

Many twists and turns,  
roadblocks due to illness,  
injury, and family members  
passing

Where it started to go bad.

| Name    | Road            | Type  | #1 Rule of Road  |
|---------|-----------------|---|--|
| Scotty  | Maximizer       | <p>NOT HAVING FUN</p> <p>HAVING FUN</p>                                   | <p>Caution. Danger Ahead. / Did I make a difference?</p> <p>Work = progress.</p> <p>Fun = Maximum progress / racing not saving drivers</p> |
| Marlyse | Rescue mission  | <p>TENSE &amp; BRACING</p> <p>RELAX INTO THE SPEED</p>                    | <p>Stay alive. Life is a game.</p> <p>Focus on strategy, not survival.</p>   |
| Dawn    | Discovering Me  | <p>PUSHING</p> <p>ROCKING</p>   | <p>Don't push back. (running away vs. running to)</p> <p>I'm not pushing, I'm ROCKING on!</p>  |
| Doreen  | Strong Comeback | <p>FEW</p> <p>MANY</p>  | <p>Not Build up my strength.</p> <p>Many is stronger than one.</p>   |
| Erica   | Revelations     | <p>Wilderness</p> <p>ASKING EVERYONE ELSE</p> <p>ASKING MY INNER SELF</p> | <p>Constantly asking (for directions)</p> <p>Where am I? Do you know where I am?</p>   |

Step 4: Define your mile markers.

| How did I know I was moving forward or getting ahead? | How did I know when I was stopped or not moving ahead? |
|---|--|
|   |  |

Step 5: What is the destination of your road?

I followed these rules because I wanted.... \_\_\_\_\_  
\_\_\_\_\_

Step 6: What does your road represent?

How come following these rules was going to get me to my destination?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

HOW DID YOU KNOW YOU WERE MAKING PROGRESS?

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**DEFINE YOUR MILE MARKERS**

## SLOW AND STEADY CLIMB

- ▶ **PROGRESS: MOVEMENT UP**
  - ▶ Upgrading my house, business, relationships
  - ▶ Purifying my life and body
- ▶ **STOPPED: MOVEMENT DOWN**
  - ▶ Toxic people /relationships
  - ▶ Gaining weight



