


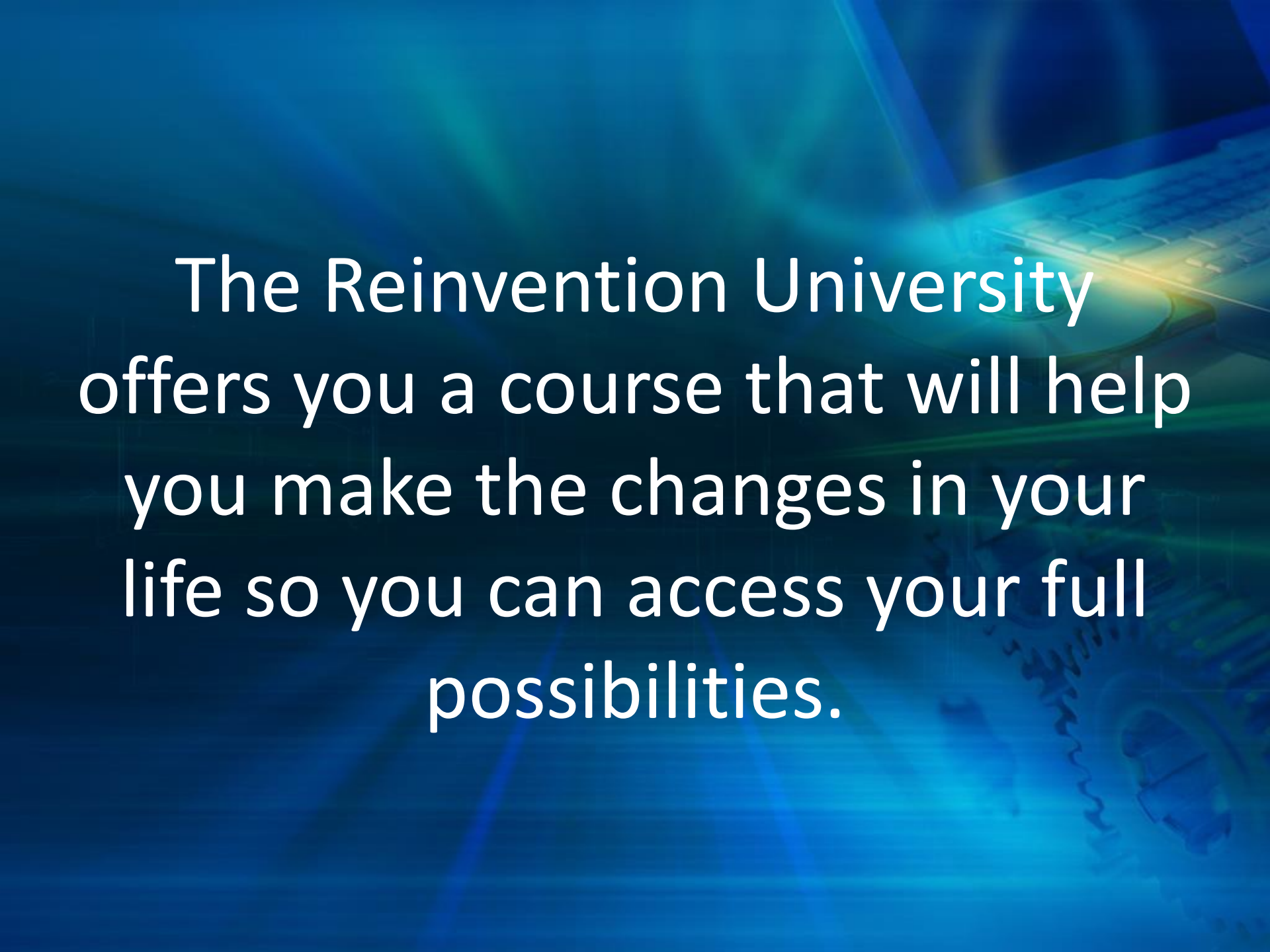


“The beautiful journey of today
can only begin when we learn
to let go of yesterday.”

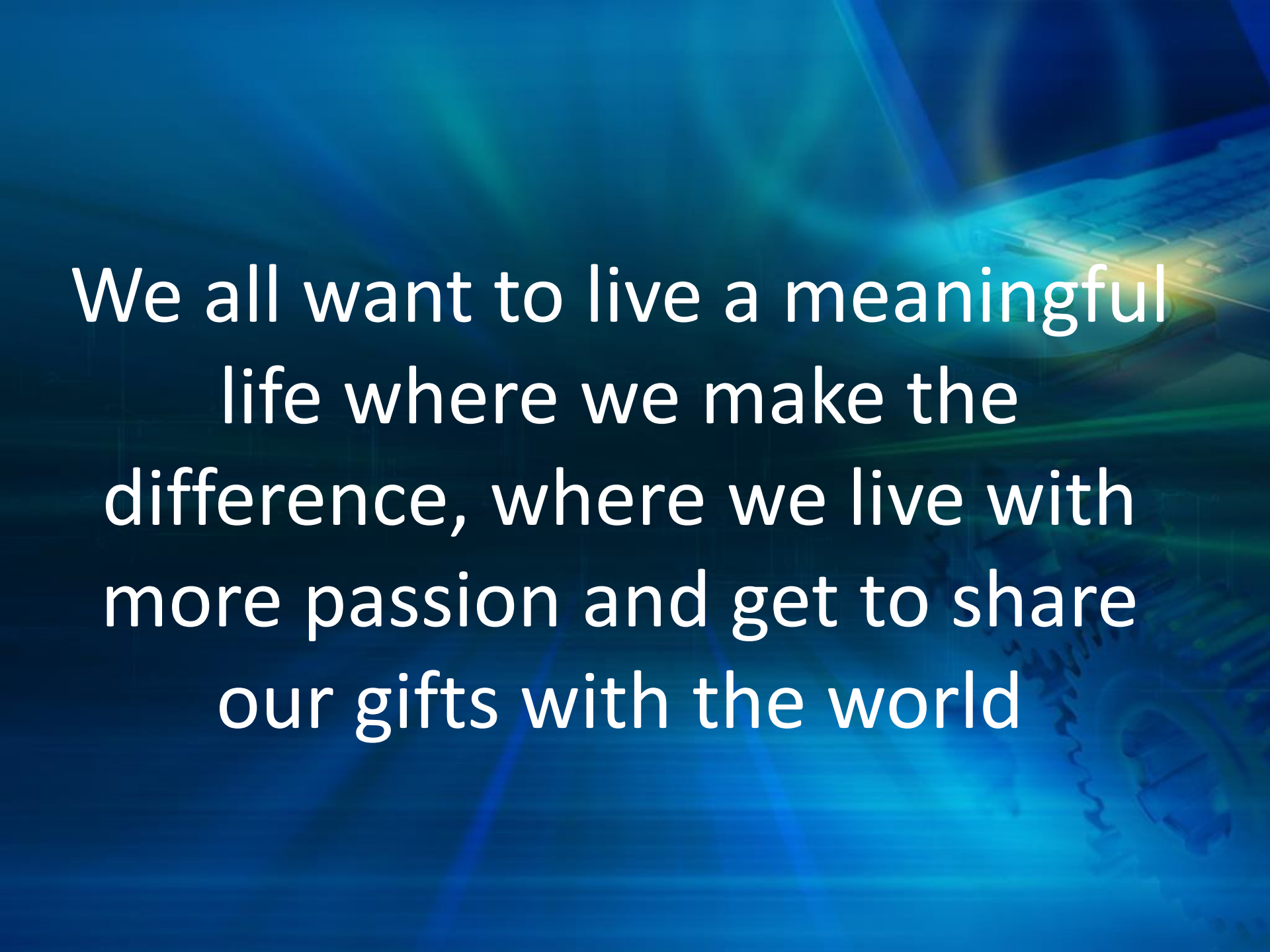
Steve Maraboli

The background is a deep blue gradient. In the upper right, there is a faint, glowing image of a laptop keyboard and trackpad. In the lower right, there are faint, glowing images of interlocking gears. The text is centered and reads:


It's time to
access your
FULL POTENTIAL

The background of the slide features a dark blue gradient. In the upper right, there is a close-up, slightly blurred image of a laptop keyboard with a yellow light reflecting off one of the keys. In the lower right, there is a faint, semi-transparent image of interlocking mechanical gears. The text is centered and written in a white, sans-serif font.

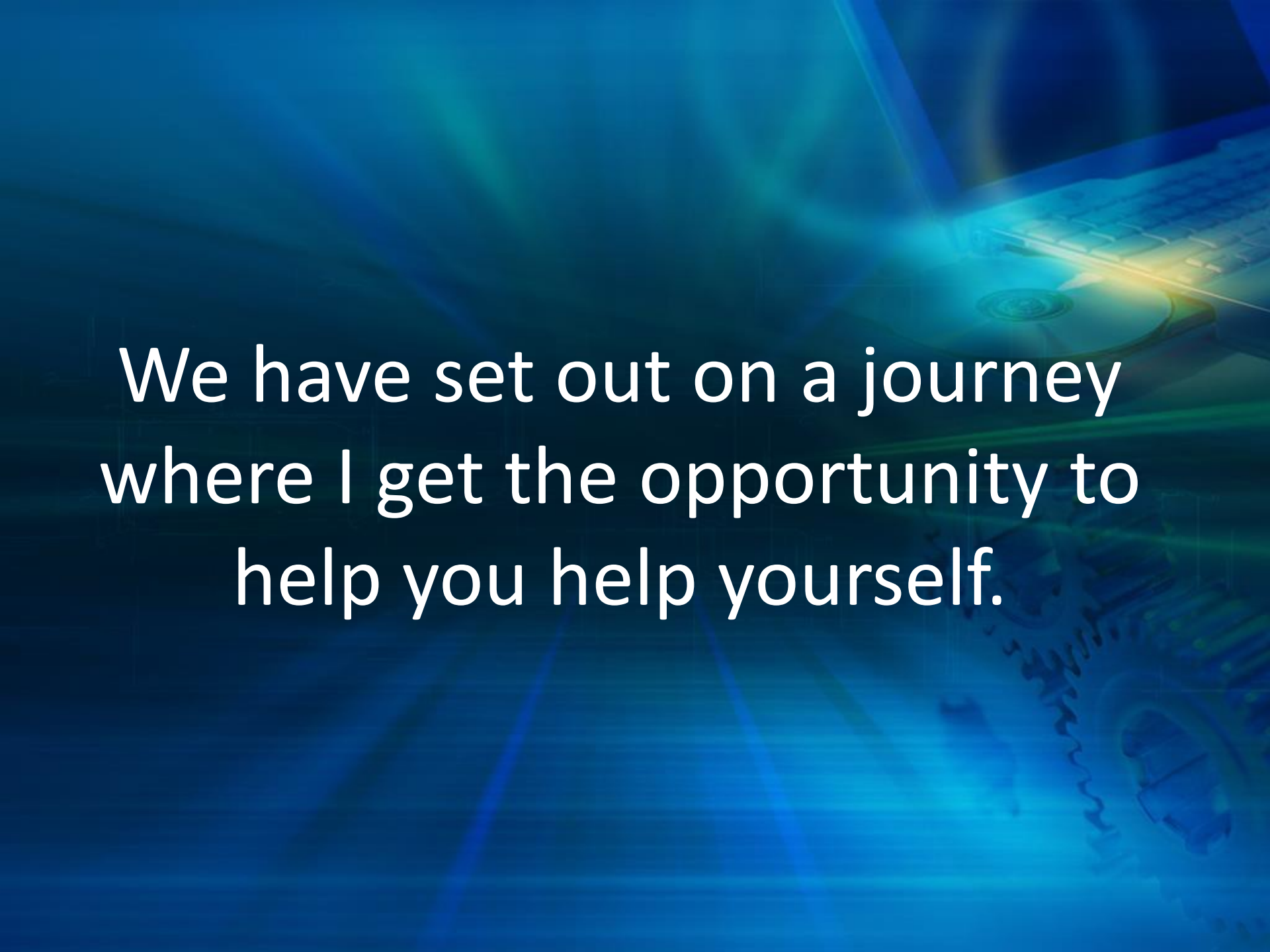
The Reinvention University
offers you a course that will help
you make the changes in your
life so you can access your full
possibilities.

The background of the slide features a blue-toned image. In the upper right, a laptop is visible, its screen and keyboard partially illuminated. Below and to the left of the laptop, several interlocking gears are depicted, suggesting a theme of technology, industry, or interconnectedness. The overall aesthetic is professional and modern.

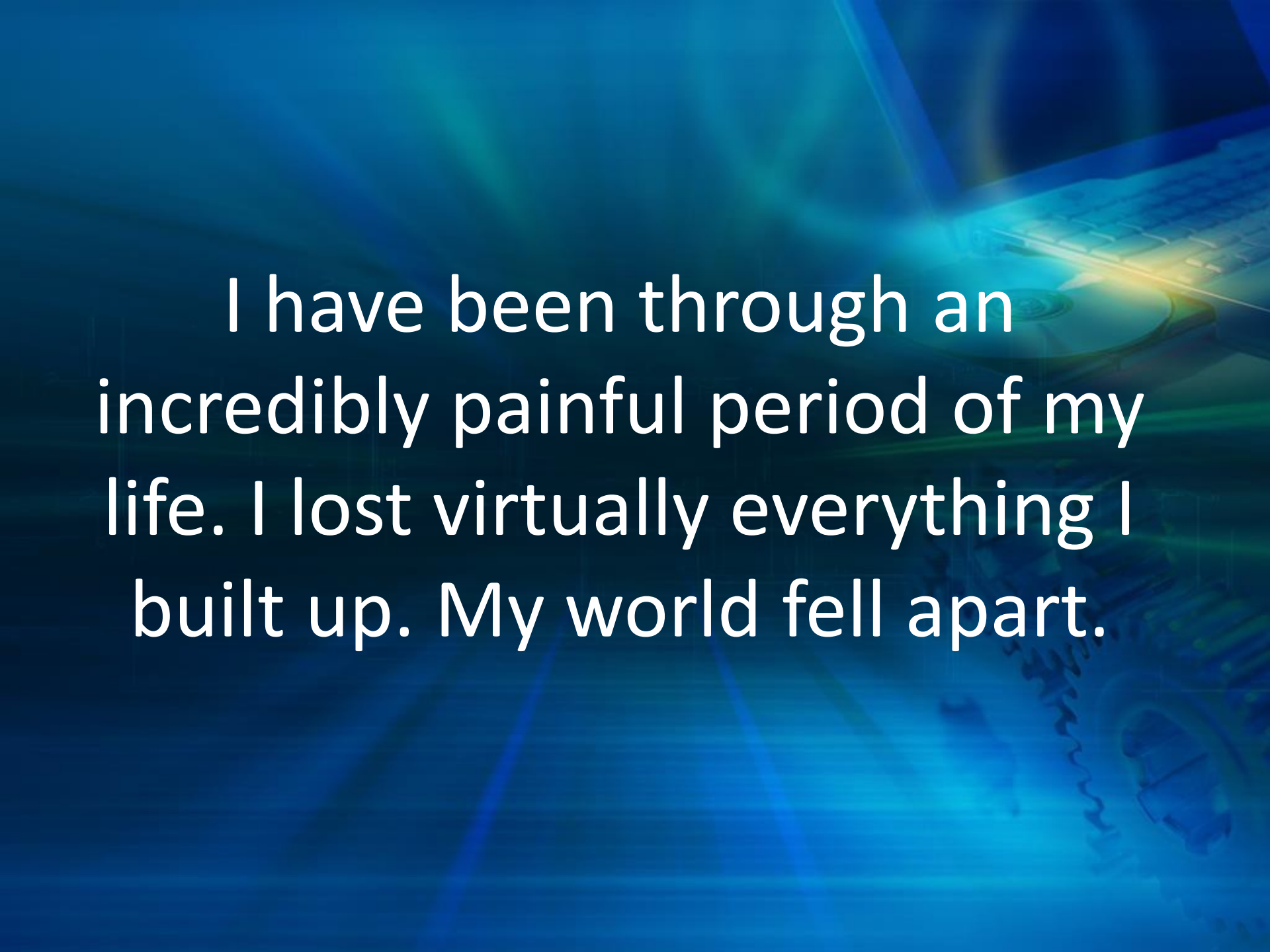
We all want to live a meaningful
life where we make the
difference, where we live with
more passion and get to share
our gifts with the world



