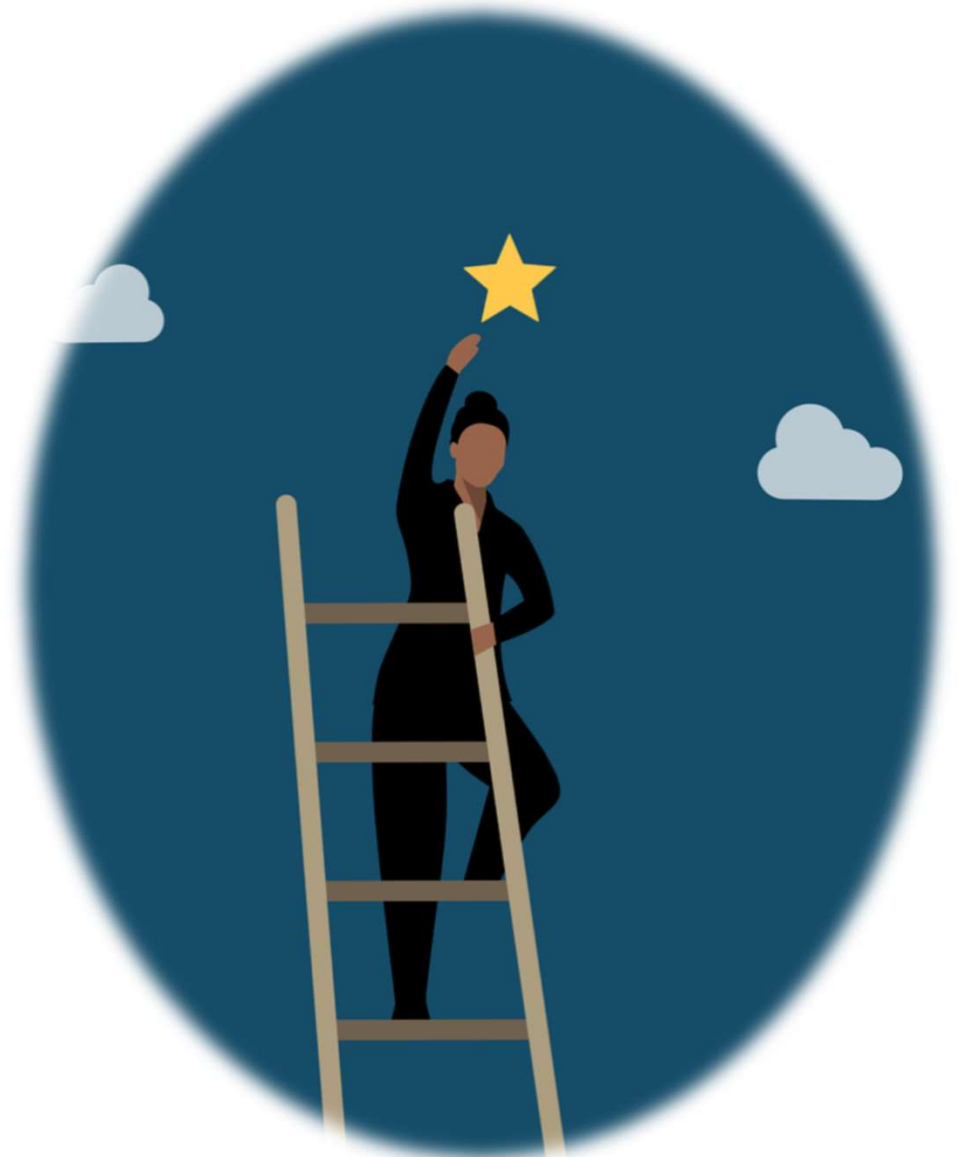


Empower Yourself to
Design, Build and Lead
YOUR Life and Career!

In 7 Steps...

Starting Right Now!



Do you feel like a leaf floating along the Flow of the River of Life?

- **Lingering through stagnant water...** Feeling you're at a standstill...
- **Stuck between branches...** Feeling constrained by others, norms...
- **Swallowed by a whirlpool (of changes)...** Feeling overwhelmed by a rapidly changing world and workplace...
- **Falling down a big waterfall into the unknown...** That is your future...



And do you want to be the Captain of your own Vessel?