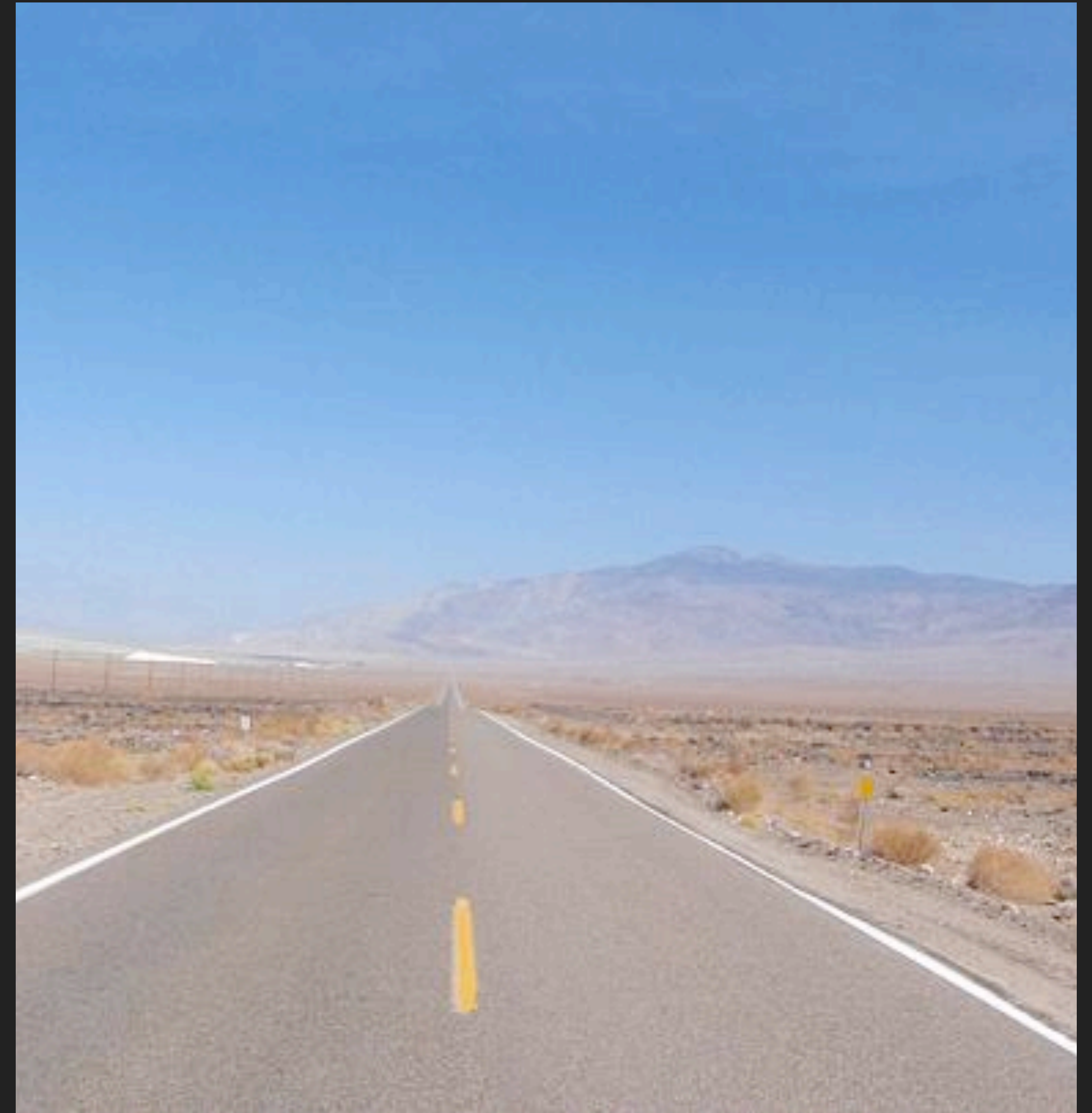
## SPEED WAY

- ▶ **PROGRESS: GETTING OFF THE ROAD**
  - ▶ Rest
  - ▶ Taking an exit
- ▶ **STOPPED: STAYING ON THE ROAD**
  - ▶ Speeding ahead
  - ▶ Trying to find other ways to get back on the road, after I exited.



## PAVED STRAIGHT ROAD

- ▶ PROGRESS: **QUANTITY**
- ▶ How many steps I took over and over again. Not the quality of the steps, but just all of them added together eventually got me somewhere.
- ▶ The quality of little steps I took towards my goal.
- ▶ STOPPED: **QUALITY**
- ▶ Focusing too much on the value, worth, or meaning of doing something.



Name

Moving Ahead

Stopped

Scotty

There was progress being made but whenever there was success, there was an equal amount of failure.

Failure was measured in wasted time by

Number and type of car on the road.  
How many Ferrari's I had on the road.

Soul saved. When my mother went to Heaven.

Rush. I feel like I'm in love. Happy, excited. A million ideas. WINNING

Enrollments and volume decrease.

Balance. Fast growth kills.

NOT HAVING FUN

400 minivans

Soul stuck. When she was still on Earth.

TENSE AND BRACING

Frustration. Lack of creativity.

HAVING FUN = 4 FERRARIS

RELAXING INTO THE SPEED

| Name                 | Moving Ahead   | Stopped  |
|----------------------|--|--|
| Erica                | Harmony, pitch (sharp/flat). Not <b>structural</b> . Wrong note, wrong page. | <p>Embarrassed</p> <p><b>Improvising</b>, on their own. It's not what is known.</p> <p>It's what I KNOW. Revelation.</p> |
| ASKING MY INNER SELF | The way it was meant to be played by the original composer)                  | ASKING EVERYONE ELSE   |
| What I know          | 400 skilled musicians<br>GRAND   | 40,000 musicians<br>(chickens into Carnegie Hall)  |
| Dawn                 | Learning about others and how they effect me.                                |  |
|                      | Ignoring others. Aiming for the GOLD mountains.                              | Turn every negative into a positive. Choosing to be passive.   |





| Name                      | Moving Ahead  | Stopped  |
|---------------------------|---|--|
| Dawn                      | Frustration   | Swallowing frustration   |
|                           | Being willing to not nurture my relationships, right now. | Learning about others and how they effect me.                                      |
|                           | Ignoring others. Aiming for the GOLD mountains.           | Turn every negative into a positive. Choosing to be passive.                       |
| <p><b>ROCKING ON!</b></p> | Me, first.  | You, first. I'll wait.   |
|                           | Challenge. The hard way IS the easy way.                  | <p><b>HAVING TO TRY NOT TO PUSH AGAINST others</b></p> EZ. The easy feels SO hard. |

| Name                             | Moving Ahead  | Stopped  |
|----------------------------------|---|--|
| Doreen                           | People were attracted to me. I attracted people from my excitements and enthusiasm. | I couldn't attract people because I had no light.  |
| WHEN I WAS WITH MANY             | Gave people power to hope and help them.  | People I wanted to help did not take me seriously. Couldn't get through to certain people. |
|                                  | Reaching out to others. Find people who care.                                       | Afraid to approach people. Talk less. Too cautious.  |
| Focusing on growing my own light | Blame others. Realized it was them, not me.   | Blame myself. I didn't understand it. I expected more from you.                            |
|                                  | When I was the light.   | Looking in the dark when I focused on your darkness.                                       |
|                                  | How I feel : MY love  | How I feel: YOUR fear.   |
|                                  |   | WHEN I WAS WITH FEW/ALONE  |

Step 4: Define your mile markers.

| How did I know I was moving forward or getting ahead? | How did I know when I was stopped or not moving ahead? |
|---|--|
|   |  |

Step 5: What is the destination of your road?

