



9 POWERFUL STEPS TO HELP SUCCESSFUL WOMEN CREATE A MORE MEANINGFUL LIFE



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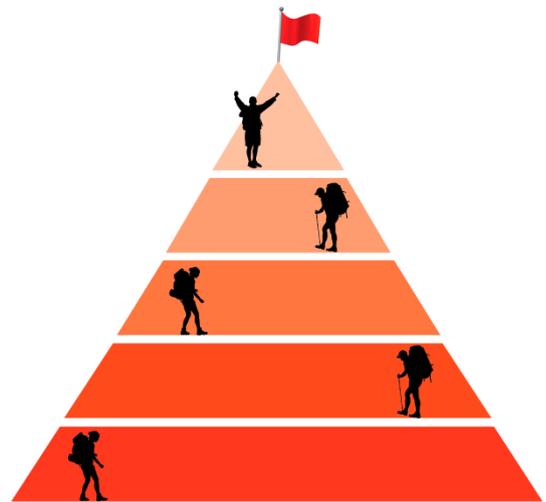
Welcome to 9 powerful steps to help successful women create a more Meaningful Life

I used these steps on my own journey to get clear on how I wanted to create my own Meaningful Life, when I stopped playing the part of successful consultant and manager.

Now I guide successful women into the mountains to help them regain Clarity, reclaim their Identity and start them on their own journey to a more Meaningful Life.

The mountains are a magical place, uniquely suited to help us to slow down, be present and get a different perspective on our lives.

There I guide you to the edge of your comfort zone, beyond your fears, until what you thought was important fades away and you're introduced to your new definition of success - **your more Meaningful Life**



When you're unhappily successful, because you're constantly being pushed into a role that doesn't satisfy you and it doesn't feel anything like you thought it would....

When it feels like you've given up your identity, as though you're playing a part in order to live up to everyone's expectations....

When you're exhausted because you no longer know what's truly important to you and are trying to do it all...

Then taking these 9 powerful steps will help you regain Clarity, reclaim your Identity and start on your own journey to a more Meaningful Life



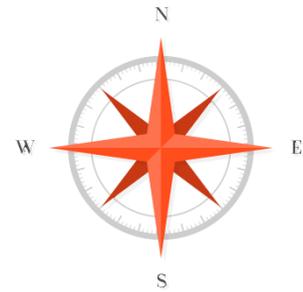
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Step 1 - Know your core values

Your core values are the foundation on which many, if not all major life decisions are based. Set aside time on your calendar to (re) discover what yours are.

Get clear about what is really important to you.

Without that clarity you are lost; wandering aimlessly without a compass through the mountains.



Step 2 - Set Clear boundaries

People who lead Meaningful Lives are crystal clear about their boundaries. And those around them know exactly where those boundaries are.

Having and maintaining boundaries is essential to leading a physically, mentally and spiritually healthy life. It is an essential part of living a Meaningful Life.

Step 3 - Envision your Meaningful Life

It's hard to move towards a more Meaningful Life when you have no idea what that looks like. Having a vision of what that looks like, will give you a goal to move towards.

What are the choices you need to make and the person you need to be to make this vision a reality.

Step 4 - Be congruent

It is draining to constantly change in an effort to present yourself in a way you think suitable or expected.

When you know what your core values and boundaries are and you're clear on what makes life meaningful to you, it is easy to be congruent.

That's when people see on the outside how and who you are on the inside.



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Step 5 - Take back control

People who live a Meaningful Life are in control of their lives.

When you are in control of your life you no longer sacrifice your time and energy to people, activities and things that don't really matter to you.

Your life is no longer something that just happens to you; it is your own!

Step 6 - Have a plan

Your choices and decisions have to be congruent with the person you want to be and the life you want to live.

Now that you have taken back control with a clear vision for your life, make a plan to realise that vision. You may not follow your plan to the letter, but it will help you get back on track when you stray away from it.



Step 7 - Accept your uniqueness & express it

Your power lies in your uniqueness. You're not like everybody else.

You make choices others don't dare to make. You take control of your life where others are still complaining things are always happening *TO* them.

Let the way you live life be an expression of who you truly are. Knowing the things that make you happy and having them be part of their daily lifestyle.

You are indeed unique. Always remember that!





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Step 8 - Take ownership of your identity

Having accepted your uniqueness and being good at expressing yourself, you'll own your identity more and more.

There is a bone-deepness to this. You know deep within you - in your bones - who and what you are.

Because of that, you'll always be able to return to yourself, back to your own path on which you live living your Meaningful Life.

Step 9 - Start moving again

Knowing about these 9 powerful steps to create a more Meaningful Life is of no help to you, when you don't actually take them.

You've made it halfway up the mountain. You're successful at what you do, but as you've been taking stock on your life, you have come to suspect there must be more to life than that.

Now it's time to figure out what your 'more' is and continue moving up the mountain.

It's time to take a step!!

Gerdi Verwoert
Dare Greatly Guide & Coach

Your first step - join my Facebook group:

DARING TO LIVE

Then follow me on:



CLIMB TO A MEANINGFUL LIFE

A MEANINGFUL LIFE



Clarity, empowerment & identity



Taking stock of life



Becoming Successful



Climbing the Career Ladder



About Me:

I'm a former project and facilities manager with 20+ years of experience in the corporate and consultancy world. After years of working hard in a career in which I was successful but unhappy, I found myself in the deep and dark ravine of a major burnout.

That was the start of my own journey to get clear on what a more meaningful life looks like to me, as I stopped playing the part of the successful consultant and manager.

Now I guide successful people, especially successful women, into the mountains to help them regain Clarity, reclaim their Identity and start them on their own journey to a (even) more meaningful life.

The mountains are a magical place; uniquely suited to help us to slow down, to be present and get a different perspective on life.

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