- **Get clarity on your navigation “direction”...** Who do you want to be?
- **Get clarity on your vessel’s specifications...** What do you need?
- **Build that vessel...** Build the confidence to take action...
- **Become the Captain of that vessel, deciding the where, the when, the how...** Dealing with the “hazards” (the good and the bad) encountered along the way...



Well, you're not alone!

And I understand where you're coming from... because I've been there too!

That's why helping you:

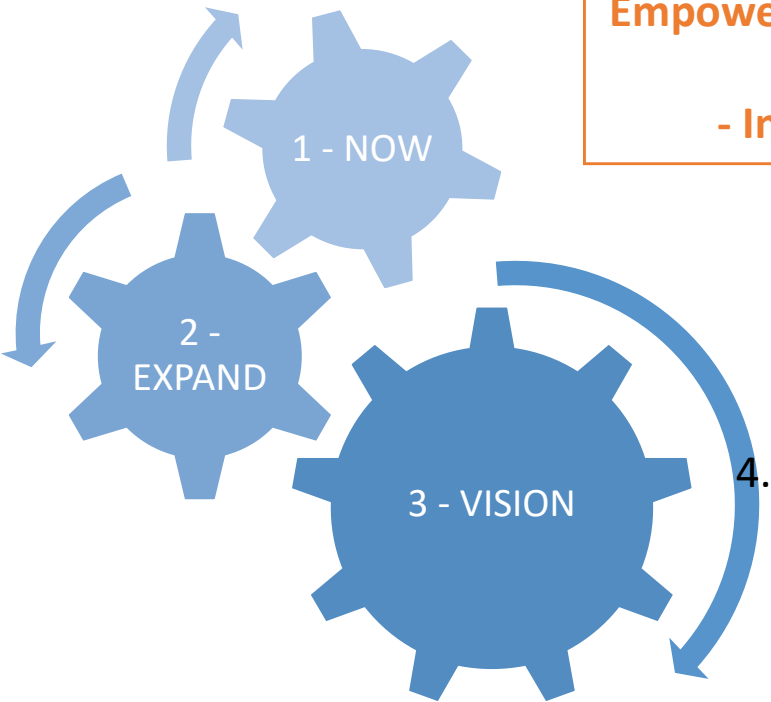
- **Awakening your Self-leadership...** to lead yourself...
- **Empowering Yourself** to be more **Intentional** with how you **Design, Build, and then Lead YOUR Life and Career** (in your own terms)!

is so important to me!

And that's why I'm giving you my roadmap to help you start:

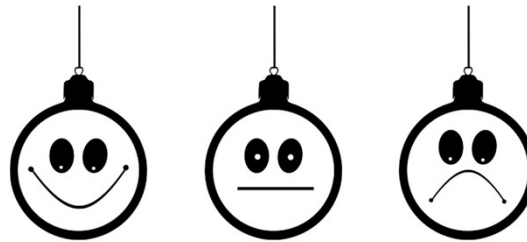
Empower Yourself to Design, Build and Lead YOUR Life and Career! - In 7 Steps... Starting Right Now!