I followed these rules because I wanted.... \_\_\_\_\_  
\_\_\_\_\_

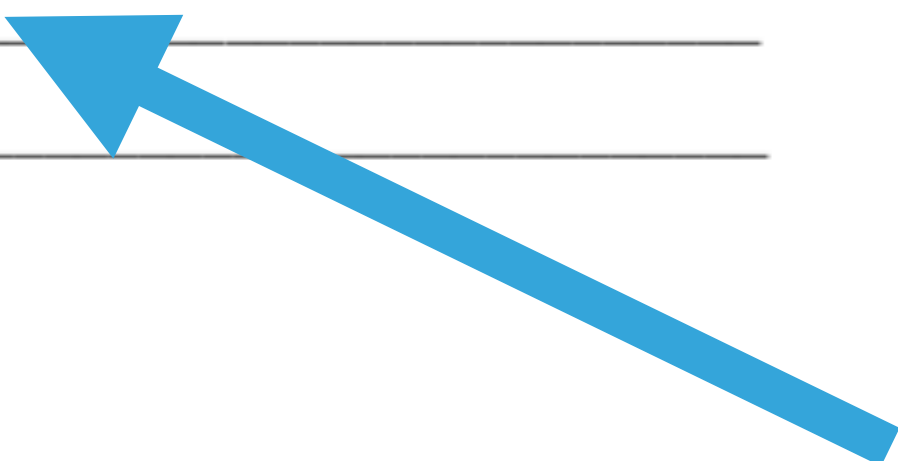
Step 6: What does your road represent?

How come following these rules was going to get me to my destination?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

WHY DID YOU DECIDE TO TAKE THIS ROAD?

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WHAT IS YOUR DESTINATION?



WHAT IS THE DESTINATION OF YOUR ROAD?

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## WHY DID YOU DECIDE TO TAKE A SLOW AND STEADY CLIMB?

Because I wanted to go UP.

In order to elevate and rise, I had to let go of what was keeping me down.

## DESTINATION: MOVING UP



WHAT IS THE DESTINATION OF YOUR ROAD?

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## WHY DID YOU DECIDE TO GET ON THE SPEEDWAY?

Because the faster I raced, the sooner I could exit the freeway and get home.

**DESTINATION: GETTING HOME**



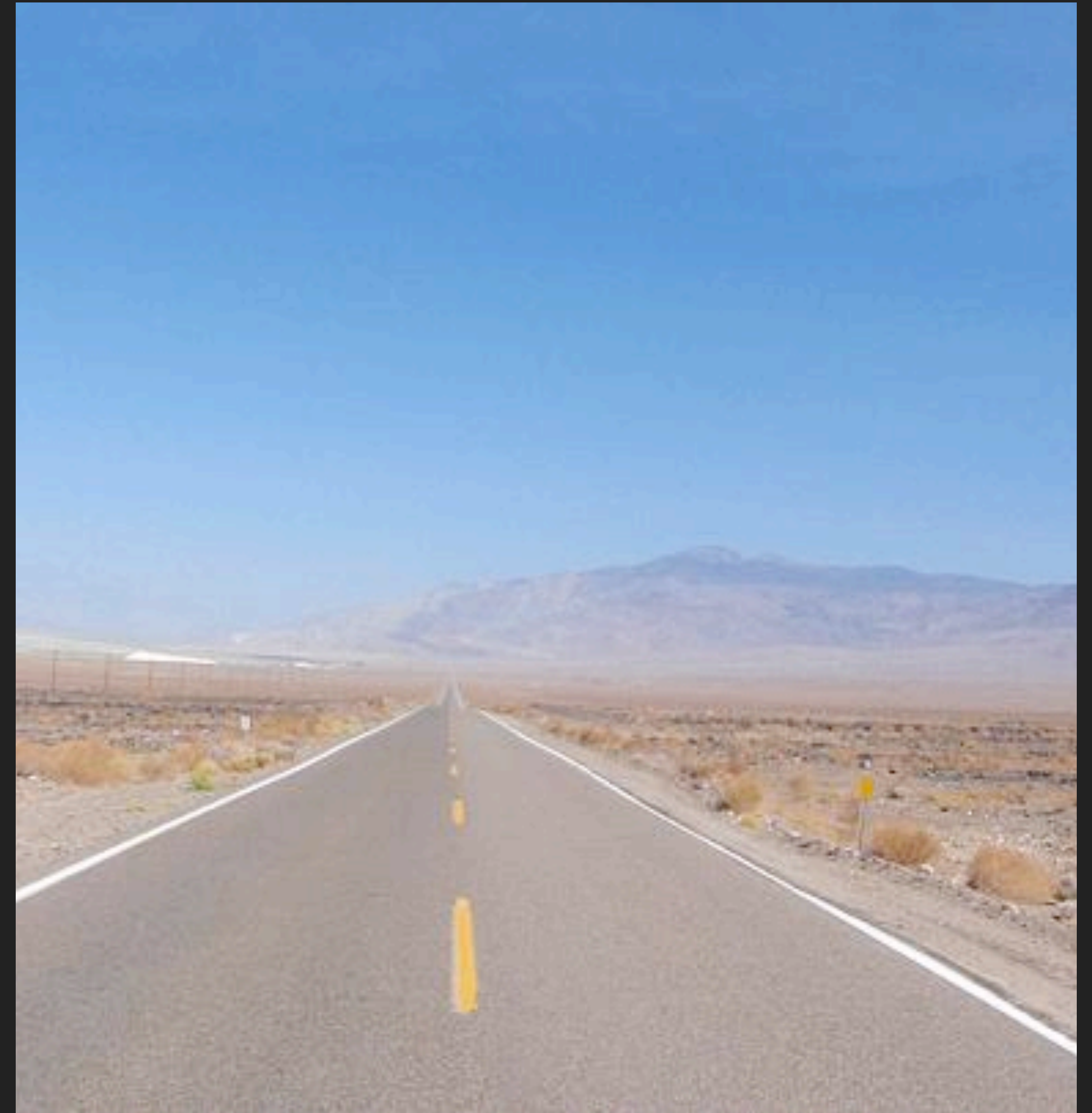
WHAT IS THE DESTINATION OF YOUR ROAD?