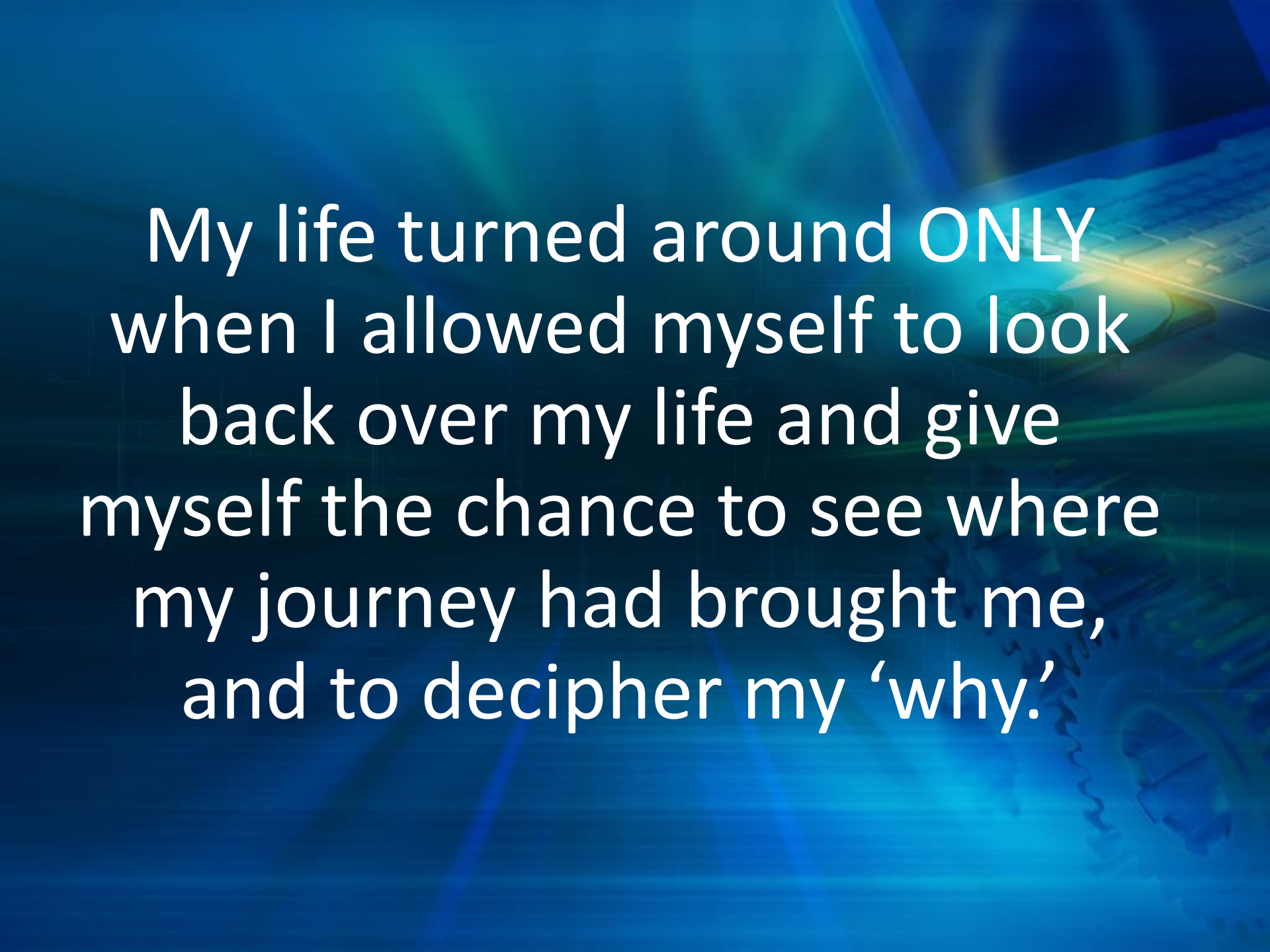
I believe everyone has
SOMETHING SPECIAL
inside of them



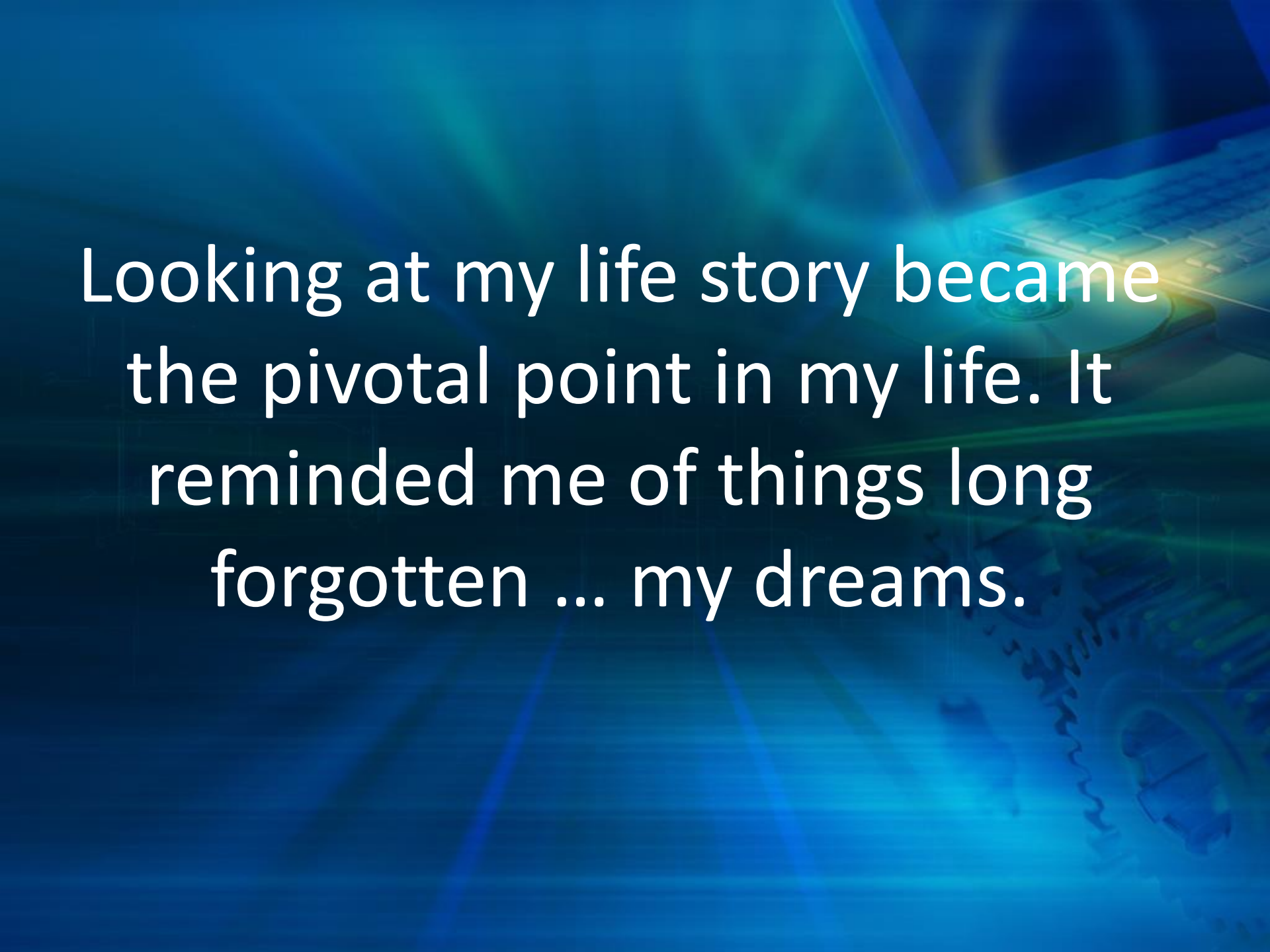
We have set out on a journey
where I get the opportunity to
help you help yourself.



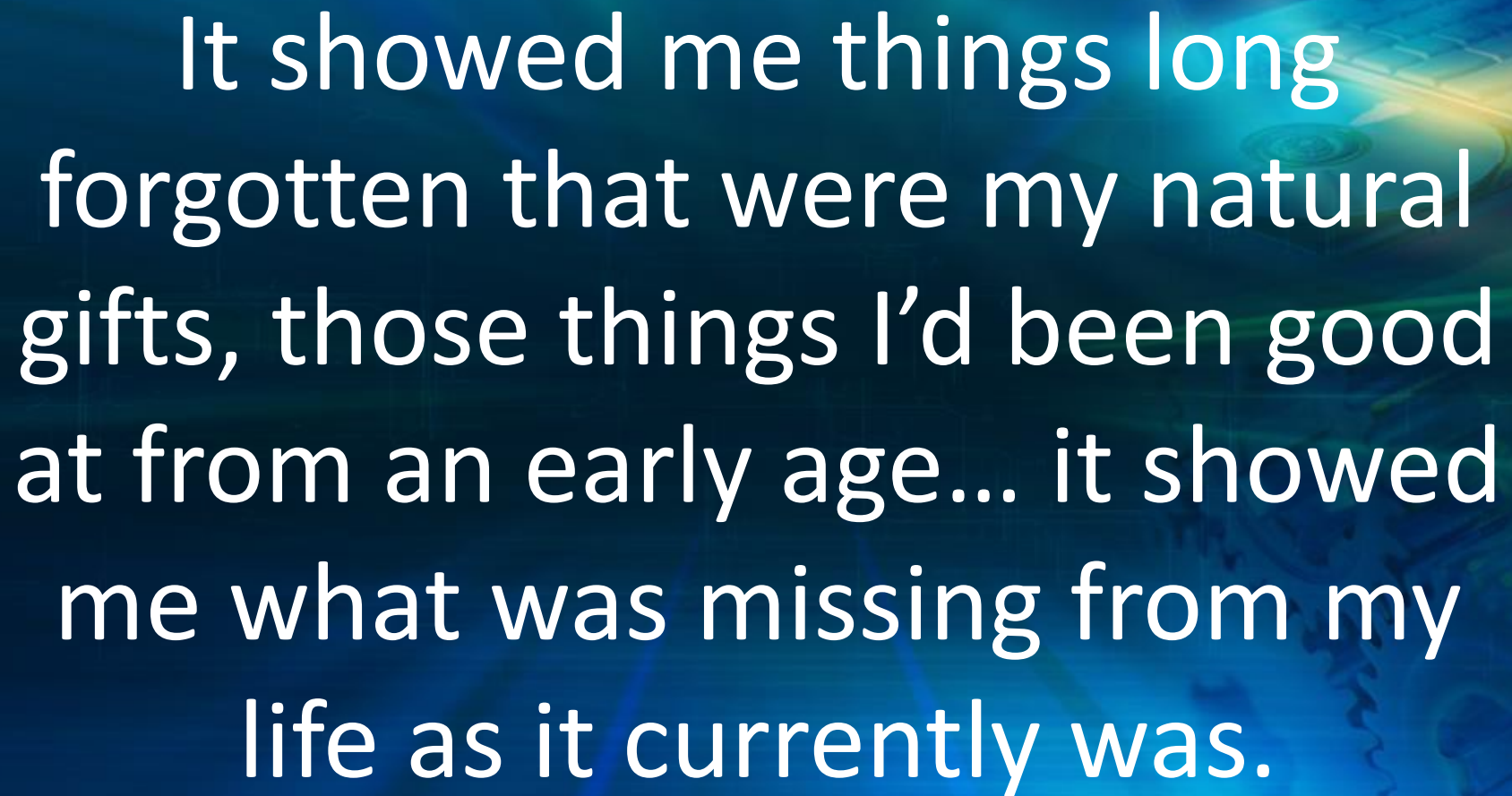
I have been through an
incredibly painful period of my
life. I lost virtually everything I
built up. My world fell apart.

The background of the slide features a blue-toned image of a laptop keyboard in the upper right, with mechanical gears visible in the lower right. The overall aesthetic is technical and reflective.

My life turned around ONLY
when I allowed myself to look
back over my life and give
myself the chance to see where
my journey had brought me,
and to decipher my 'why.'



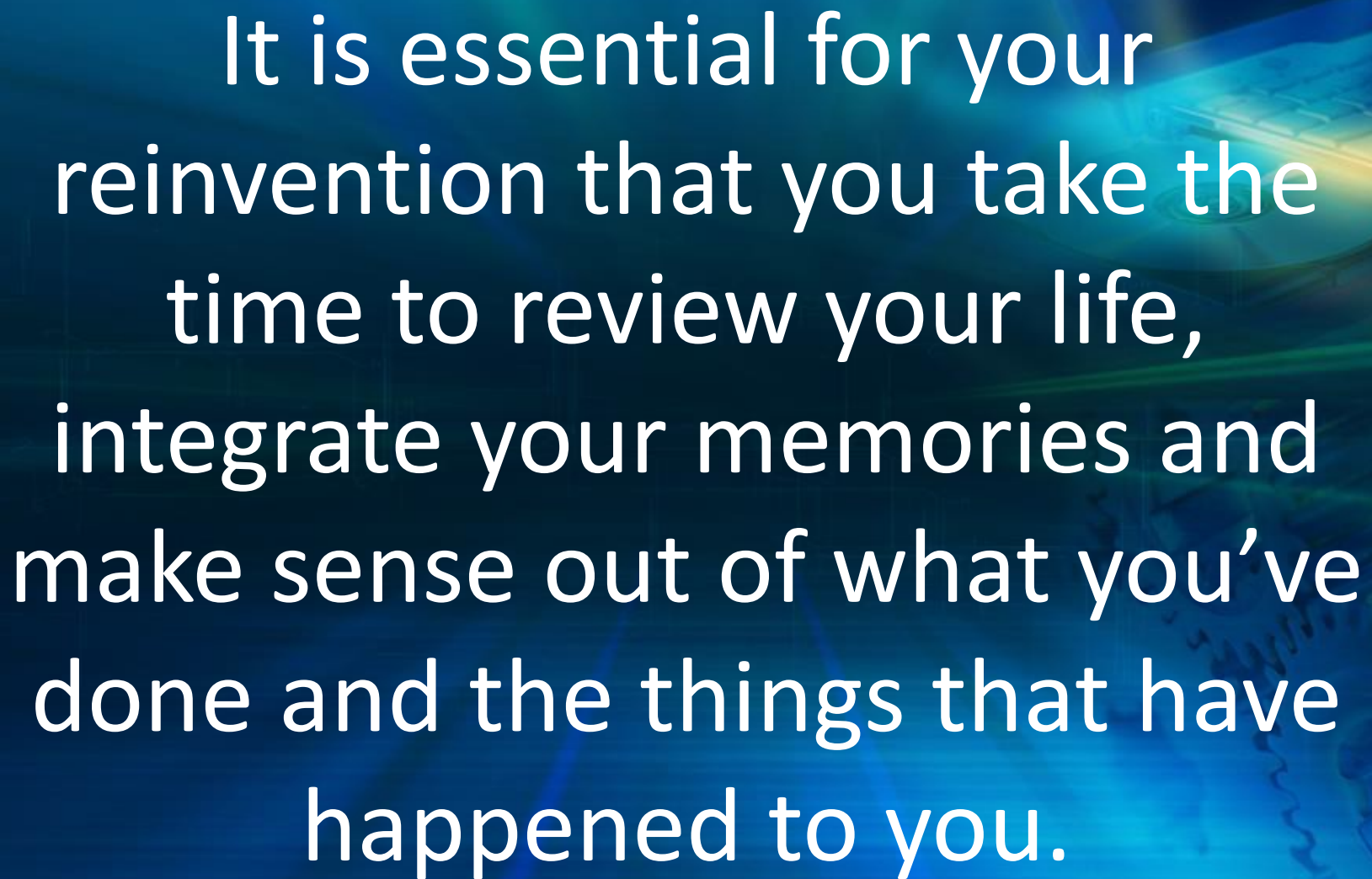
Looking at my life story became
the pivotal point in my life. It
reminded me of things long
forgotten ... my dreams.

The background of the slide features a blue-toned image of a laptop keyboard in the upper right corner, with mechanical gears visible in the lower right corner. The overall aesthetic is technical and digital.

