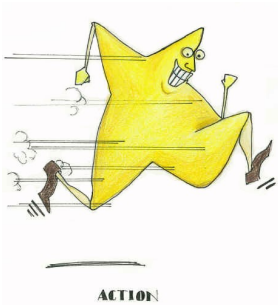


5 - T O - T H R I V E

Lean and Mean

A Q U I C K W O R K S H O P O N T H E
L I F E Y O U D E S I R E



★ Power™
Thriving in Uncertain Times

5 to Thrive
Lean and Mean
Write 'em down

Becoming more YOU
What must I do this year to stand out from the crowd? Be unique?

Reduce a self-imposed limit
What fear must I challenge this year? Do I have assumptions that are limiting my success that I must eliminate?

Grow
Be able to do more because I learned more. Where do I want to grow this year?

Keeping strong
What must I do this year to take care of myself and stay strong... physically, emotionally, spiritually and intellectually?

Gain control
What must I master this year? Where can my pain motivate me to change?

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Live life by choice, not chance. Have a clear destination instead of just “going with the flow.” Give yourself the edge with **5-to-Thrive**, an integrated assessment designed to focus your mind and actions. Get motivated and plan to thrive in uncertain times.

Crafting your future begins with clarity: 1) My uniqueness; 2) My mastery; 3) My fears; 4) My growth; and 5) My strength.

At the end of the workshop:

- Speak for your future
- Think clearly
- Know your plan
- Be motivated

Shift your thinking, shift your future, shift your life.

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PRESENTS**

Alden Davis. You have heard him on WTIC Newstalk radio with Ray Dunaway, Saturday Morning Coaching ; now work with him live at **5-to-Thrive**.

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