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## WHY DID YOU STAY ON THE NEVER-ENDING FLAT PAVED ROAD?

Because I had to find unwavering balance in my life that I could rely on, that went in a straight line and never turned on me.

**DESTINATION: STABILITY**



| Name                        | Why did you decide to get on this road?  | Destination   |
|-----------------------------|--|---|
| Scotty                      | I didn't want to lose ground.  | Fulfilling my why.<br>Make a difference in people's lives |
|                             | I cannot build success, until I FIRST make a difference in people's lives.   |   |
| goal: to make great choices | I cannot build success, until I FIRST make a difference in people's lives by co-creating wealth/time/joy with them.                |   |
| Marlyse                     | No choice. This was NOT my road. I was on someone else's road. I couldn't say no to my mother. I saw someone else who needed help. | Peace   |
|                             | I cannot build success, until I FIRST have peace.  |   |



| Name              | Why did you decide to get on this road?   | Destination  |
|-------------------|---|--|
| Erica             | Because I learned to trust it.<br>Acquiring students  | Promised Land.<br>Promoting teachers. Leaders.       |
|                   | If I have a selected choir and orchestra of 50 highly skilled musicians, I attract an audience of 40,000. | Eternal infinite truth                               |
| Impressive light. | 40,000 CEO create chaos. 40K happy simply citizens = nation.  | Physician, heal thyself.                             |
|                   | Why expose them to epic, grand, beautiful? Why not feed them Disney?                                      | <b>TRUST, FAITH</b>                                  |
|                   | Grandeur, deeper, taller scale. Feeds my soul. Speaks to me.  | I couldn't build success, until I first build trust. |

| Name   | Why did you decide to get on this road?   | Destination                                    |
|--|---|--|
| Dawn   | I didn't choose my road. Listening to what was expected of me. I didn't argue.                          | Pleasing others.<br>Everyone else's happiness. |
| I cannot build success, until I FIRST it's MINE. | This road was going to end and I'd get on my own road.  | BYE BYE  |
|  | Not a bad road, it's just not MINE. I don't own it. (successes, failures are not mine, so I disconnect) | I would have taken my own road for FREE.       |
| Doreen   | Isn't this life, up and down, curves, good, bad?  | Diamond  |
|  | I cannot build success, until I FIRST learn and grow from life like everyone else.                      | Straighten out                                 |

Step 4: Define your mile markers.

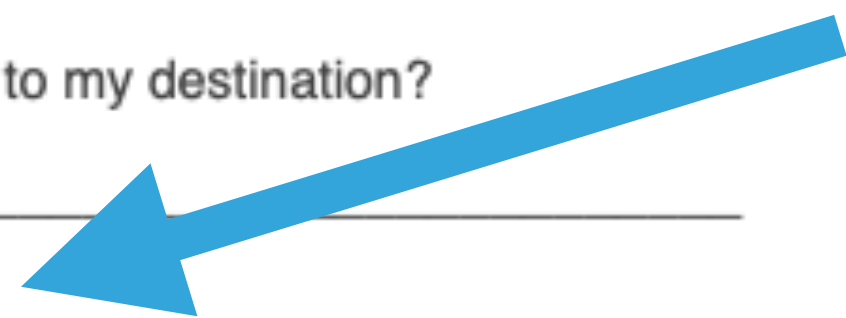
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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**WHAT DOES YOUR ROAD REPRESENT?**

HOW COME FOLLOWING THESE RULES WAS GOING TO GET YOU TO YOUR DESTINATION?

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## SLOW AND STEADY CLIMB

If I continually gave up “extras” and purified who I am, I was going to tap into my personal power.

## PERSONAL POWER



HOW COME FOLLOWING THESE RULES WAS GOING TO GET YOU TO YOUR DESTINATION?