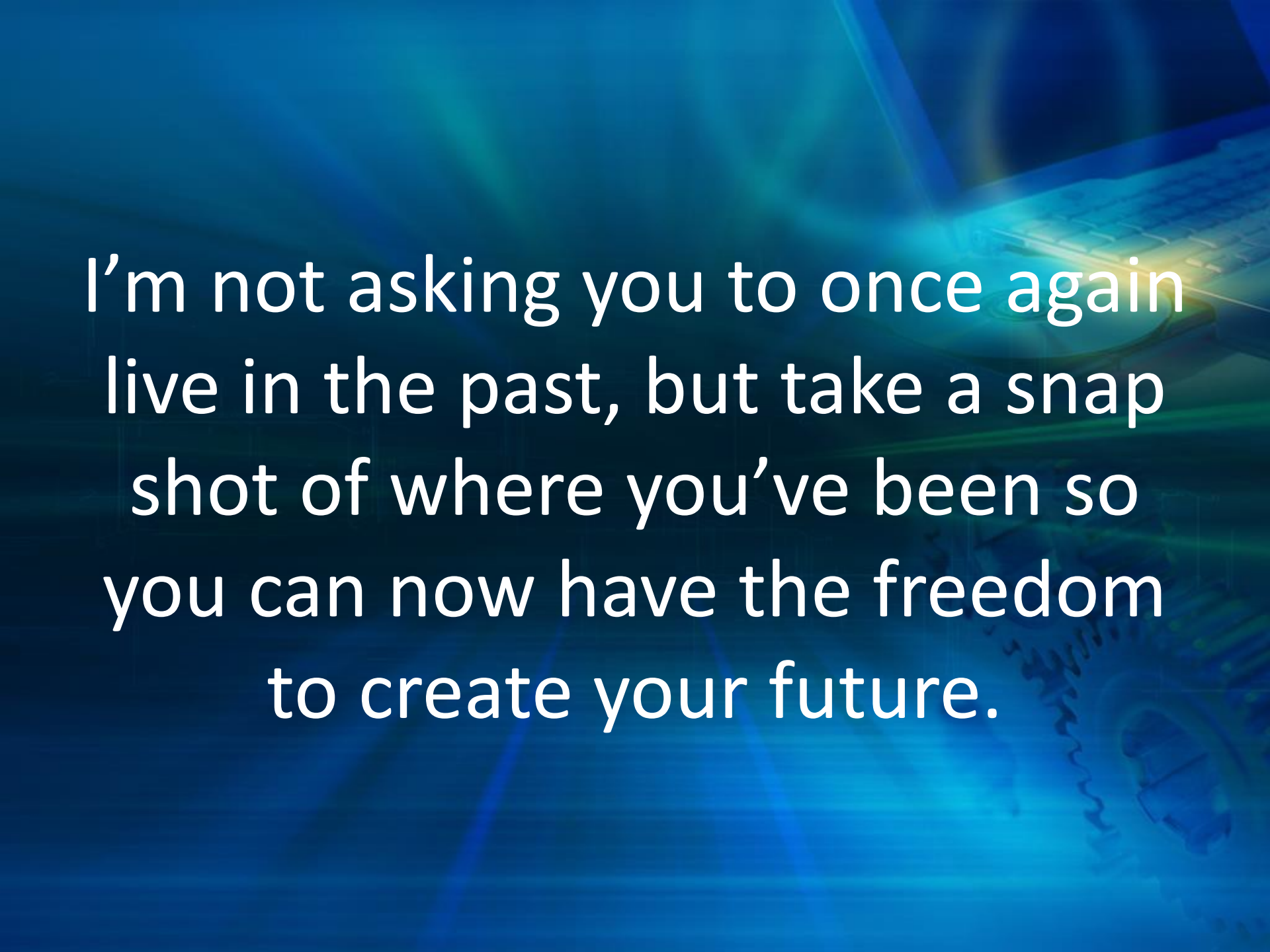
It showed me things long forgotten that were my natural gifts, those things I'd been good at from an early age... it showed me what was missing from my life as it currently was.

“My life journey
challenges me to be
better than I realized.”

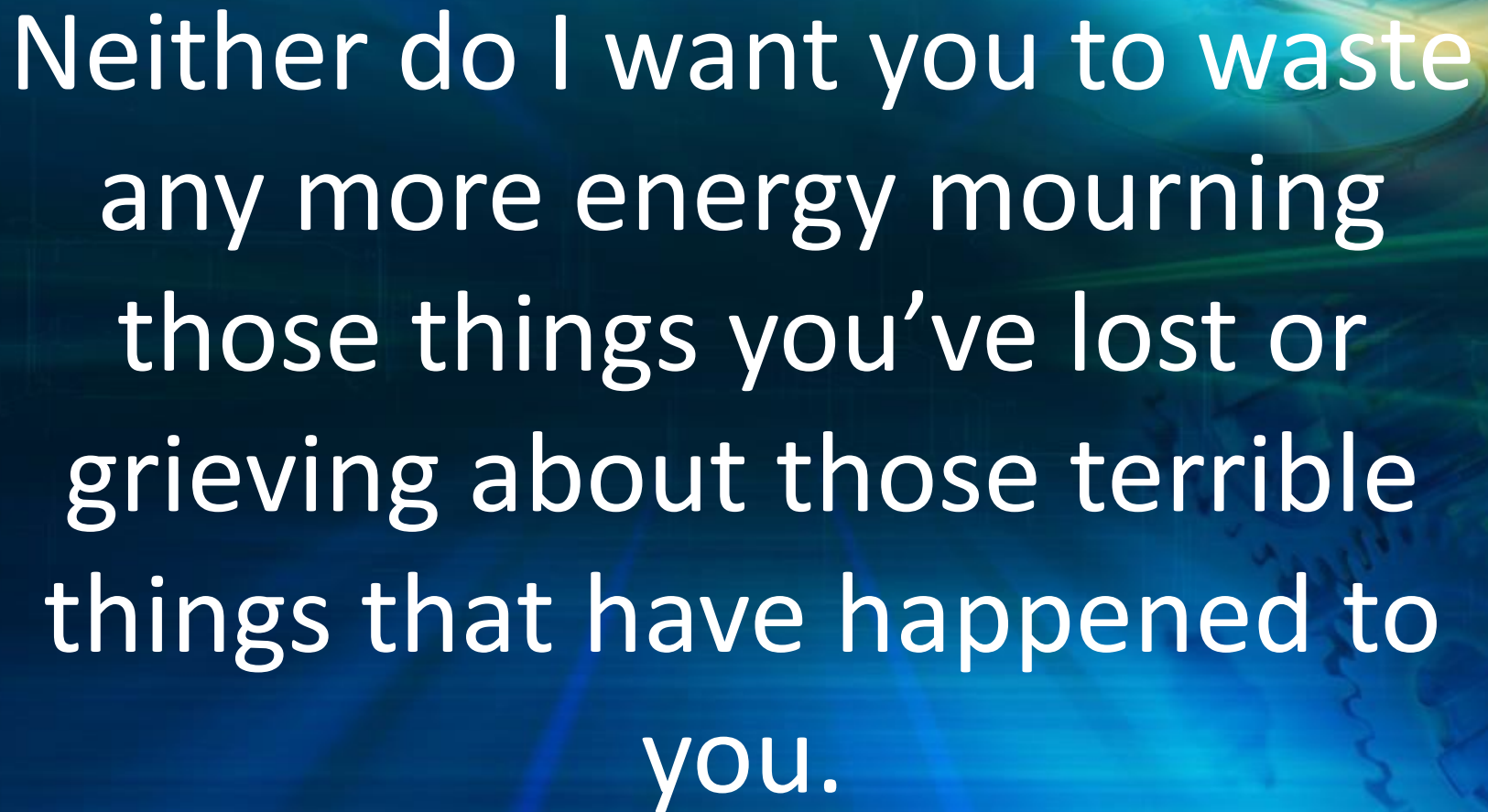
Rohan Kar

The background of the slide features a blue-toned image of a laptop keyboard in the upper right corner, with a bright light reflecting off one of the keys. Below the keyboard, several interlocking gears are visible, suggesting a theme of mechanics, technology, or the internal workings of the mind. The overall aesthetic is digital and intellectual.


It is essential for your
reinvention that you take the
time to review your life,
integrate your memories and
make sense out of what you've
done and the things that have
happened to you.



I'm not asking you to once again
live in the past, but take a snap
shot of where you've been so
you can now have the freedom
to create your future.



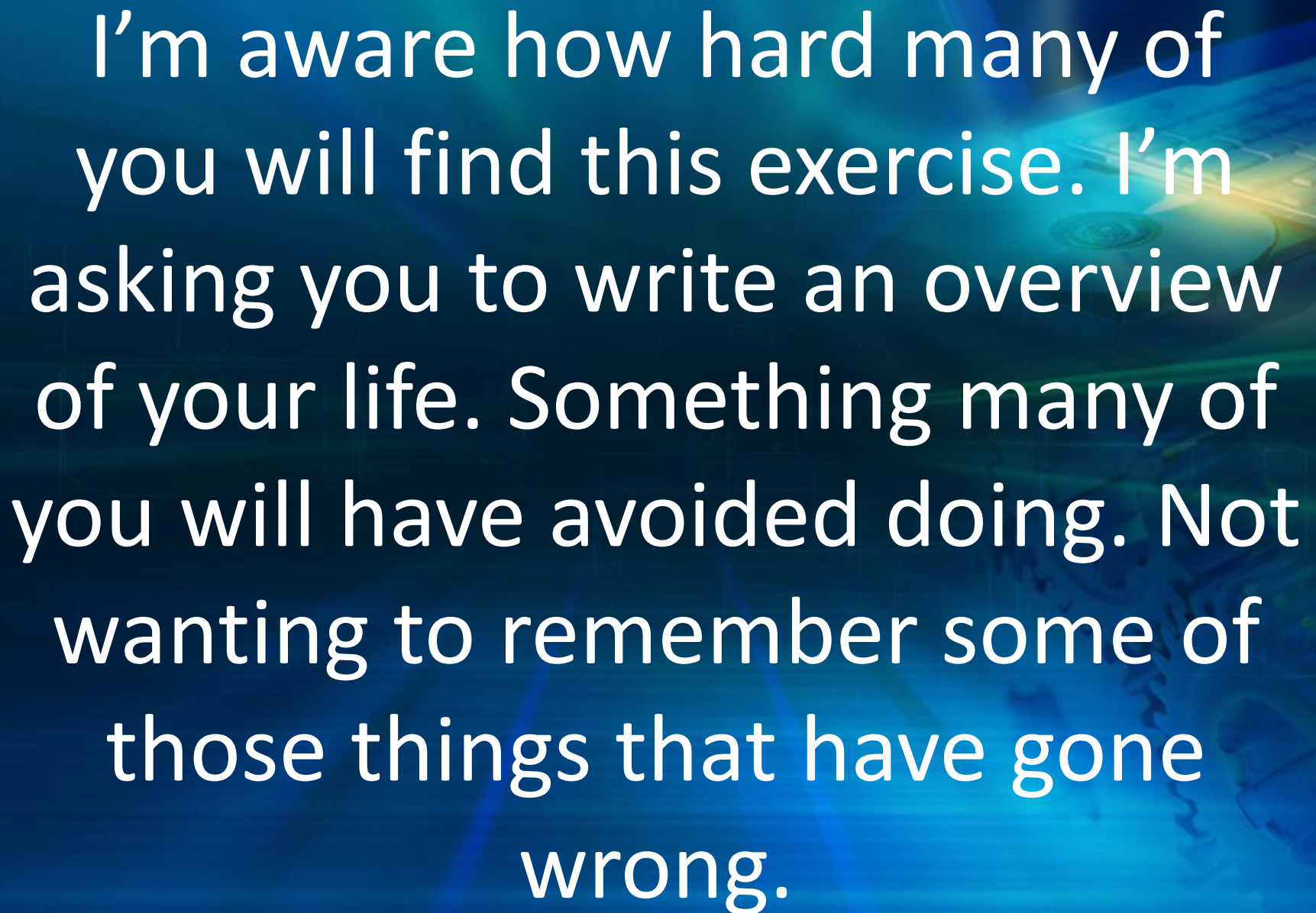
Neither do I want you to waste
any more energy mourning
those things you've lost or
grieving about those terrible
things that have happened to
you.



