

INNOVATIVE GROWTH COACHING

JOHN HOPKINS

The Life Balancing Breakthrough™

What is most important to you in life?



WHAT is The Life Balancing Breakthrough?

The Life Balancing Breakthrough™ clearly defines why and how to live the life we desire most. We ask many questions about life as we move through the journey. Our human, inquisitive nature never stops pondering these questions of life – some get answered and some do not. Some answers simply require patience and have yet to come. Curiously, others may never even be asked.

There is a clearer path and approach than the one you may be taking to help you answer the questions of life and live the life you most desire. We call it *The Life Balancing Breakthrough™*. In 8 steps you take a personal journey that uncovers new piercing insights about your life currently, while deliberately helping you envision your future and how to actualize it. It's logical, sensible, and profoundly revealing. We all need a well-conceived true north that acts as a "lighthouse" to keep us centered and focused. *The Life Balancing Breakthrough™* maps your own visions and plans to expand your life's potential, and in the process forces selectivity on where and what is most essential, most rewarding, and most fulfilling.

WHY is Life Balancing so important?

We do not need to look outside ourselves for what we want in life. Since we live in the information age of "big data", we are being flooded with messages from various mediums on a daily basis. It will only speed up. This precludes us from self-reflection and contemplation because we are constantly satisfying the insatiable desire to respond to everything coming over the transom. We try to keep up, somewhat aimlessly, and there never seems to be enough time to reflect on what WE most desire out of life, then act on those desires. Are we beholden to everyone but ourselves?

There are a lot of catch phrases that describe the speed and distractions that seem to dictate life to us: the *tyranny of the urgent*, *essentialism*, *the adrenaline addiction*, *the distraction addiction*, *urgency stress disorder*, *civil inattention*, and others. We perceive this to be a phenomenon that relates to us now more than ever largely because of the speed of technology. While true, the speed of life has always been faster and more vigorous for those looking to make a difference, to learn, create, and innovate. If only we could expand our days, expand our bucket list, expand our lives! WE CAN...but we need to focus and prioritize like never before.

HOW does your Life Balancing Breakthrough come to life?

In all things we wish to excel, a few ingredients are required: desire, commitment, knowledge, study, tools, practice, a teacher (rarely

yourself), and the right learning or experiential environment. The results are dependent on the level of commitment because there are fewer distractions. As we progress through life with more responsibilities, desires, and family/friend activities, it is more difficult to stay focused. We often put the oxygen mask on others before we apply it ourselves. *The Life Balancing Breakthrough™* is designed for you to put the oxygen mask on you first and for you to gain a "Masters in YOU!"

The starting point is your DNA, knowing with scientific data how you are wired, what makes you tick, and your automatic and learned behavior patterns – I call these "Predict-Abilities". These insights help you manage yourself better...*now that's an admirable goal!* It gets you focused on how you naturally function best. For the first time, life's *Highest Priorities* come into microscopic focus so that you can understand what they mean to you and why. In a unique way, these Highest Priorities are honed and shaped to create the future you want for the benefit of your loved ones, those that depend on you in the workplace or organizations that you support, but most importantly...YOU. Expansion of the life you desire most requires *Vision* to look out many years to "what finished could look like". This becomes a very different form of goal setting for each *Highest Priority* in your life. These steps lead to and help clarify your *Purpose* in life, the *Vision* for your life, and how you intend to contribute to make your part of the world better for having been here, what is called *Giving Back* or *Paying it Forward*. The *Ethos* or value system that has defined you over time is captured to share and enhance your family legacy, which becomes well defined, planned, and connected to your financial dreams so that you can afford the life you want.

WHO needs The Life Balancing Breakthrough?

It's your turn. This is your life to define the "best version of YOU." Wouldn't the quality and experience be better and happier when your "true north" is clear? People are not as interested in what you do as much as why you do it. Capture your passions for life. Write your own life book. Gain time by focusing on what is most essential. Benefit from the life planning tools that are easy to use to organize your thoughts, plans, and dreams. *The Life Balancing Breakthrough* is exactly that and represents your graduate degree in you. Complete the "Masters in YOU" program for a life well lived and let your life unfold with a new norm of clarity, purpose, and joy. *It's time to get and stay focused on YOU!*

WHEN should the Life Balancing Breakthrough begin?

NOW. It's time to get and stay focused on YOU!

"A life which is unexamined is not worth living"

- Socrates