**Empower Yourself to Design, Build and Lead
YOUR Life and Career!
- In 7 Steps... Starting Right Now!**

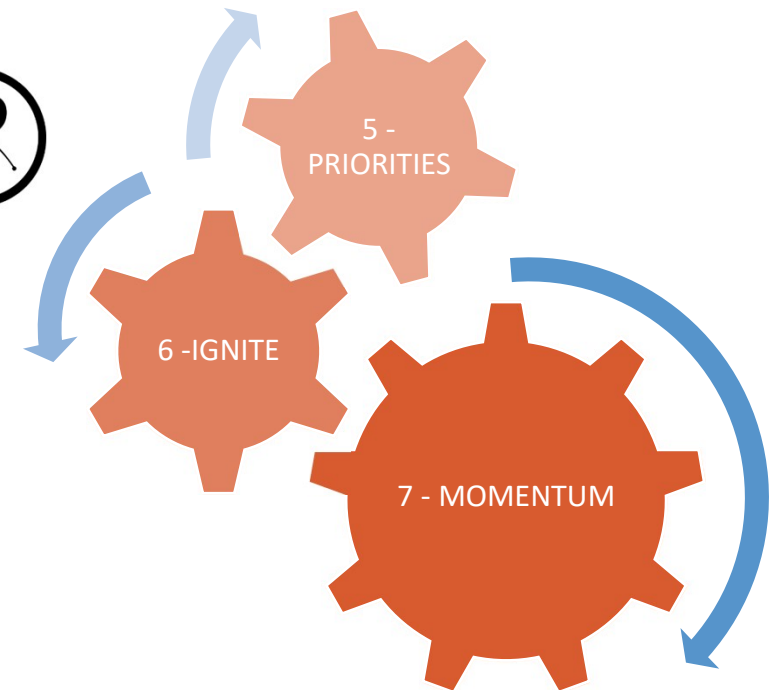


1. Get clear about who you really are **NOW**
2. **EXPAND** your horizons (of what's possible) – Inspiration / Exploration / Expansion
3. Define your **VISION** of who you want to be

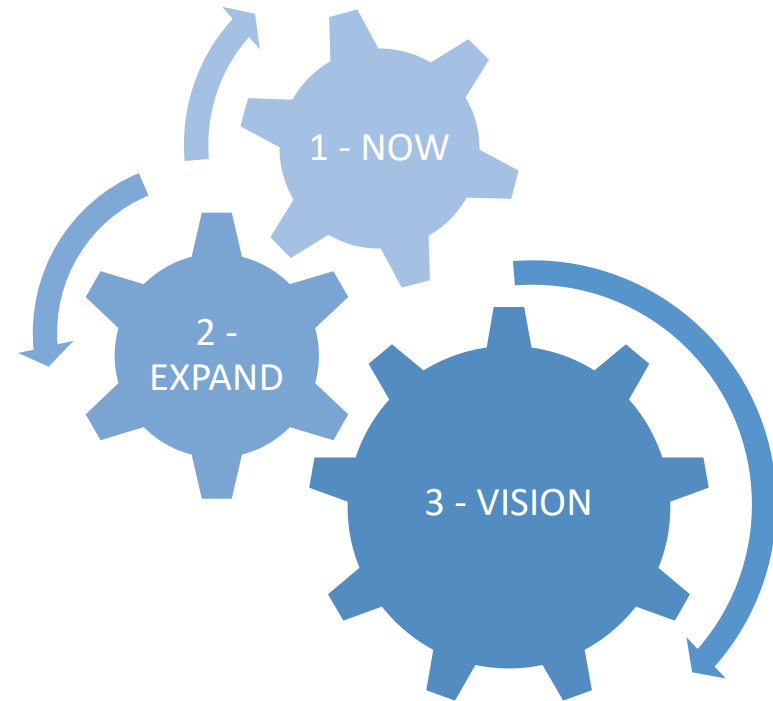
4. Assess your **SATISFACTION** with your life now compared to your vision



5. Identify your **PRIORITIES** to work on – Pick 1
6. **IGNITE** – your confidence, your transformation journey, your new YOU
7. Build **MOMENTUM**



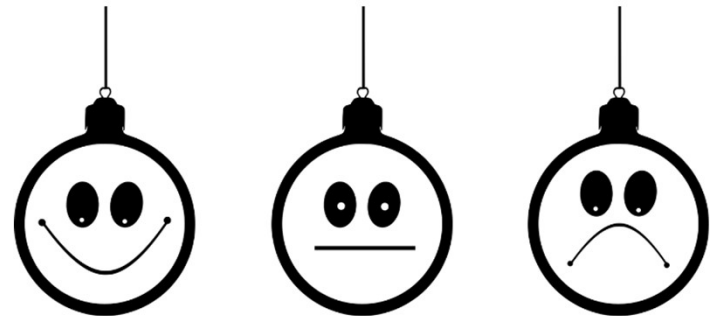
Empower Yourself to Design, Build and Lead YOUR Life and Career!
- In 7 Steps... Starting Right Now!



1. **Get clear about who you really are NOW**
 - **Why?** Because “who you are” is your starting point, what you have right now
 - **How?** Think about your **Dreams**, your **Values**, your **Strengths**, your **Life Experiences**
 - **Tip:** Just note whatever comes to your mind – Don’t think too much about it!
2. **EXPAND your horizons (of what's possible)**
 - **Why?** Because the **World of Opportunities** is so much bigger than our daily circle
 - **How?** Listen, watch, read, do something different, speak to someone new...
 - **Tip:** Go for what inspires you, and explore what you can
3. **Define your VISION of who you want to be**
 - **Why?** Because it helps if you have some kind of **Direction** for your **Life Journey**
 - **How?** Identify what matter most in your life, then combine “who you are” with your “expanded horizon”... What do you get?
 - **Tip:** Don’t concern yourself with the details... A still vague idea is better than nothing!