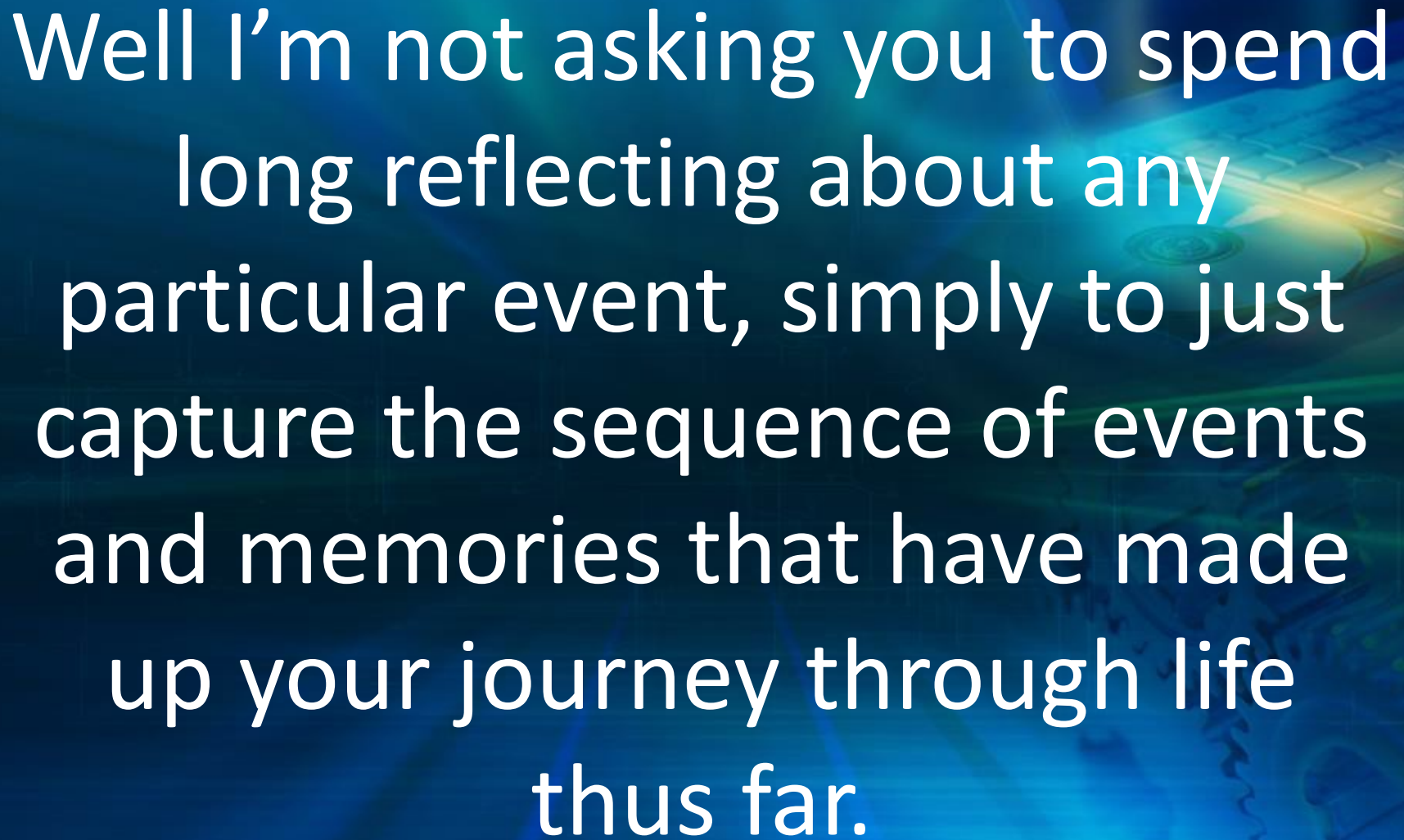
THEY'RE ALL IN
THE PAST



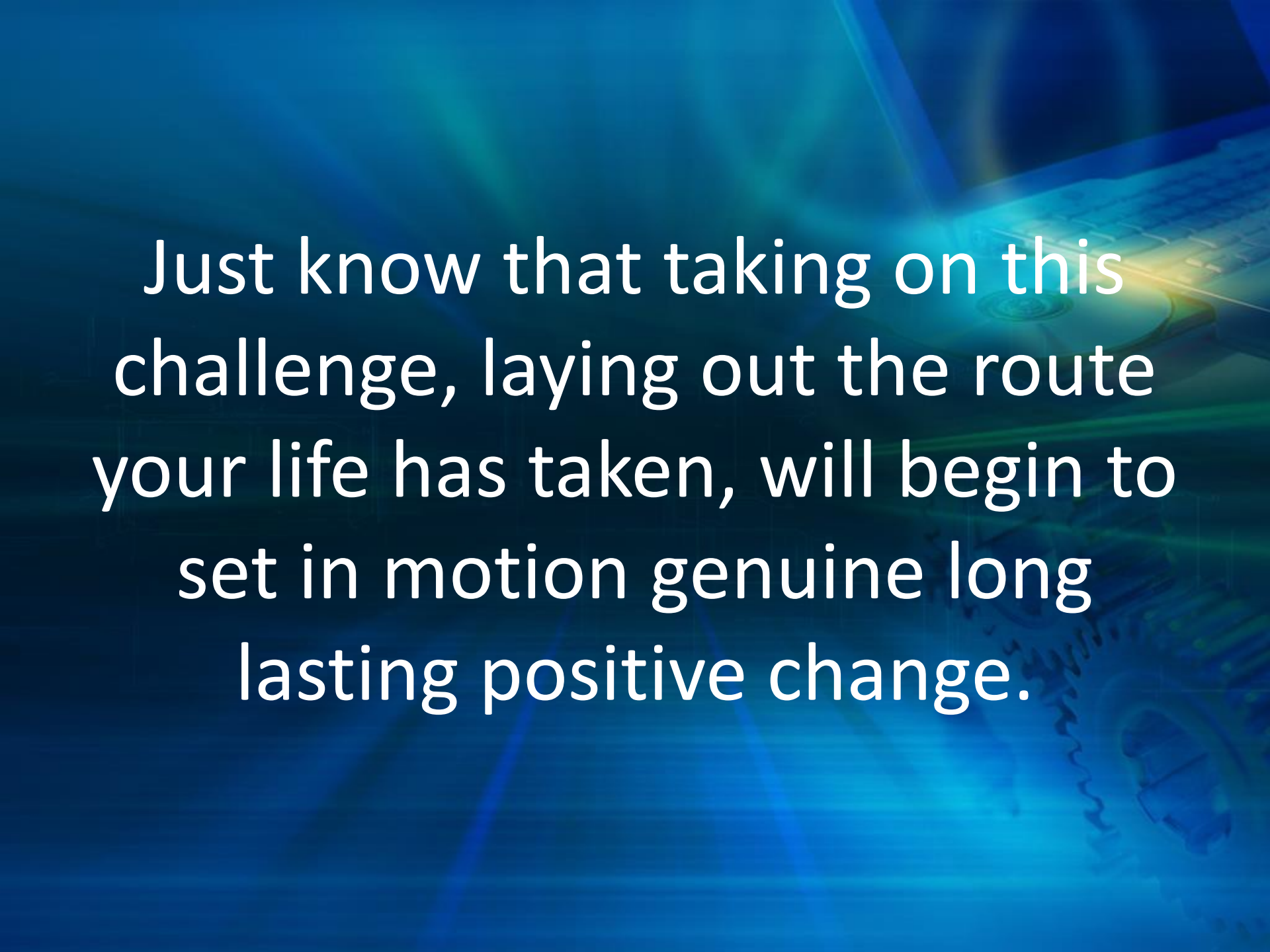
No one said **CHANGE** was easy



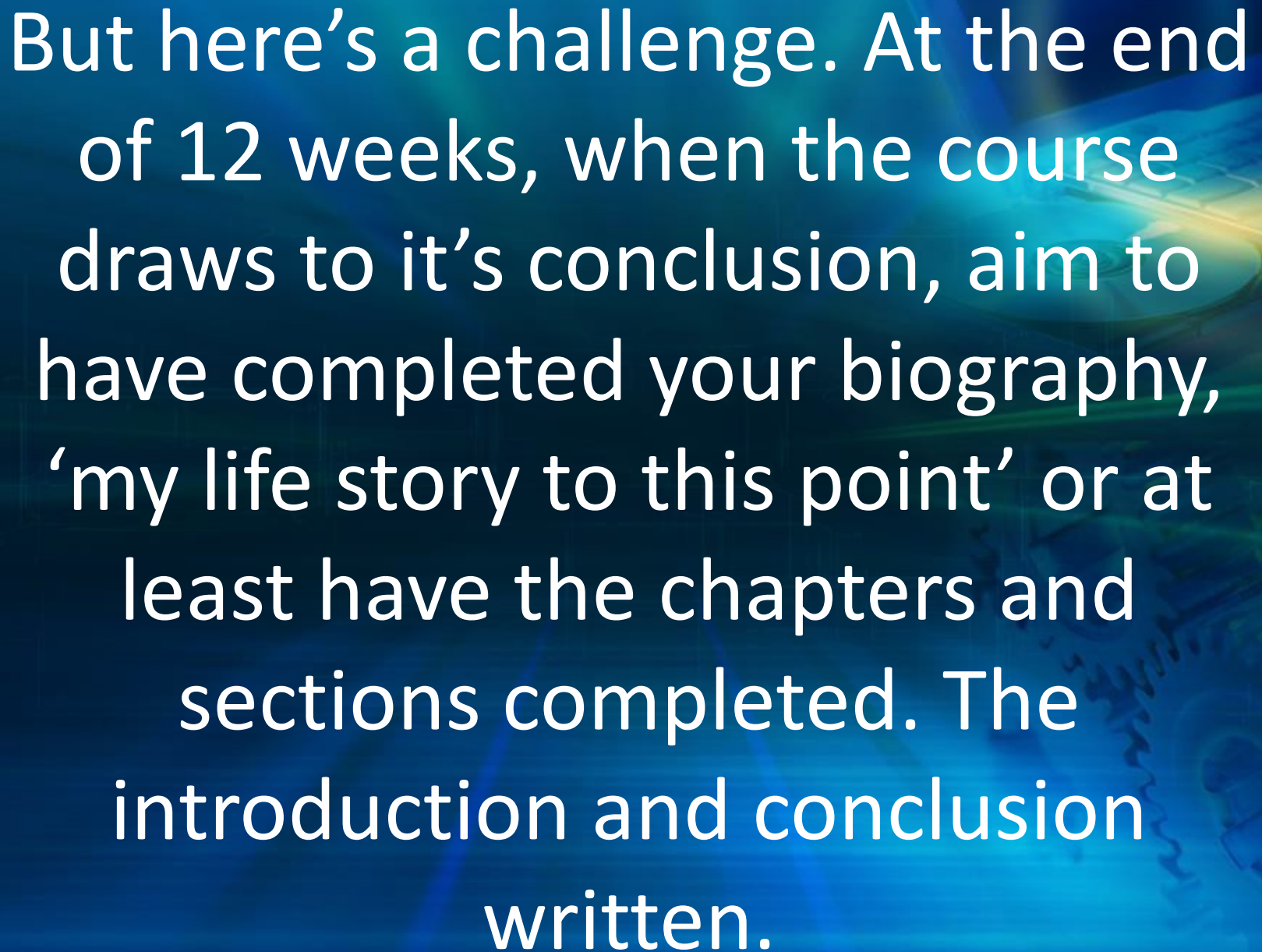
I'm aware how hard many of you will find this exercise. I'm asking you to write an overview of your life. Something many of you will have avoided doing. Not wanting to remember some of those things that have gone wrong.

The background is a deep blue gradient. In the upper right, there is a faint, glowing image of a computer keyboard. In the lower right, there are faint, translucent images of interlocking mechanical gears. The text is centered and written in a white, sans-serif font.

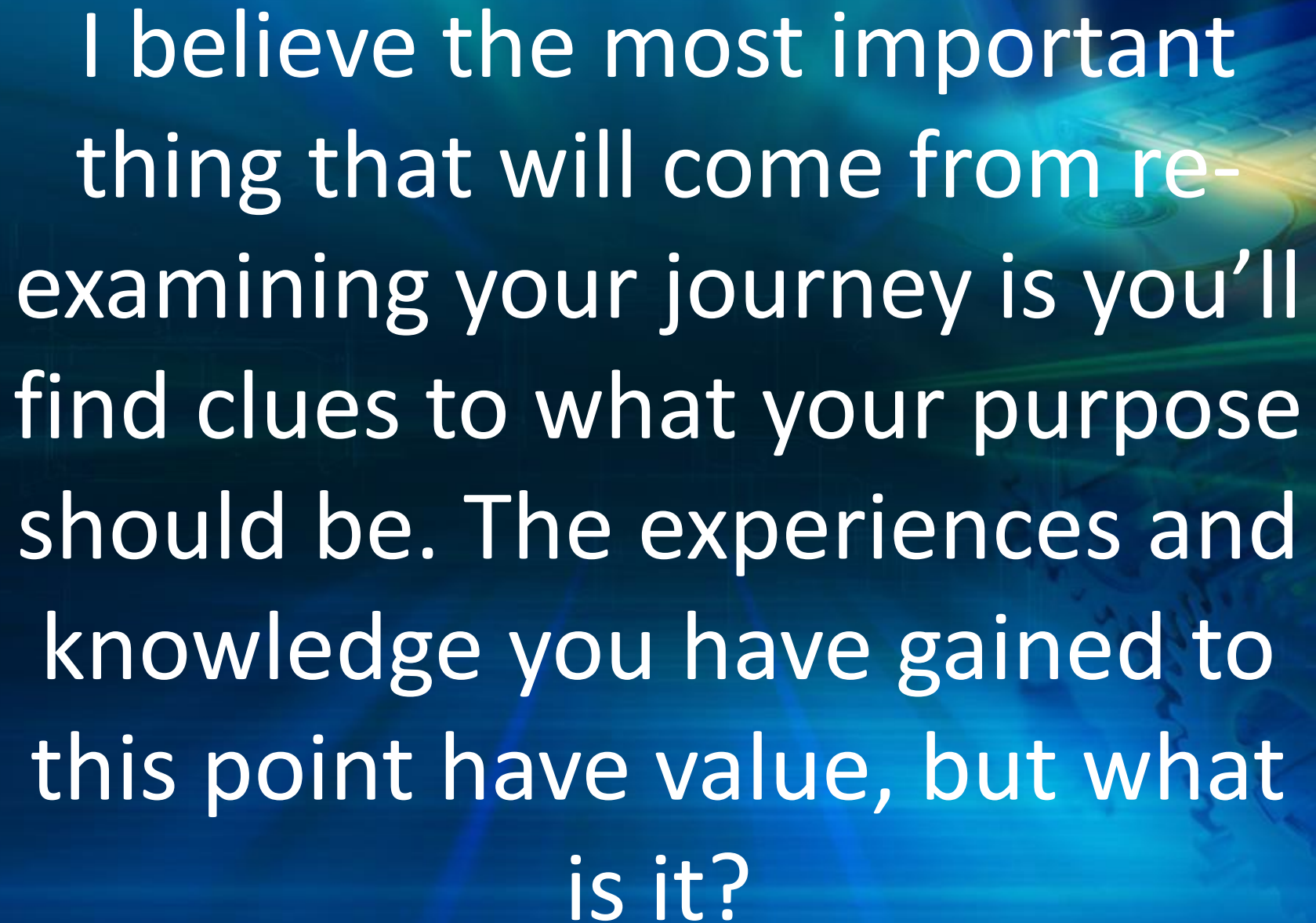
Well I'm not asking you to spend
long reflecting about any
particular event, simply to just
capture the sequence of events
and memories that have made
up your journey through life
thus far.

The background of the slide features a blue-toned image of a laptop keyboard in the upper right corner, with several interlocking gears visible in the lower right. The overall aesthetic is technological and mechanical, with a cool blue color palette.


Just know that taking on this challenge, laying out the route your life has taken, will begin to set in motion genuine long lasting positive change.

The background of the slide features a close-up, slightly blurred image of a laptop keyboard. The keys are illuminated with a soft blue light. In the lower right corner, a large, metallic gear is visible, partially obscured by the keyboard and the overall blue tint of the image. The overall aesthetic is technological and professional.

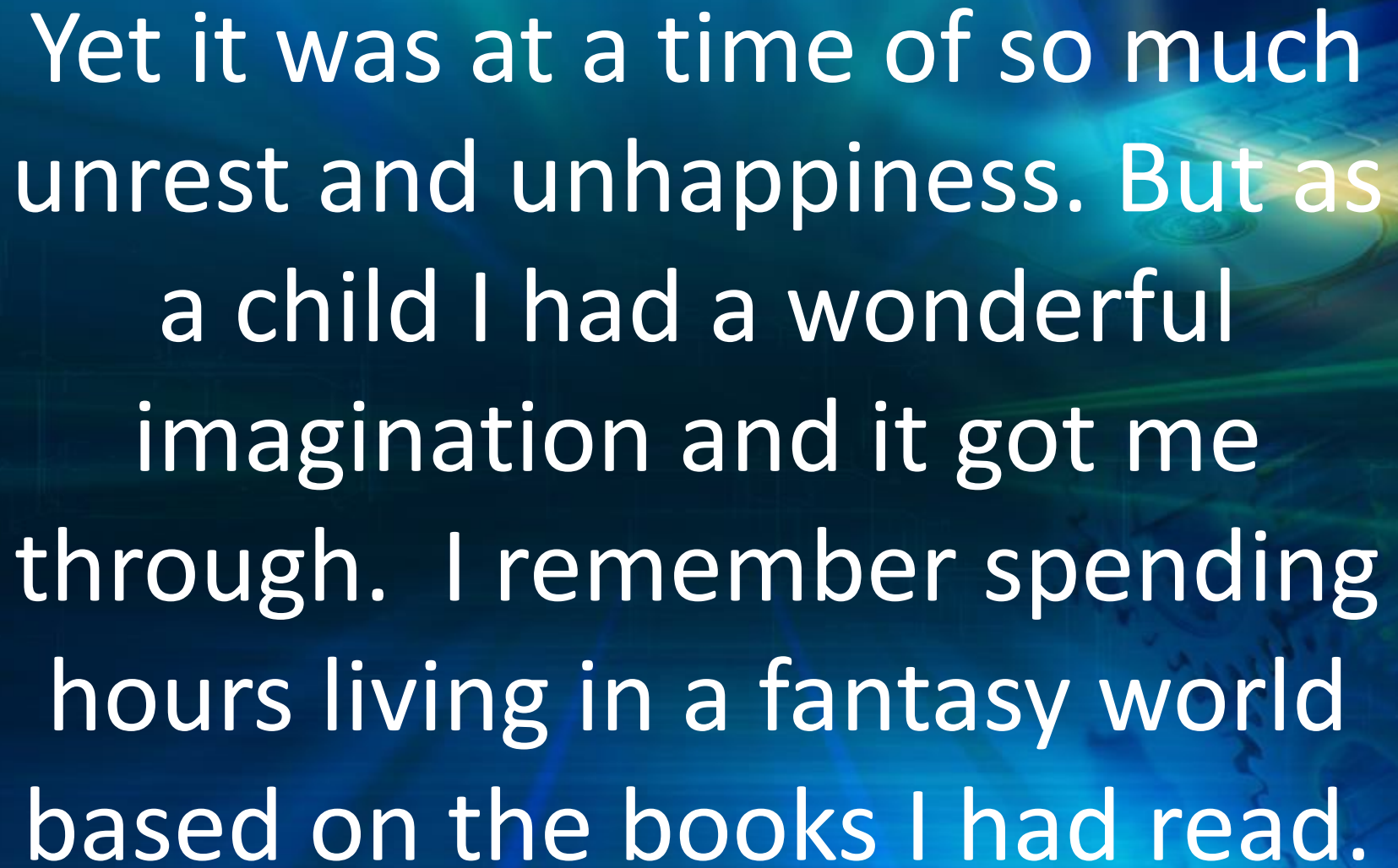
But here's a challenge. At the end of 12 weeks, when the course draws to it's conclusion, aim to have completed your biography, 'my life story to this point' or at least have the chapters and sections completed. The introduction and conclusion written.



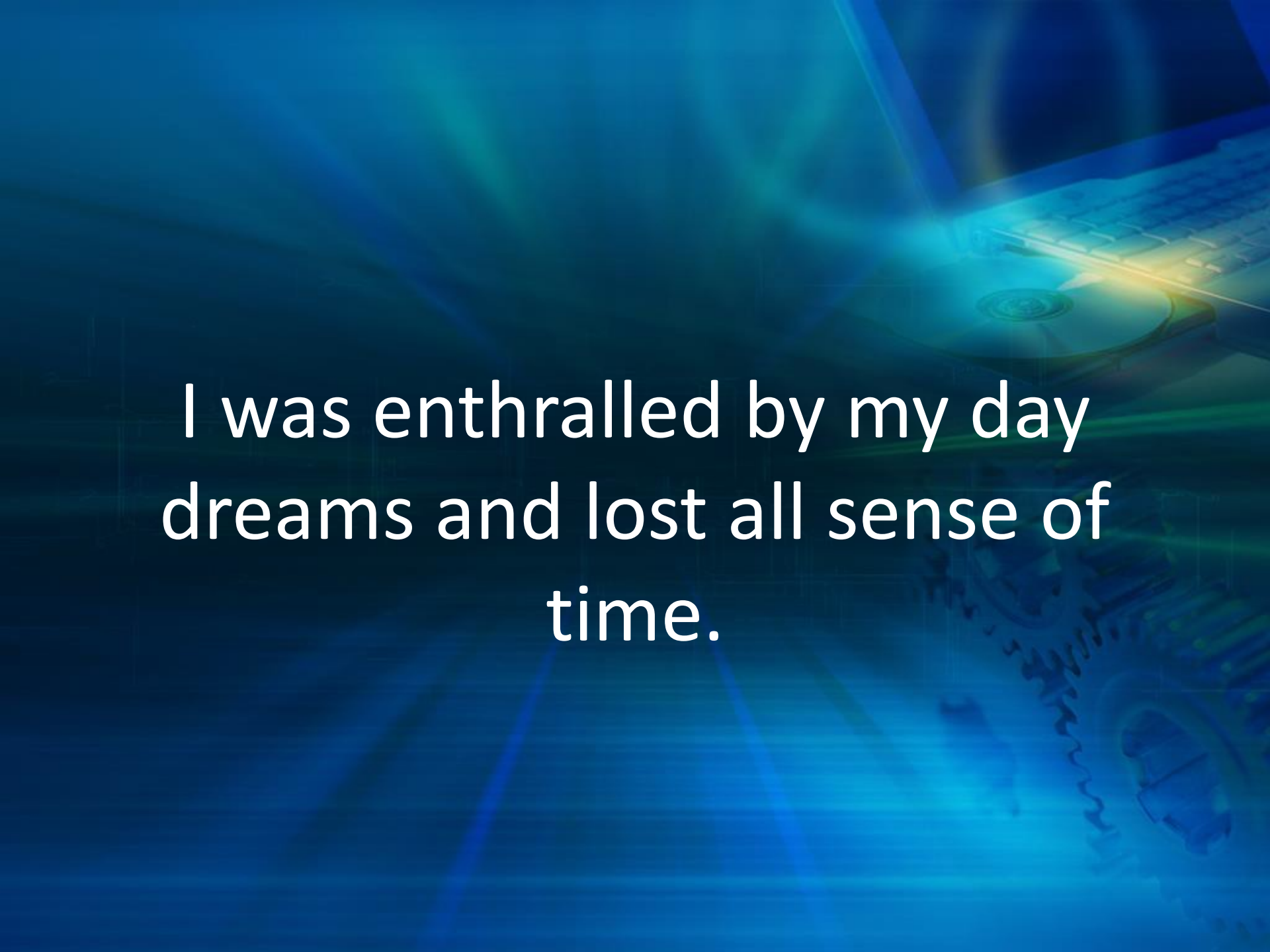
I believe the most important thing that will come from re-examining your journey is you'll find clues to what your purpose should be. The experiences and knowledge you have gained to this point have value, but what is it?