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## SPEEDWAY

If I went from 100 MPH to 0, then I would find a home for myself.

## BELONGING



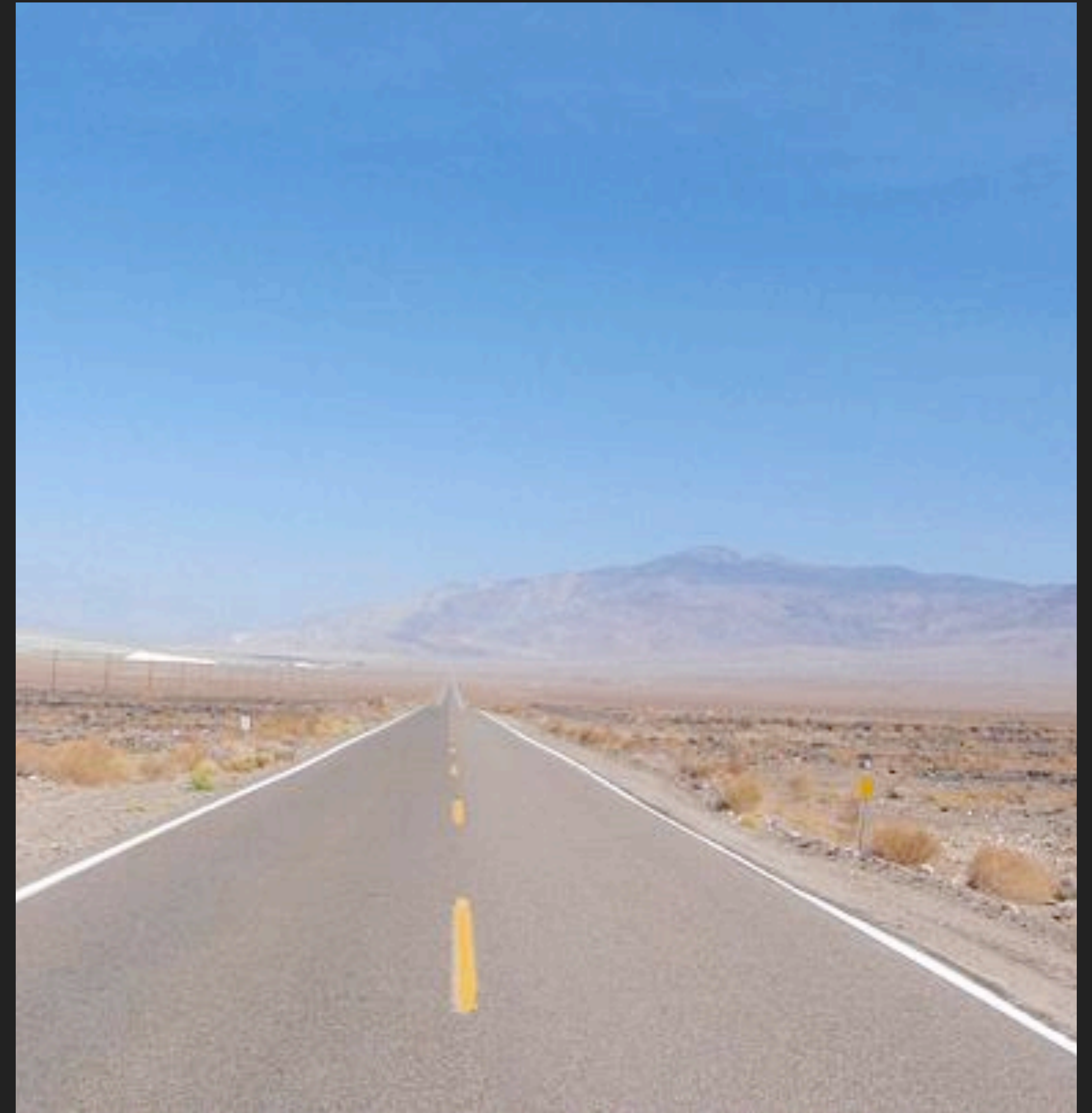
HOW COME FOLLOWING THESE RULES WAS GOING TO GET YOU TO YOUR DESTINATION?

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## NEVER-ENDING FLAT PAVED ROAD

If I went really slow, I would progress. The progress was going to give me the boon, the reward! Which is to actualize my grander self.

## SELF ACTUALIZATION



| Name    | How come following these rules was going to get you to that destination? | My road represents:      |
|---------|--|--------------------------|
| Scotty  |  | Possibilities            |
| Marlyse | Not over training. Succeeding in peace, rather than in chaos.            | My father                |
| Dawn    | Choosing my own path   | ownership                |
| Doreen  | Light.   | I am a diamond.          |
| Erica   | A calling, life's mission.   | For such a time as this. |

Step 7: What is the speed limit on my abundance?

