

Transforming Your Life After 60

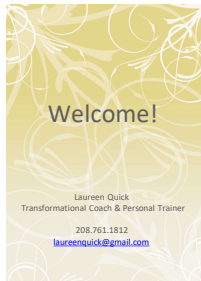
Presenter: Lauren Quick
Journey

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Transforming Your Life After 60

Beginnings.....



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Transforming Your Life After 60

The Hero's Journey



1. The departure from the known.
2. The path of temptation and trials.
3. The return home.

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The Departure

You Are The Hero Of This Journey



A person admired for their achievements and noble qualities; One who shows great courage.

Source: Merriam-Webster
<https://www.merriam-webster.com/dictionary/hero>

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The Departure

The Call



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The Path of Temptation & Trials

The Temptation



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The Path of Temptation & Trials

The Challenges



Letting Go Of The Past



Embracing The Future

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The Path of Temptation & Trials

Clearing The Clutter



Reducing Clutter

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The Path of Temptation & Trials

Discovering Your Essential Self



Your Shadow (Ego)



The Emergence of Spirit



Your Essential Self (Spirit)

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The Path of Temptation & Trials

Gaining Clarity



Challenging My Way of Seeing



Practicing Discernment & Re-framing



Creating Focus & Staying in Alignment

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The Path of Temptation & Trials

Facing Your Fears



Confronting The Unknown



Overcoming Fear



Managing Emotions & Cultivating Courage

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The Path of Temptation & Trials

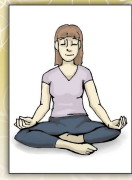
Tools



Affirmation



Journaling



Meditation

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The Path of Temptation & Trials

Tools



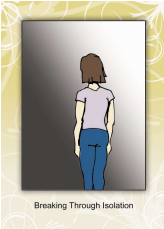
Self Care

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The Path of Temptation & Trials

Sharing The Journey



Breaking Through Isolation



Allies



Building Community

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The Return Home

Going Home



The Road Home



The Ordinary World



Re-Entry

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The Return Home

Your Take Aways



The Treasure



The Hero's Gift



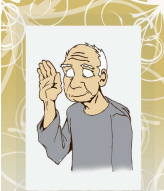
The Hero's Story

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Transforming Your Life After 60

Endings.....



Thank You!

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