I remembered something
wonderful from my youth



Yet it was at a time of so much unrest and unhappiness. But as a child I had a wonderful imagination and it got me through. I remember spending hours living in a fantasy world based on the books I had read.



I was enthralled by my day
dreams and lost all sense of
time.

“Once you have traveled, the
voyage never ends, but is
played out over and over again
in the quietest chambers. The
mind can never break off from
the journey.”

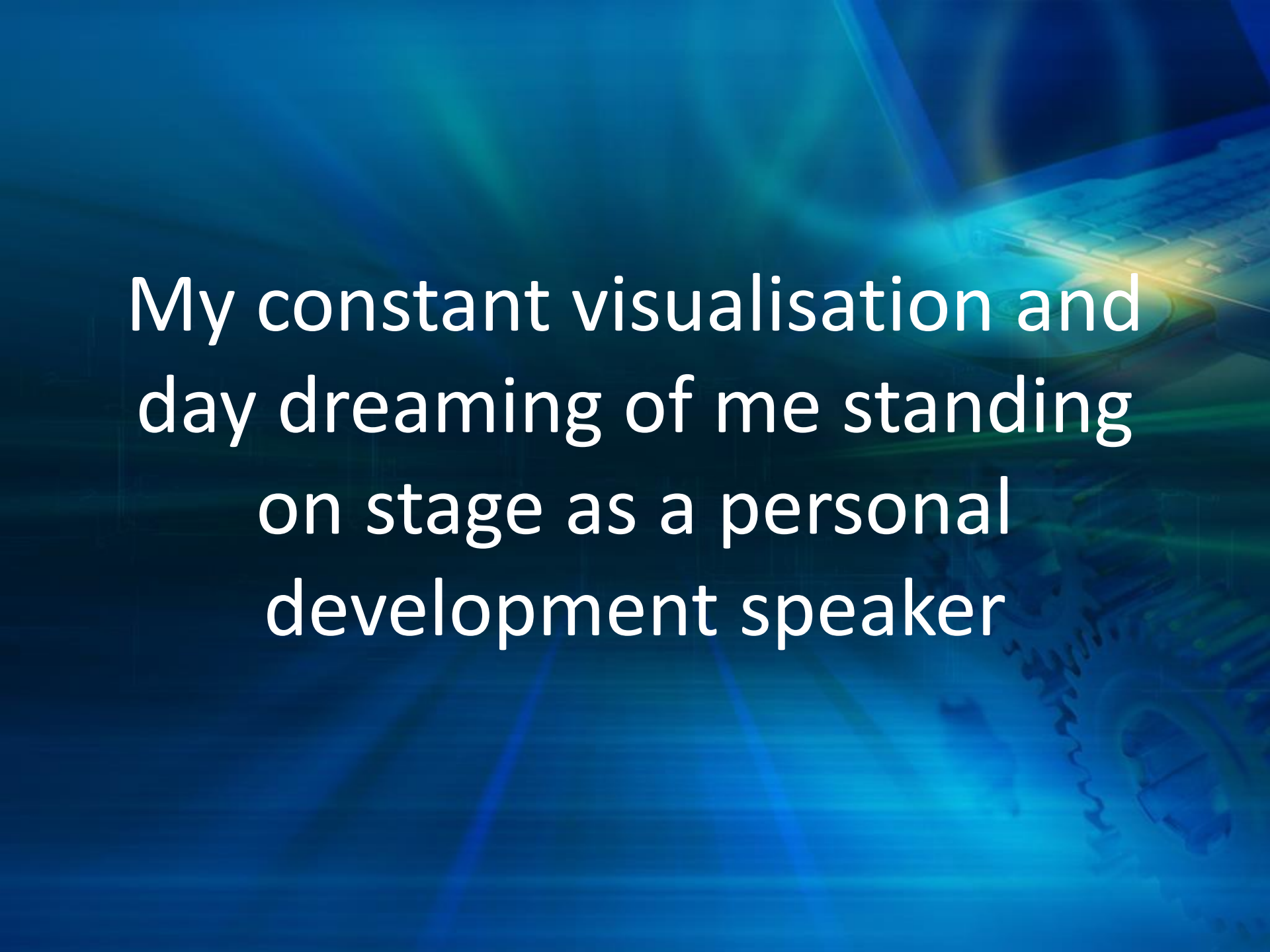
Pat Conroy



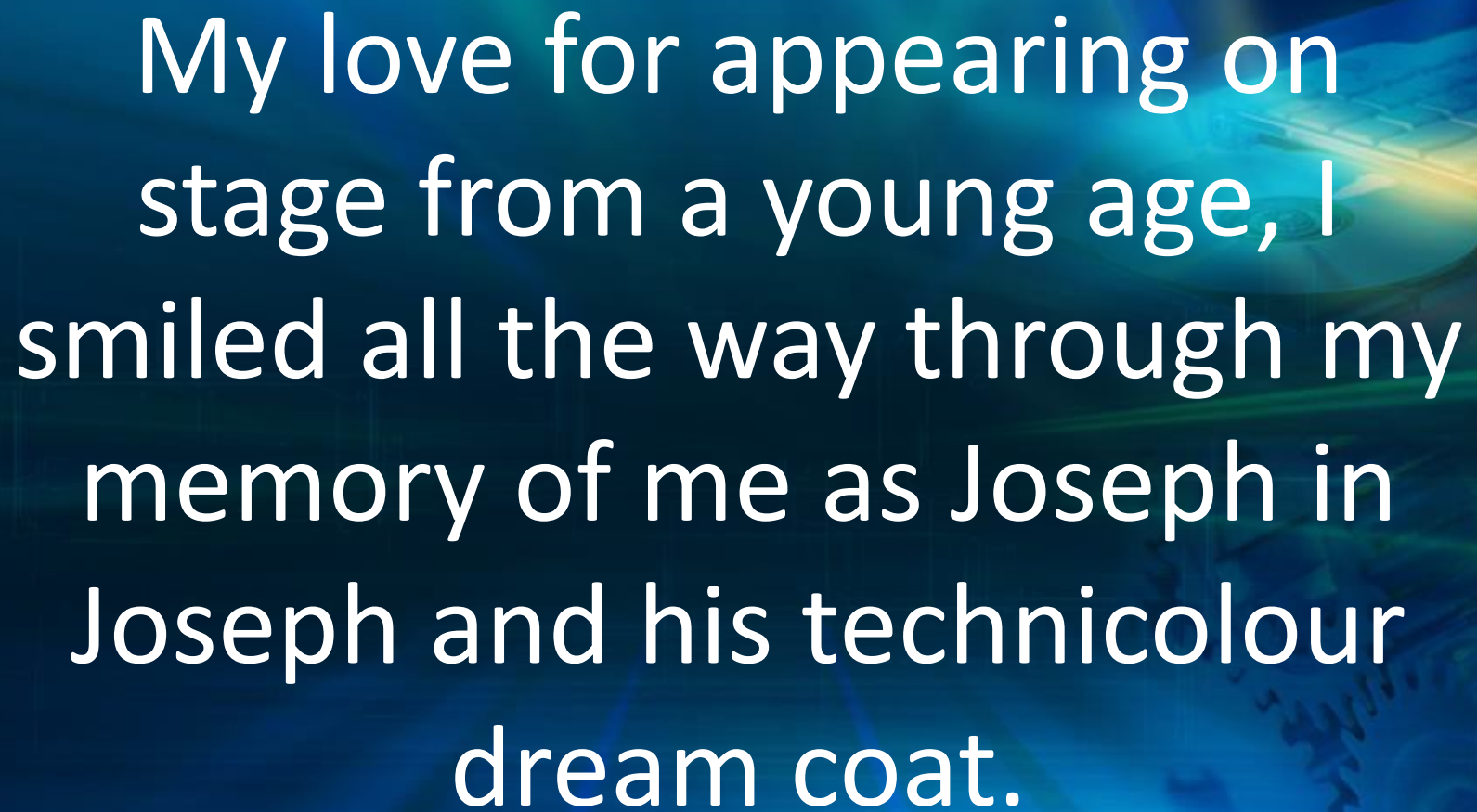
My dreams guided me



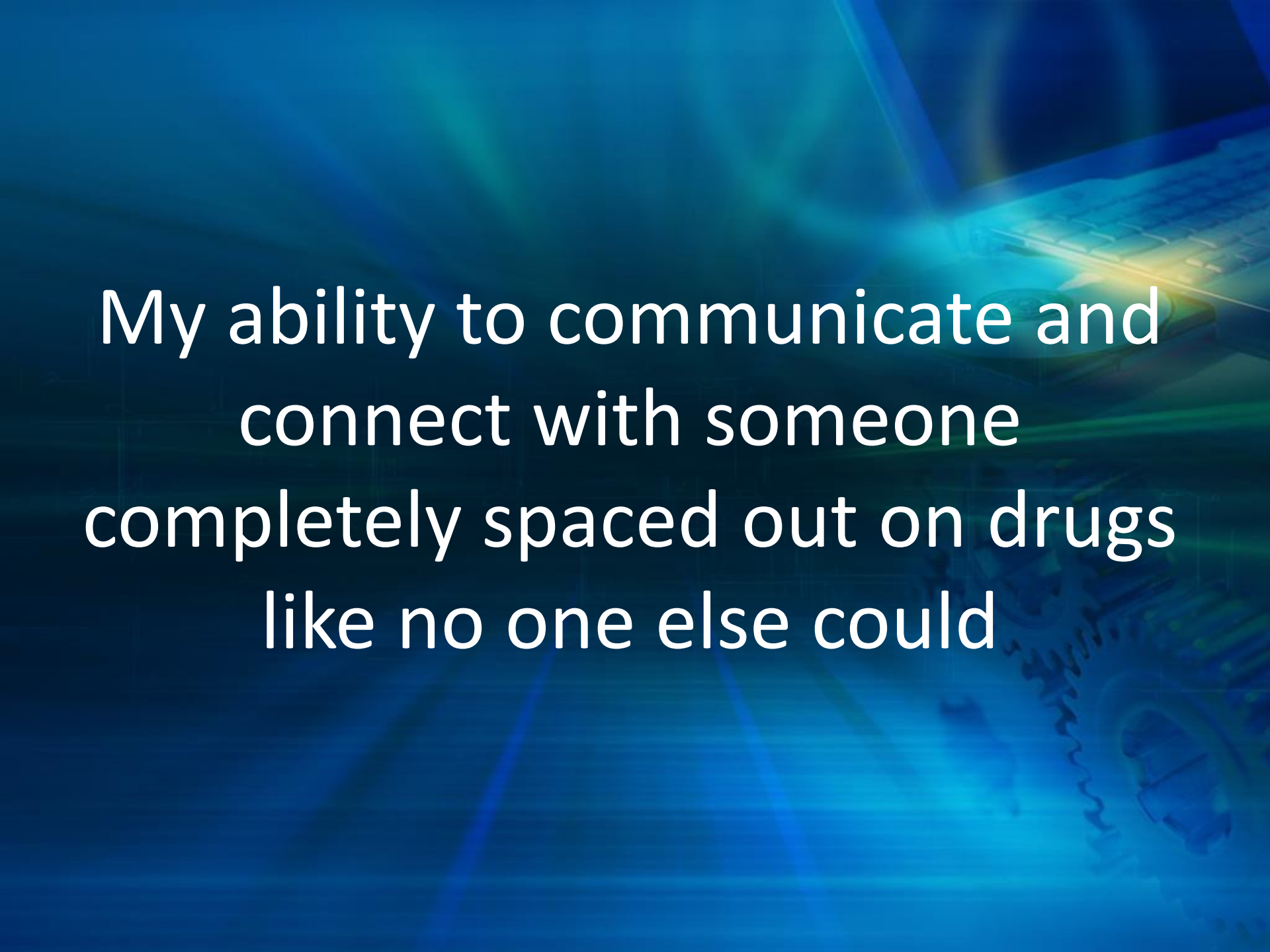
**I remembered vividly a few
things:**



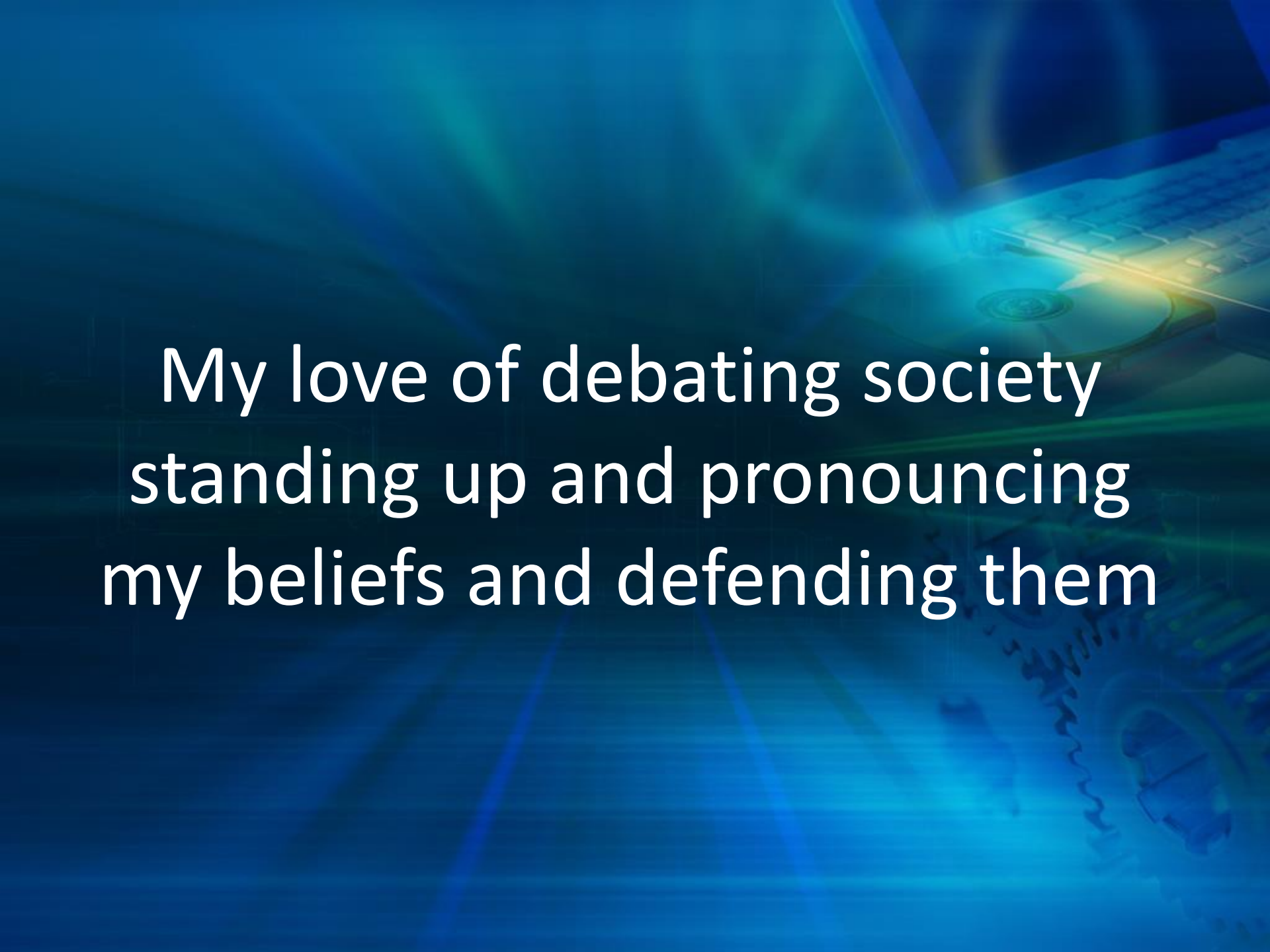
My constant visualisation and
day dreaming of me standing
on stage as a personal
development speaker