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Step 8: How did this work out for me?

| Positive Results | Negative Results |
|------------------|------------------|
|                  |                  |

What do I want for this year? \_\_\_\_\_

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**WHAT IS THE SPEED LIMIT OF YOUR ABUNDANCE?**



## SLOW AND STEADY CLIMB

To gain one thing, I had to lose another. So in order to upgrade, I had to “give up” frolicking or entertaining a lower vibration. I can't date losers. I have to elevate myself to a winner status, before I attract winners. So I ended up getting fatigued and lonely trying to do all this on my own. I could move ahead, only with a lighter load.



**SPEED LIMIT: VARIABLE. DEPENDS ON HOW MUCH I'M WILLING TO GIVE UP IN THE SHORT-TERM FOR THE LONG-TERM GAIN.**

WHAT'S THE SPEED LIMIT OF YOUR ABUNDANCE?

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## SPEEDWAY

I'm so ready to have a life, I'm willing to walk away from my career. I can't have both.

**SPEED LIMIT:  
ALL OR NOTHING.  
0 OR 100 MPH.**



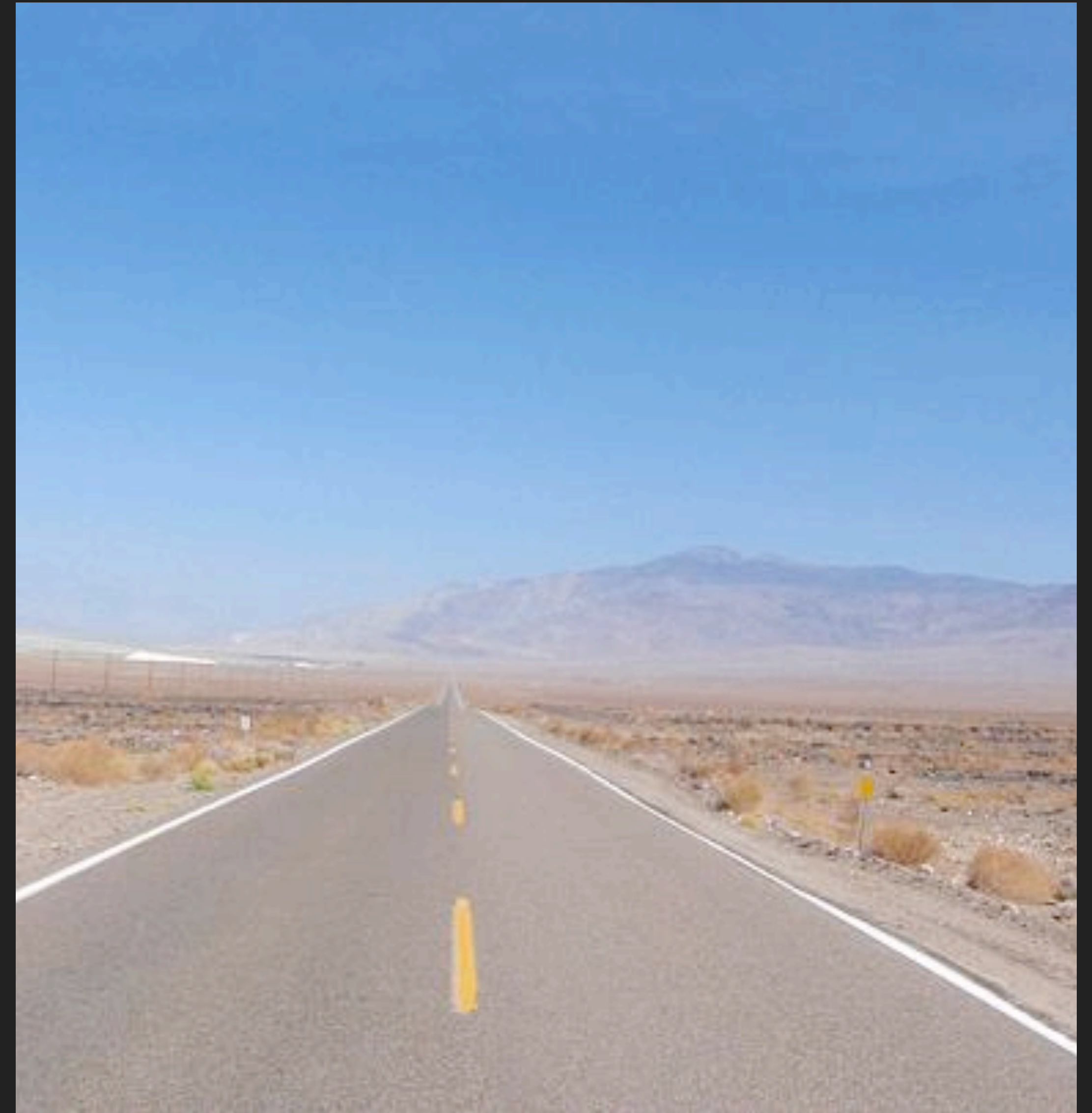
WHAT'S THE SPEED LIMIT OF YOUR ABUNDANCE?

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## NEVER-ENDING FLAT PAVED ROAD

Progress is slow.