Empower Yourself to Design, Build and Lead YOUR Life and Career!
- In 7 Steps... Starting Right Now!

4. Assess your **SATISFACTION** with your life now compared to your vision
- **Why?** Because... How can you **Decide** what to work on first if you don't know:
 - Where you are **NOW** compared to where you want to be (your **VISION**)?
 - How much you've already progressed toward your **VISION**?
 - How **SATISFIED** you are with your progress to date?
 - **How?** Best method? Use your "gut" feeling!
 - **Tip:** There is no right or wrong answer! Just estimate for now... You can always refine later on!



Empower Yourself to Design, Build and Lead YOUR Life and Career!
- In 7 Steps... Starting Right Now!

5. Identify your **PRIORITIES** to work on – Pick 1

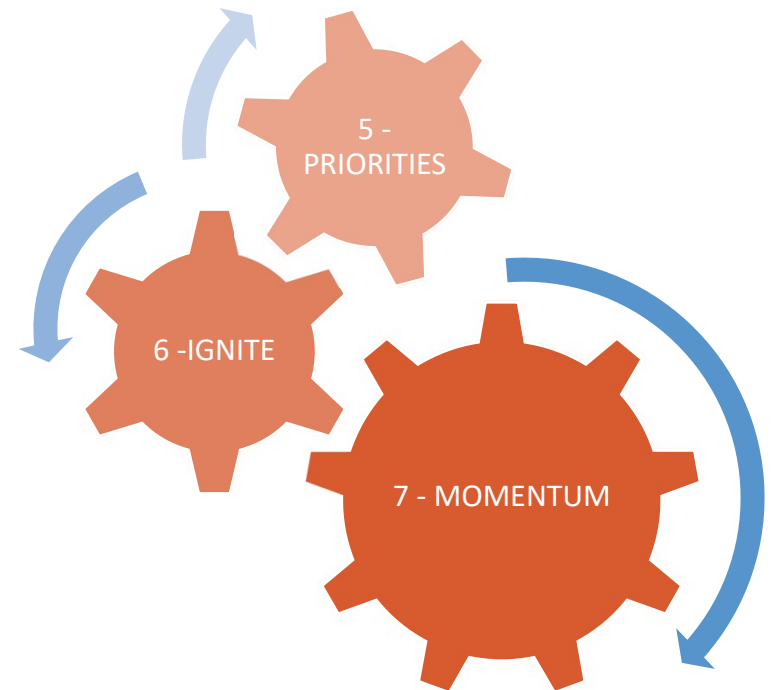
- **Why?** Because you can't work on everything at once!
- **How?** Identify 3 goals/priorities you want to work on in the near future... then pick **ONE!**
- **Tip:** Listen to your Heart! It doesn't have to be what you're the least satisfied with!

6. **IGNITE** – your confidence, your transformation journey, your new **YOU**

- **Why?** Because finding the energy, the courage, the time to start is the hardest!
- **How?** Think about the ONE step/action you can take right now... and Take it!
- **Tip:** Start small. Start with something easy... Don't worry about others not noticing...

7. Build **MOMENTUM**

- **Why?** Because creating a **New Habit** takes time, and many, many, many repetitions!
- **How?** One small step after another small step, then a slightly bigger step, and another one...
- **Tip:** There will be Ups, and there will be Downs... but you will learn most in the Downs...



**Empower Yourself to Design, Build and Lead YOUR Life and Career!
- In 7 Steps... Starting Right Now!**

AND NOW WHAT?

I'd be honored to help you:

- **Get clarity;**
- **Build confidence;**
- **Awaken your Self-leadership - Be the Captain;**
- **Empower yourself to Design, Build and Lead YOUR Life and Career...**
... without the overwhelm!



You're invited to join me for a free 30-minute call

where we'll talk about:

- Your direction(s) of the moment (don't worry if you don't have a fully defined destination!); and
- How I can help you.
- **See QR code on the left to schedule that call!**

Not quite yet ready for a call?

Stay in touch by **subscribing to the Pistachio-Cassis Newsletter**

- **See QR code on the right to subscribe!**