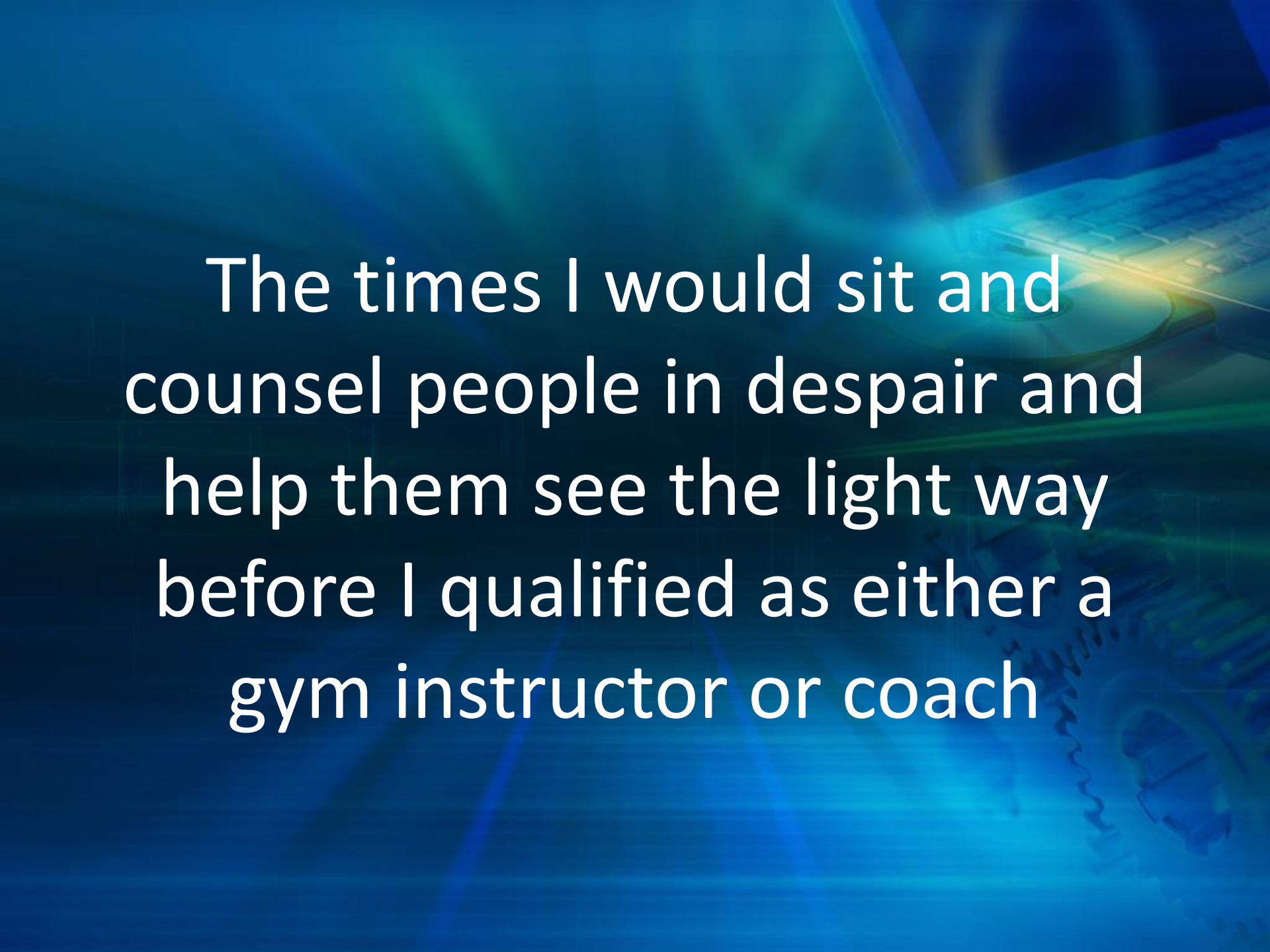
My love for appearing on stage from a young age, I smiled all the way through my memory of me as Joseph in Joseph and his technicolour dream coat.



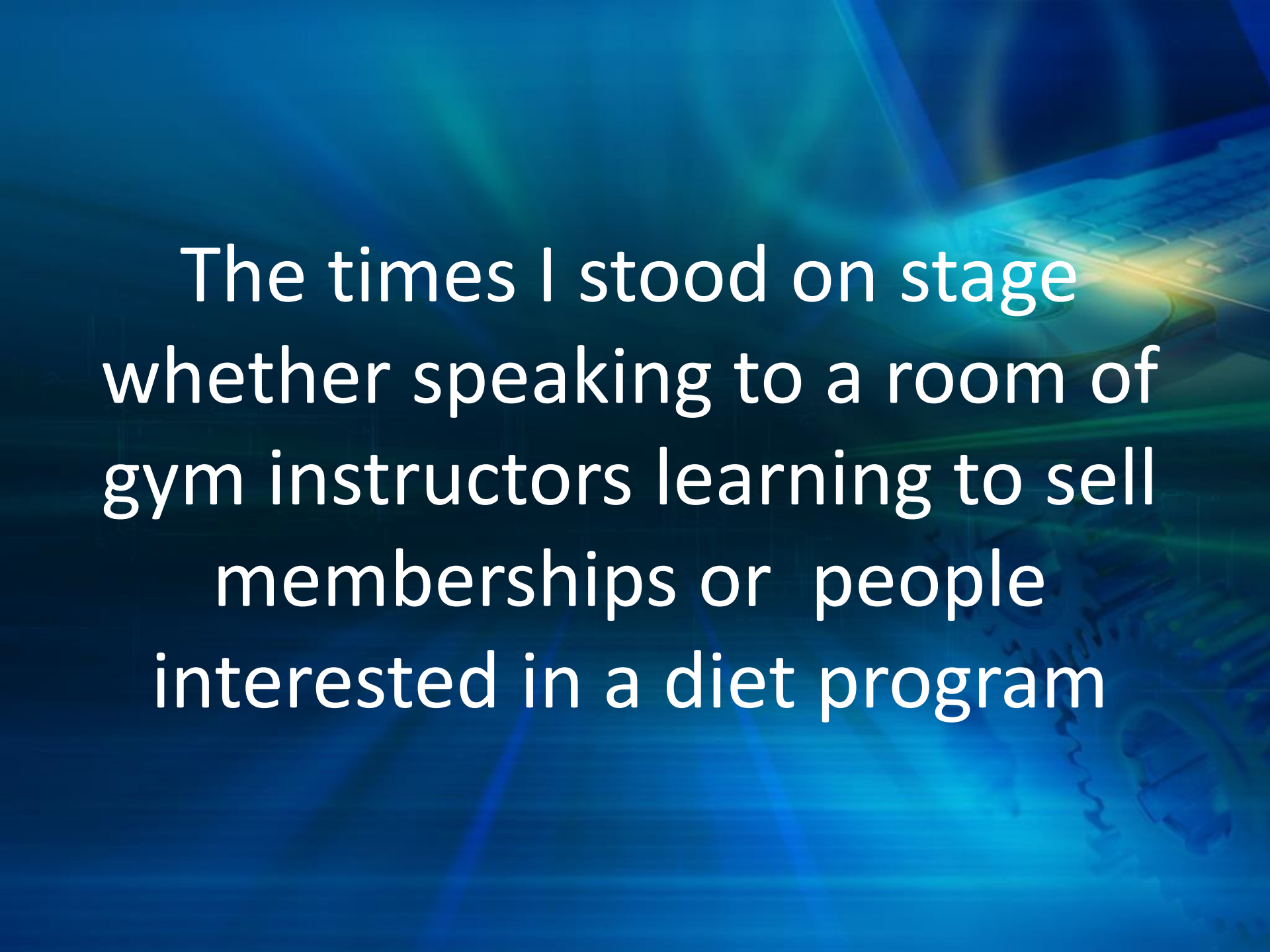
My ability to communicate and
connect with someone
completely spaced out on drugs
like no one else could




My love of debating society
standing up and pronouncing
my beliefs and defending them

The background of the slide is a dark blue gradient. In the upper right, there is a close-up, slightly blurred image of a laptop keyboard with a yellow light reflecting off one of the keys. In the lower right, there is a faint, semi-transparent image of interlocking mechanical gears. The text is centered and written in a white, sans-serif font.

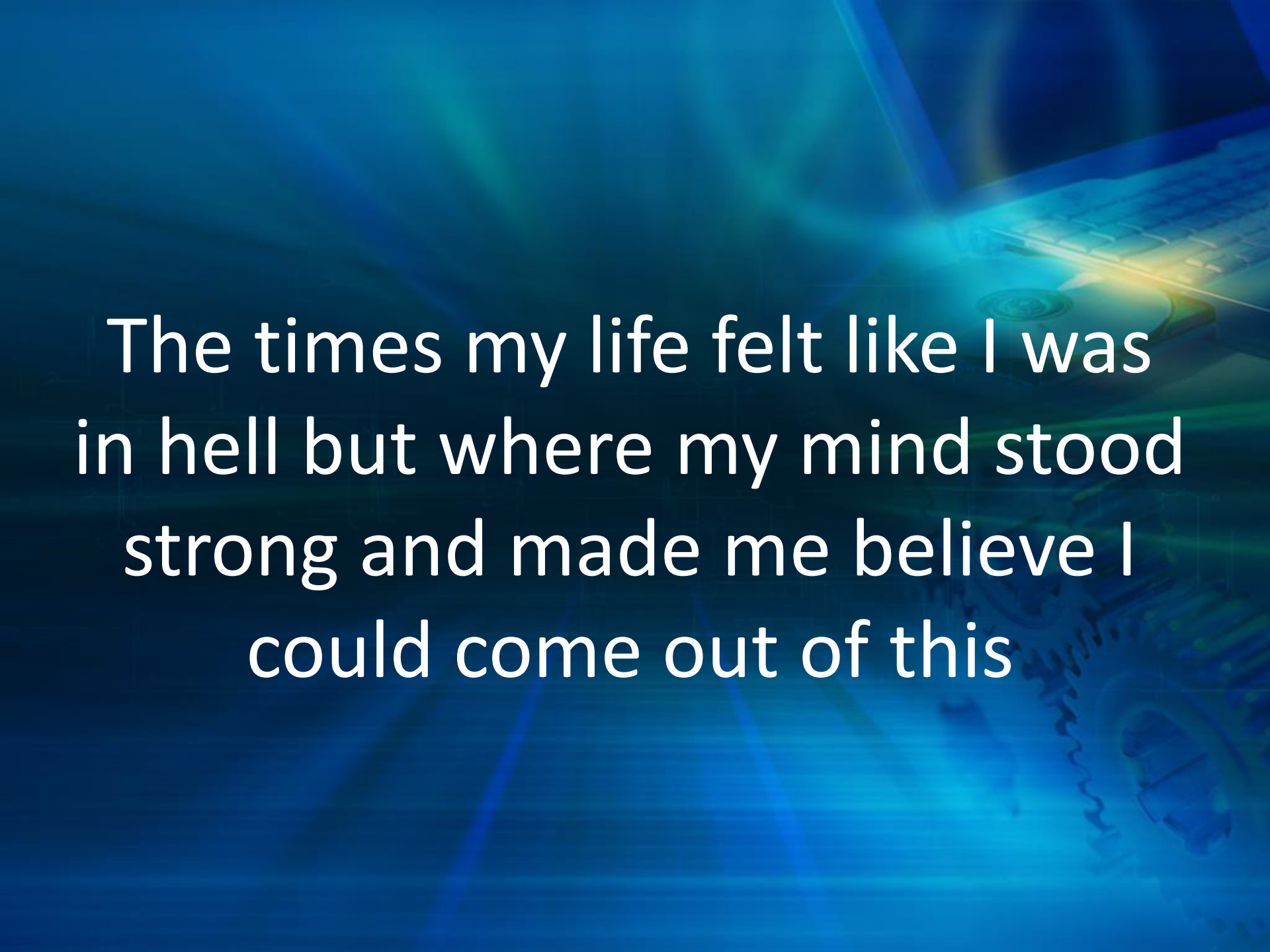
The times I would sit and
counsel people in despair and
help them see the light way
before I qualified as either a
gym instructor or coach

The background of the slide features a blue-toned image of a laptop keyboard in the upper right corner, with several interlocking gears visible in the lower right. The overall aesthetic is technical and professional.

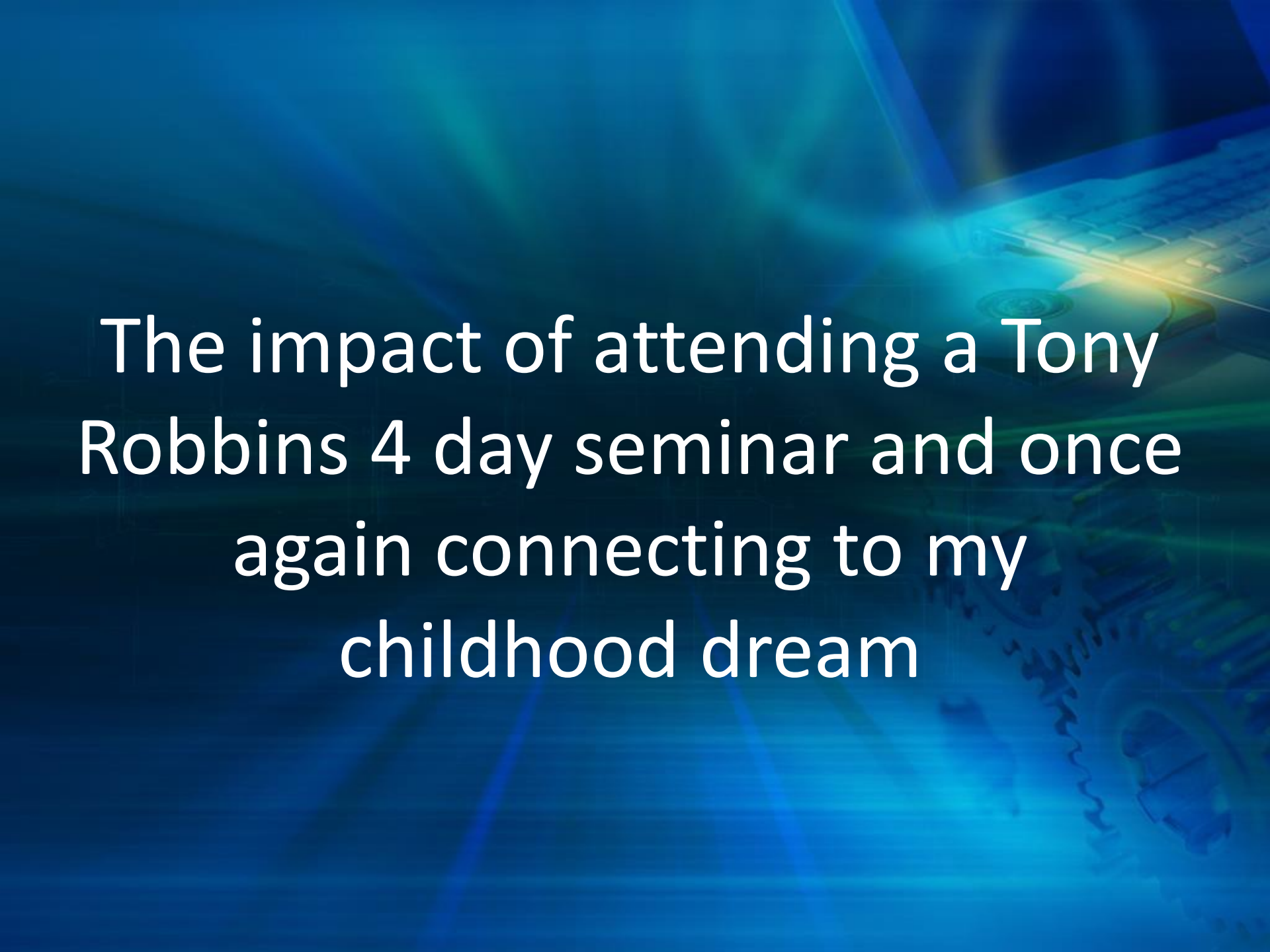
The times I stood on stage
whether speaking to a room of
gym instructors learning to sell
memberships or people
interested in a diet program