**25 MPH**



| Name    |  | Speed limit                            |
|---------|--|--|
| Scotty  | To find a downhill slope that provides a lot of fun. Caution   | If speed limit was 50, I was doing 40. |
| Marlyse | Limitless. AS FAST as I could!   | NO LIMIT                               |
| Dawn    | How fast did I discover myself?<br>As fast as I was allowed to.  | Speed limit                            |
| Doreen  | Gain momentum.   | 10 MPH over speed limit.               |
| Erica   | Don't follow too closely. Family, kids in car seats.<br>Not exceed speed limit. As fast as I can which is not that fast, but its safe. | Safety limit/ speed limit.             |

Step 7: What is the speed limit on my abundance?

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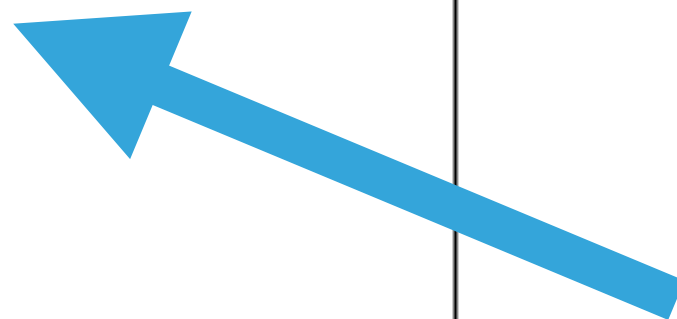
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Step 8: How did this work out for me?

| Positive Results | Negative Results |
|------------------|------------------|
|                  |                  |



What do I want for this year? \_\_\_\_\_

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**HOW DID THAT WORK OUT FOR YOU?**

HOW DID THAT WORK OUT FOR YOU?

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## SLOW AND STEADY CLIMB

I gradually upgraded each part of my life, one by one. My house, relationships, income, body. I also gradually lost something in each part of my life: old friends, boyfriend, life savings.



**I UPGRADED AND DOWNGRADED.**

## SPEEDWAY

I spent more time exiting the road, then getting back on it. I enrolled in photography and cooking classes. I enhanced my personal life and am ready to walk out on my professional life/success.

**IN ORDER TO HAVE A PERSONAL LIFE, I HAD TO GIVE UP PROFESSIONAL SUCCESS.**



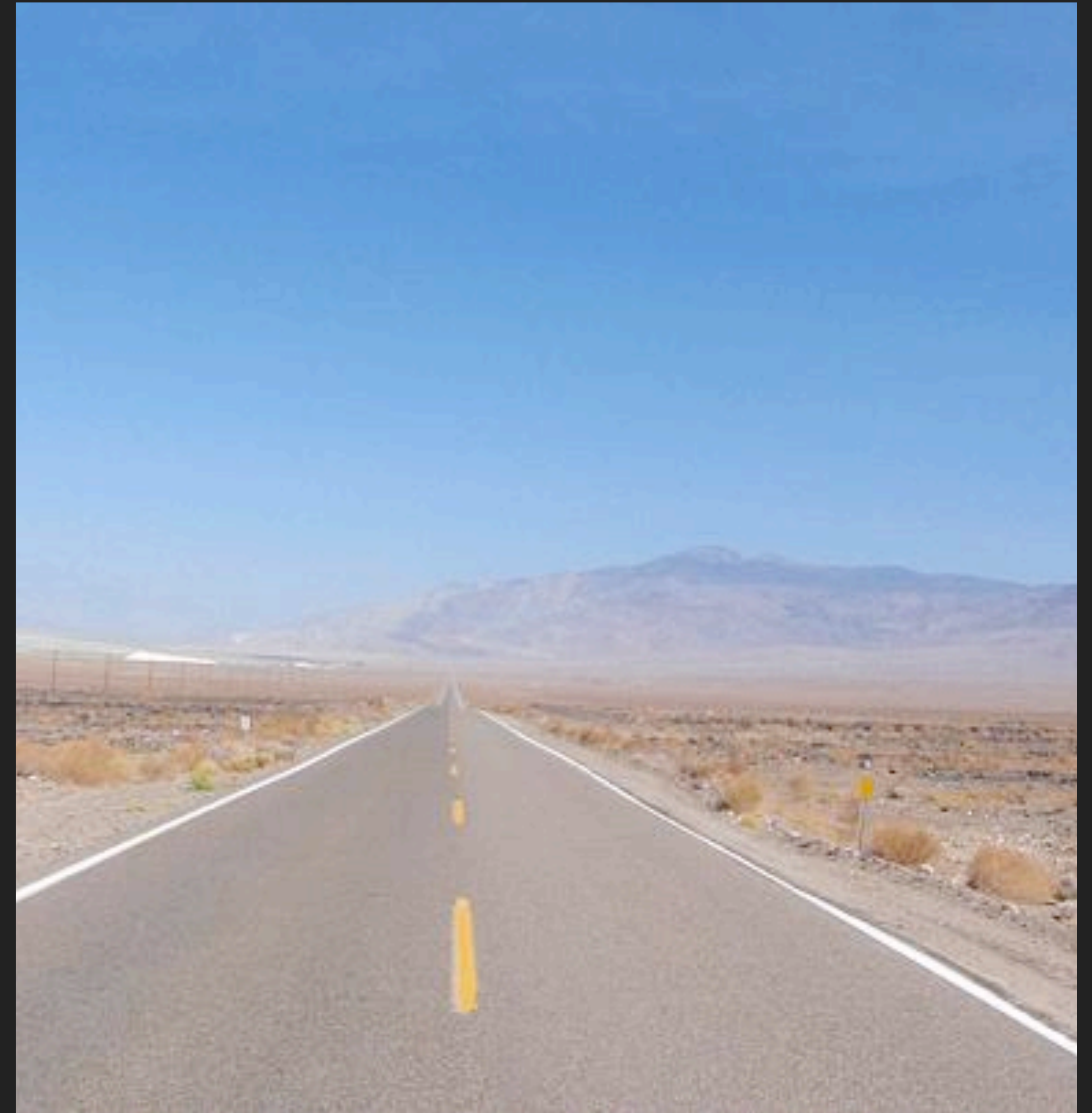
HOW DID THAT WORK OUT FOR YOU?