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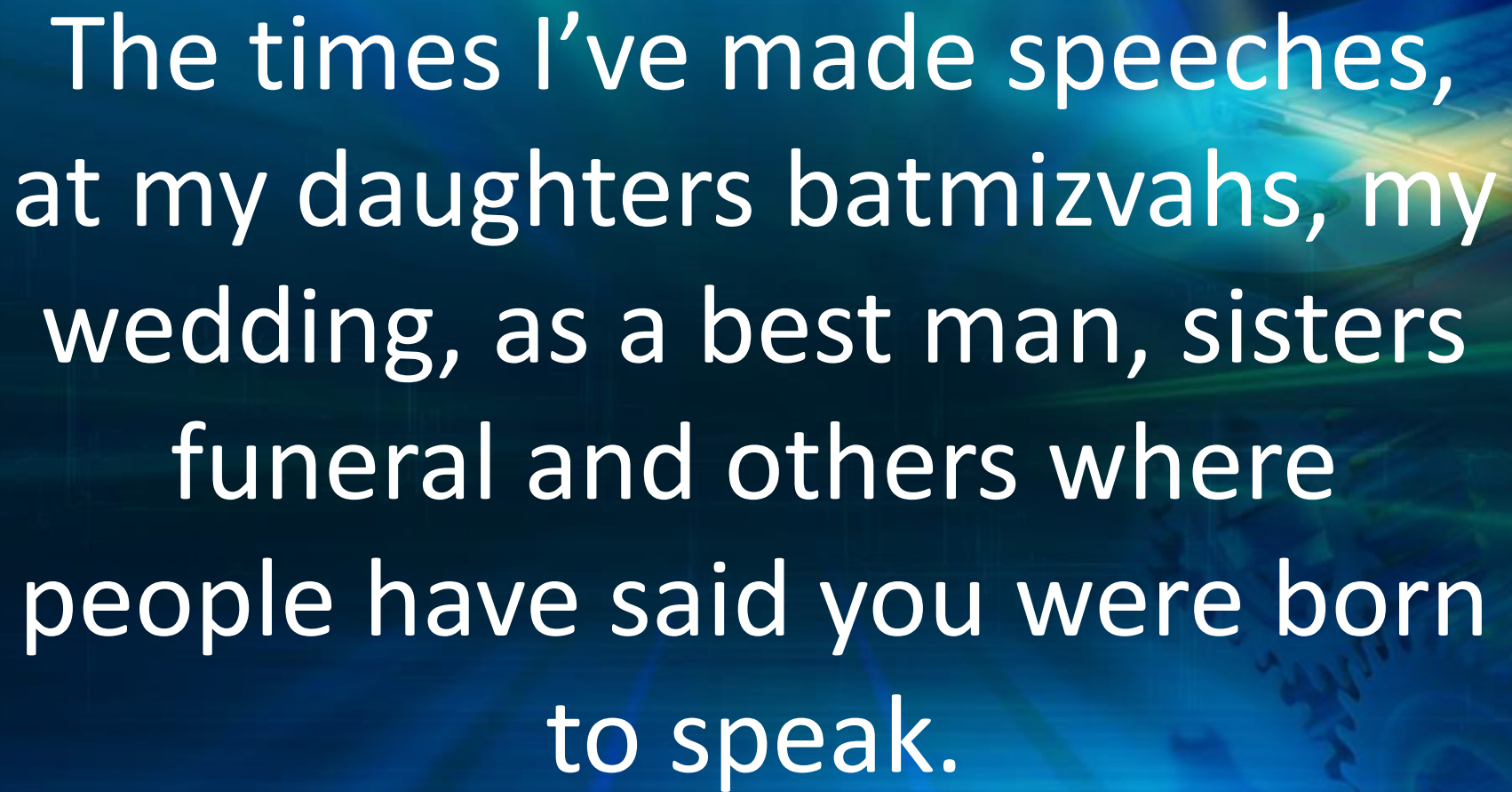
The rewards I won for customer service, which really meant I gave people time to talk to me about their problems and I just listened



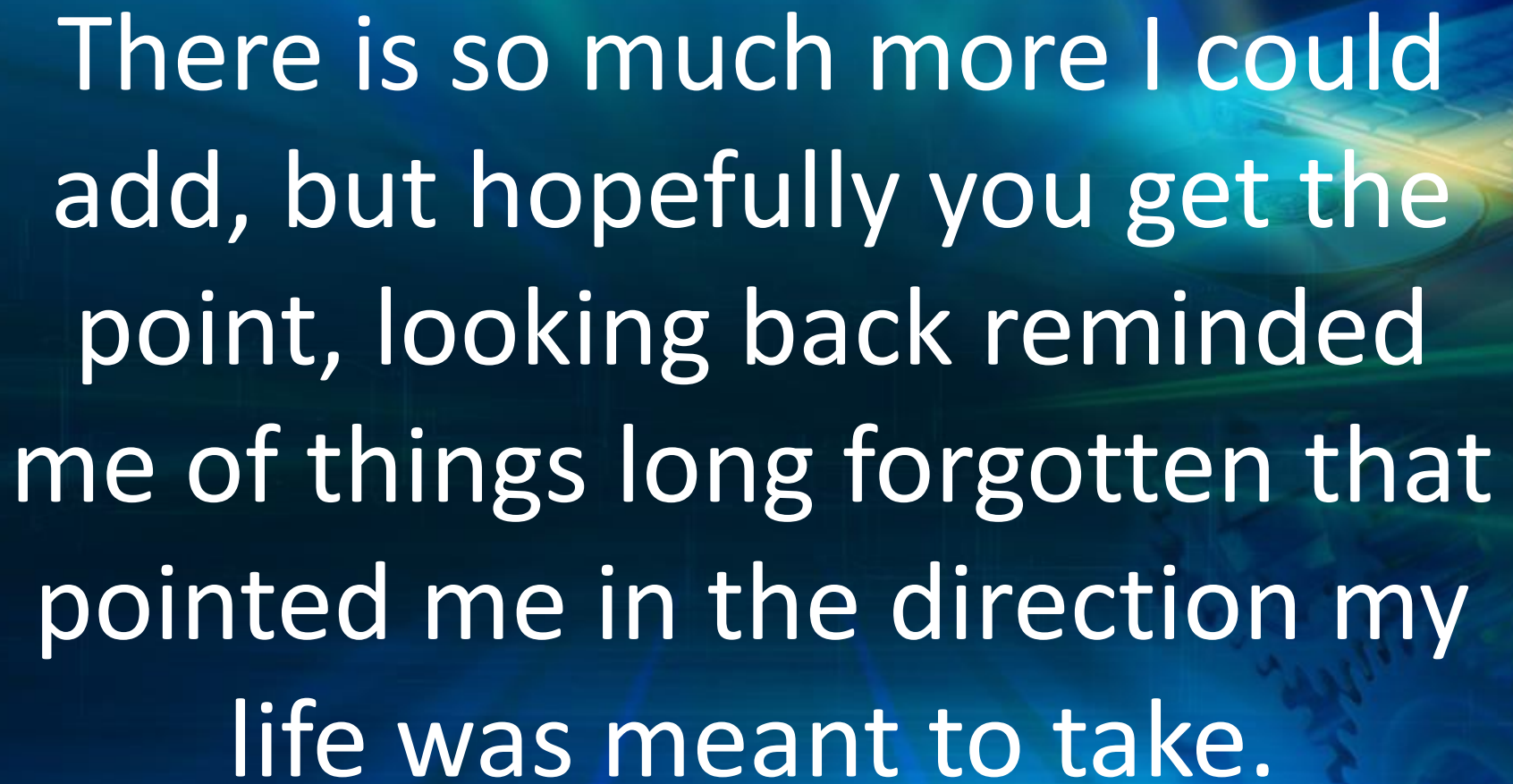
The times my life felt like I was
in hell but where my mind stood
strong and made me believe I
could come out of this



The impact of attending a Tony Robbins 4 day seminar and once again connecting to my childhood dream




The times I've made speeches,
at my daughters batmizvahs, my
wedding, as a best man, sisters
funeral and others where
people have said you were born
to speak.

The background of the slide features a blue-toned image of a laptop keyboard in the upper right, with a bright light reflecting off one of the keys. Below the keyboard, a large, intricate gear mechanism is visible, suggesting a theme of technology, engineering, or the mechanics of life. The overall aesthetic is futuristic and technical.

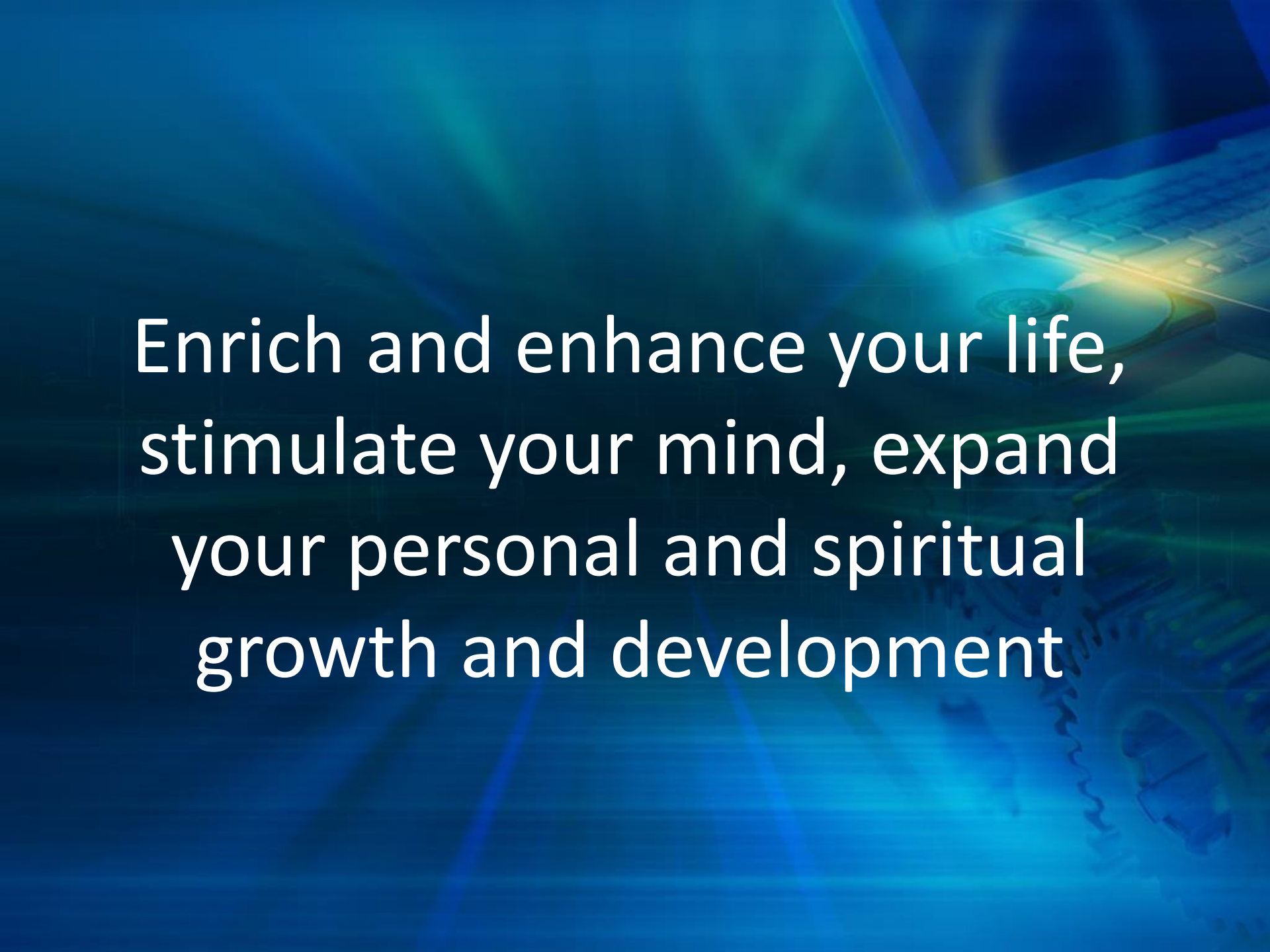
There is so much more I could add, but hopefully you get the point, looking back reminded me of things long forgotten that pointed me in the direction my life was meant to take.



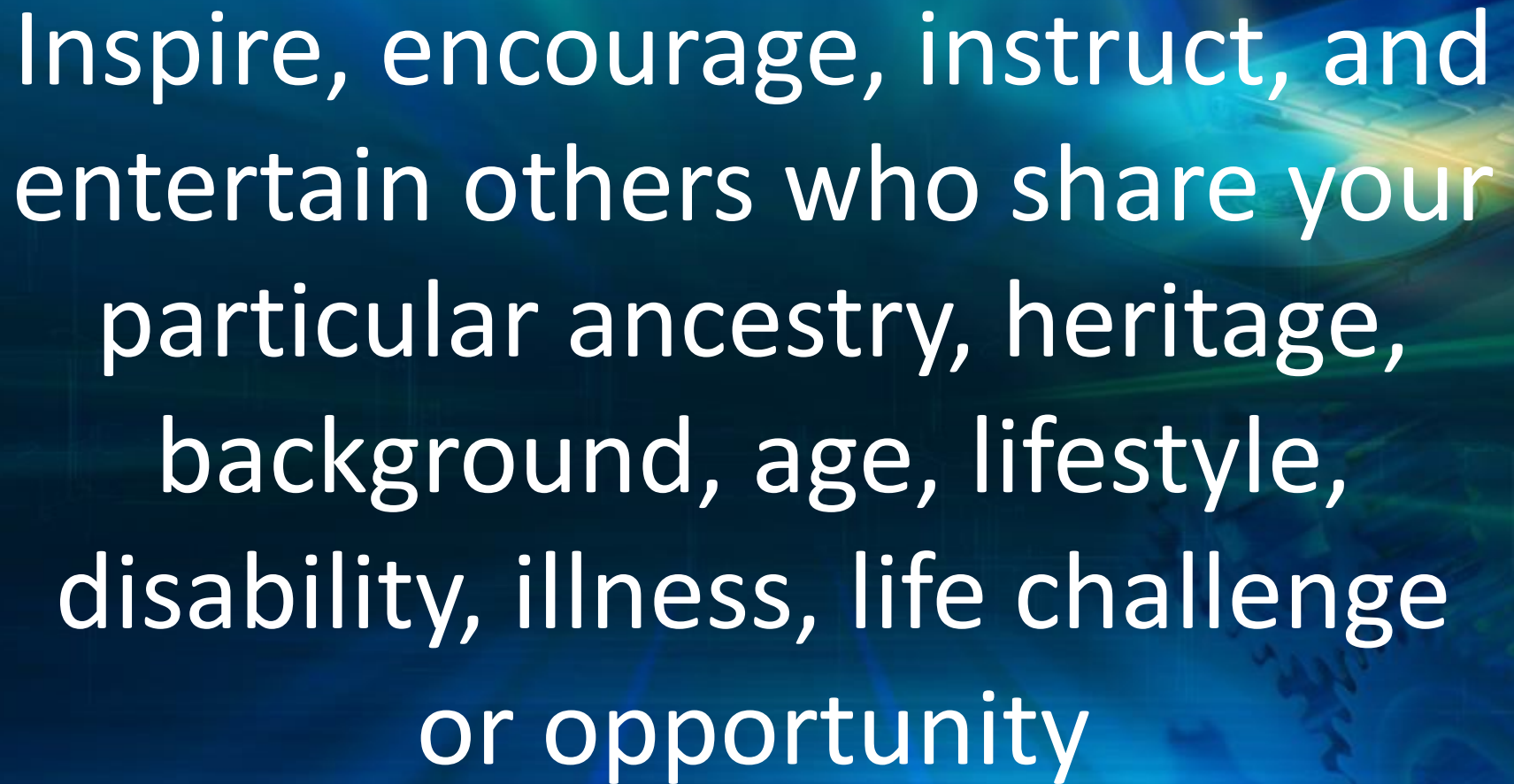
There are so many Benefits



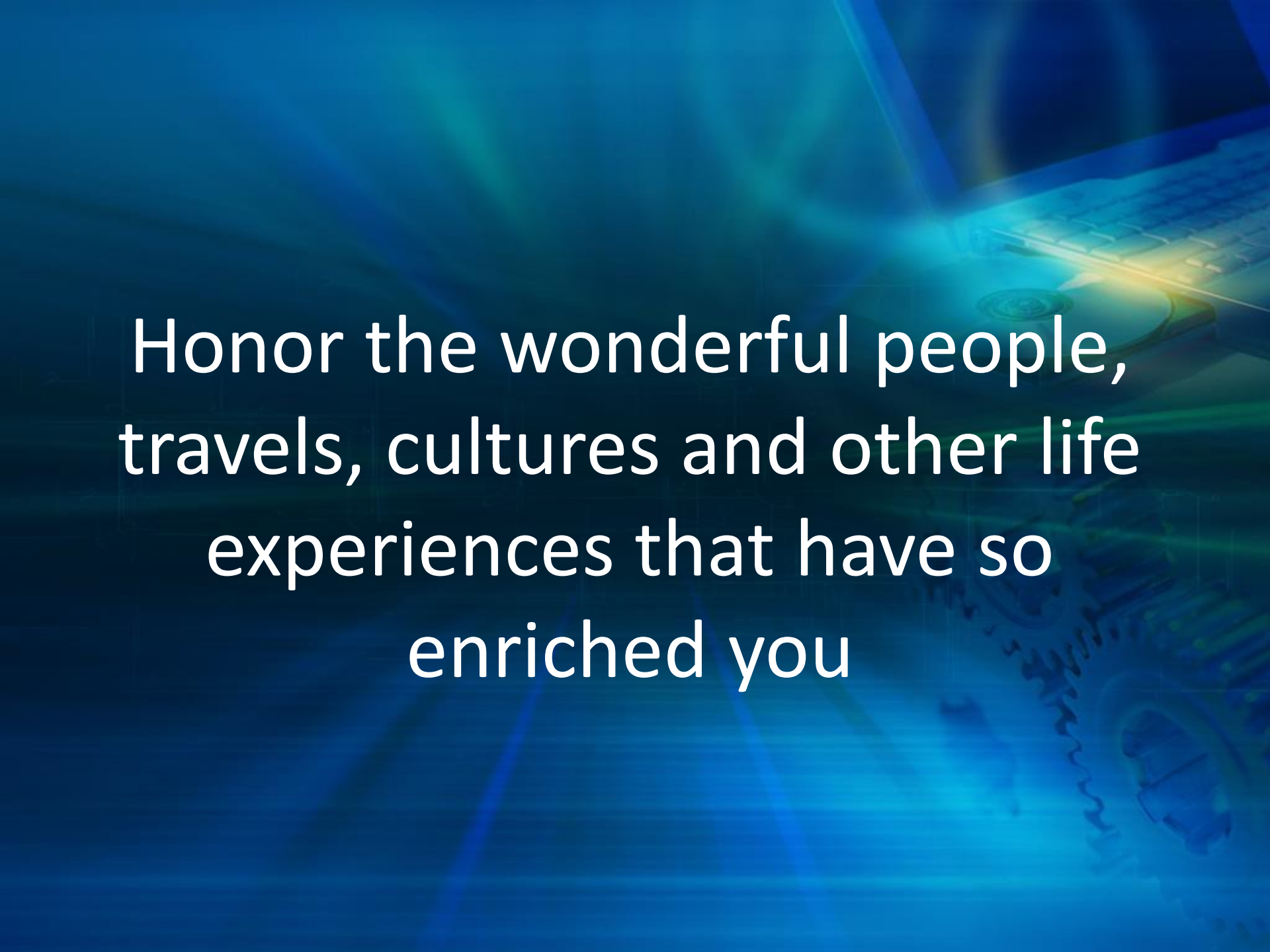
Learn about yourself and
become a better you

The background is a deep blue gradient. In the upper right, there is a faint, glowing image of a laptop keyboard and trackpad. In the lower right, there are faint, glowing images of interlocking gears. Several bright blue light rays or beams emanate from the top left and fan out across the scene, creating a sense of dynamic energy and technology.