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## NEVER-ENDING FLAT PAVED ROAD

I didn't stray from my path. I stayed in the same job, same relationship, same level of health, same apartment. I wasn't all over the place doing different things. I stay grounded and centered. But I also didn't move forward too much in my career.

**I SPENT A LOT OF TIME & ENERGY TO BUILD STABILITY, BUT I'M NOT UPWARDLY MOBILE.**





| Name    | Positive   | Negative   |
|---------|--|--|
| Scotty  | Putting them in  | Leaking them out!  |
| Marlyse | Mother went to heaven. My mother forced me to go find my own road and my own peace. She set me free. | I did not. I am devastated. In order for her to gain peace, I lost my only source of mine. |
| Dawn    | Not bad  | But I'M MAD  |
| Doreen  | I'm committed  | But still curvy. I'm going to straighten it out.   |
| Erica   | Still on the road, not as fast as everyone else.   | Slow going, rest stops, tend to everyone's needs   |

Step 9: Describe my new road for this year.

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Characteristics:

|            |            |
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**WHAT DO YOU WANT  
FOR THIS YEAR?**



**EITHER LUXURY OR SUCCESS.  
NOW, I WANT BOTH.**



**COUNTRY ROAD, TAKE ME HOME TO A PLACE WHERE I BELONG. I WANT A PERSONAL & A PROFESSIONAL LIFE.**



**INSTEAD OF A NEVER ENDING  
STRAIGHT ROAD, I WOULD LIKE A  
ROAD OF SUCCESS AND ADVENTURE.**



| Name                                | More harmony, trained musicians.  | Less Static   |
|-------------------------------------|---|---|
| Erica                               | Turn off the news. No static, no discordance. Can't wallow in everyone else's panic/fear. | Achieved road marks. I don't want 2nd verse to be same as first. Let's get to the chorus. More trained musicians. |
| civilization, not refugee migration | Pieces and parts all come into alignment.   | Children's choir. Various choirs, not one big mega choir.   |
| More leaders                        | Still a climb. Gentle upslope, gentle downslope.  | Not everyone trying to play everyone else's instrument. Perfecting their own instrument.                          |
| Safe environment                    | trees, rivers, but faster pace, scenery   | Not saving everyone. Some people are audience, supporters.  |
| Not policing                        | Create structure for the masses. Duplicate it.  | Acknowledge that some are tone deaf, flat. I'm not going to have everybody sing.                                  |

Step 10: What is the major rule of my road?

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Step 11: What is the speed limit on my abundance?

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Step 12: Next Steps

| Before: Last Year | Now: This Year |
|-------------------|----------------|
|                   |                |
|                   |                |
|                   |                |
|                   |                |

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**WHAT IS THE MAJOR  
RULE OF YOUR ROAD?**

**RELAX & ALLOW EVERYTHING TO COME TO ME.  
BUT STAY FORWARD FOCUSED, BECAUSE THE CURRENT  
IS REALLY STRONG.**





**ALL ROADS FEED INTO ONE ANOTHER. THE COUNTRY ROAD RUNS PARALLEL TO THE AUDUBON SPEEDWAY. I CAN'T FORGET WHO I AM OR MY JOURNEY OF SELF-DISCOVERY.**



**I NEED TO LOOK FOR MY DESTINATIONS! AND THEN DRIVE TO THEM. NOT DRIVING FOR DRIVING'S SAKE, GOING NOWHERE.**



**BEFORE:**

**ARE WE THERE YET?**

**TOOK 5 YEARS OF TEACHING COLLEGE  
TO FINALLY BECOME A PUBLIC  
SPEAKER.**



**NOW:**

**WHERE DO I WANT TO GO?**

**WHO DO I KNOW? HOW CAN THEY  
HELP ME GET THERE?**