Enrich and enhance your life,
stimulate your mind, expand
your personal and spiritual
growth and development

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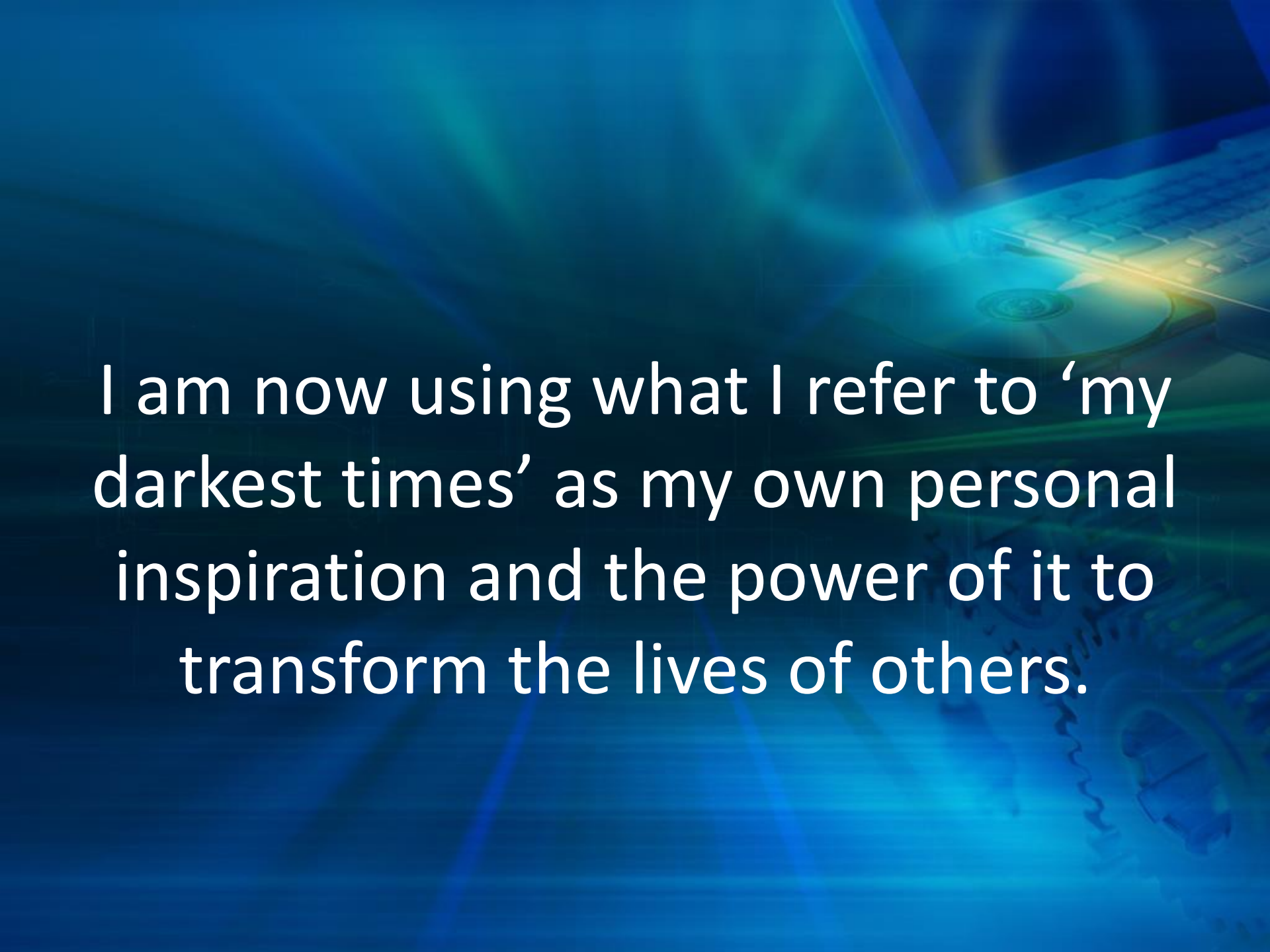
Inspire, encourage, instruct, and
entertain others who share your
particular ancestry, heritage,
background, age, lifestyle,
disability, illness, life challenge
or opportunity



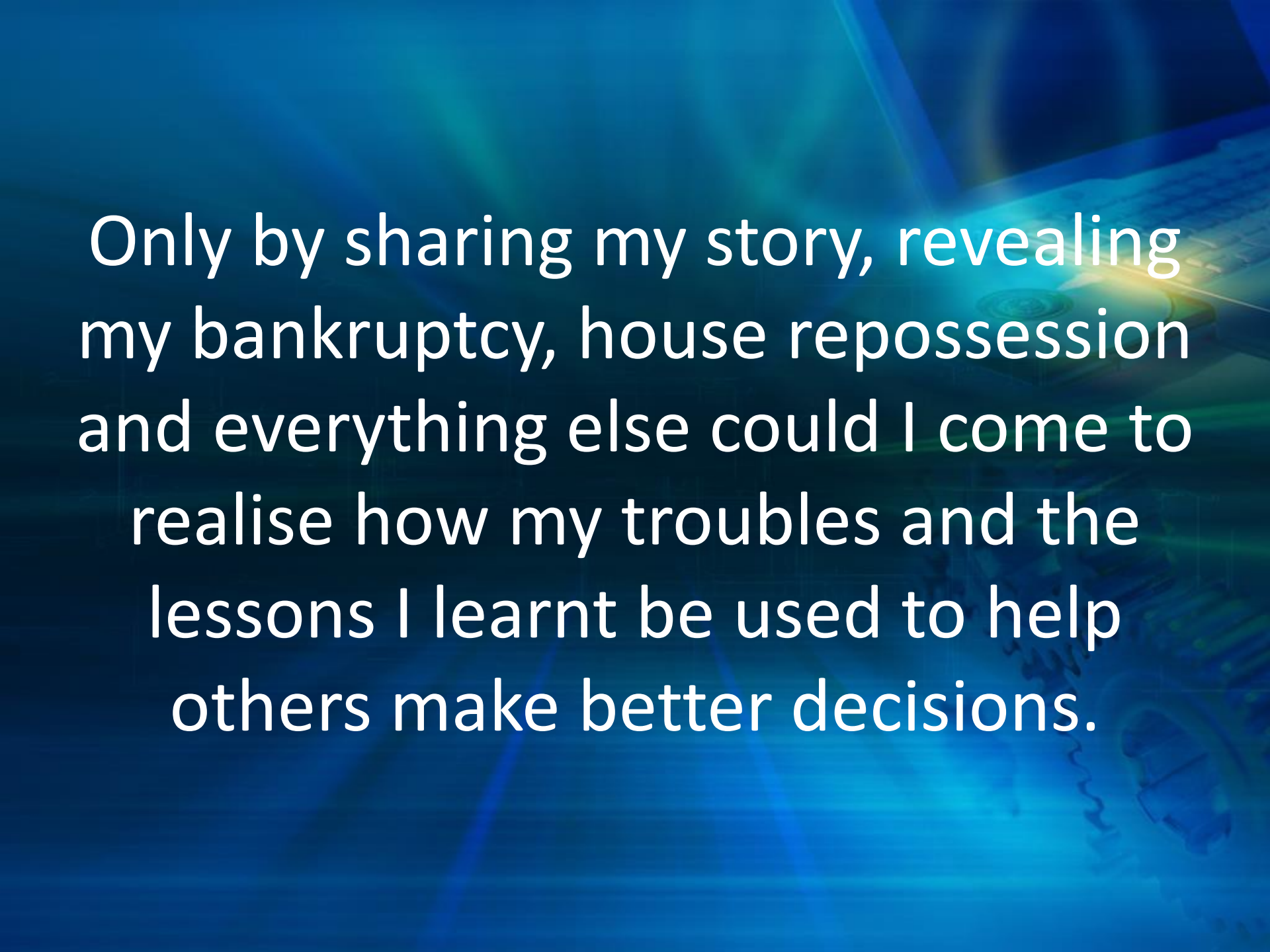
Honor the wonderful people,
travels, cultures and other life
experiences that have so
enriched you



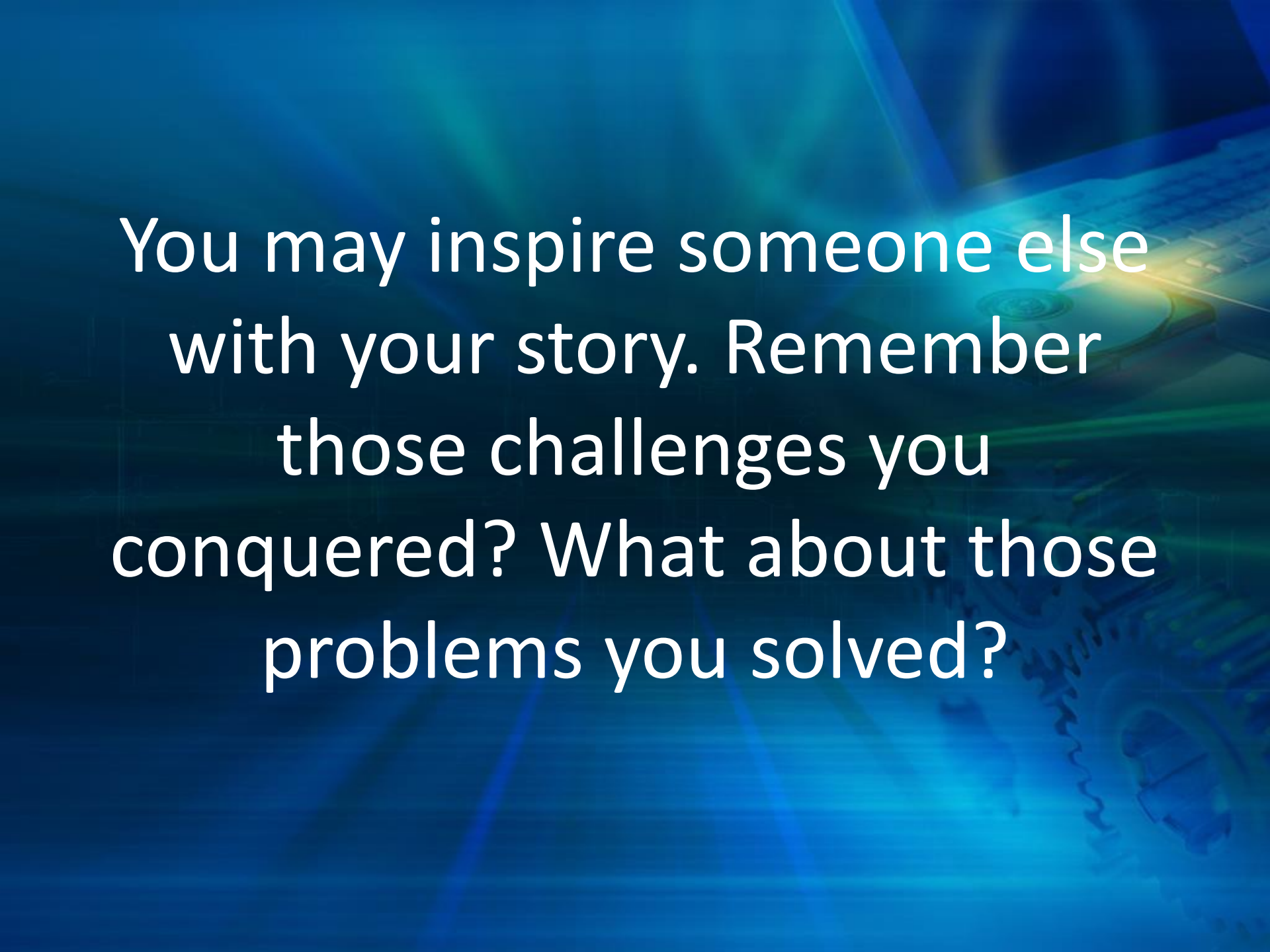
Influence the future.



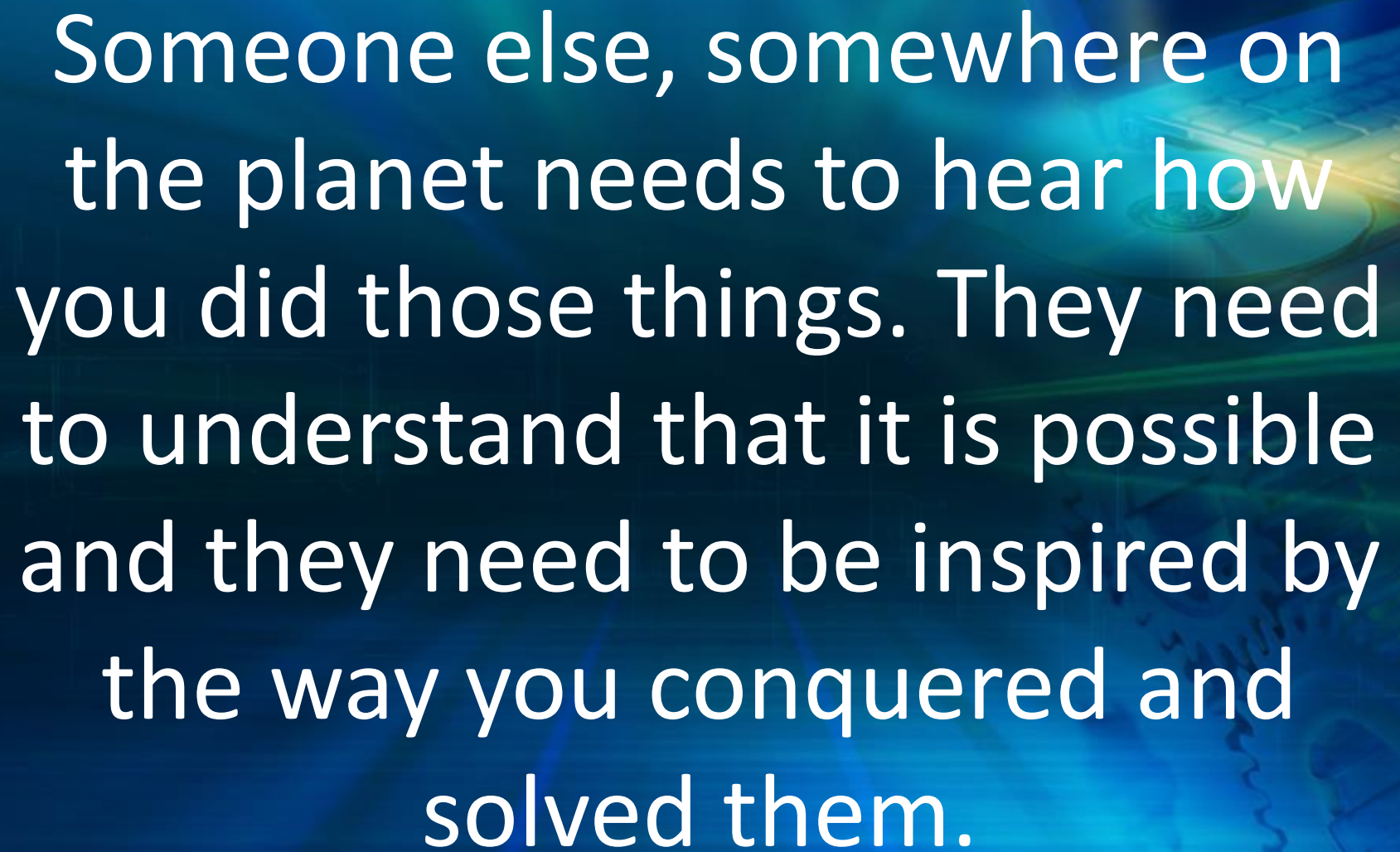
I am now using what I refer to 'my darkest times' as my own personal inspiration and the power of it to transform the lives of others.



Only by sharing my story, revealing my bankruptcy, house repossession and everything else could I come to realise how my troubles and the lessons I learnt be used to help others make better decisions.



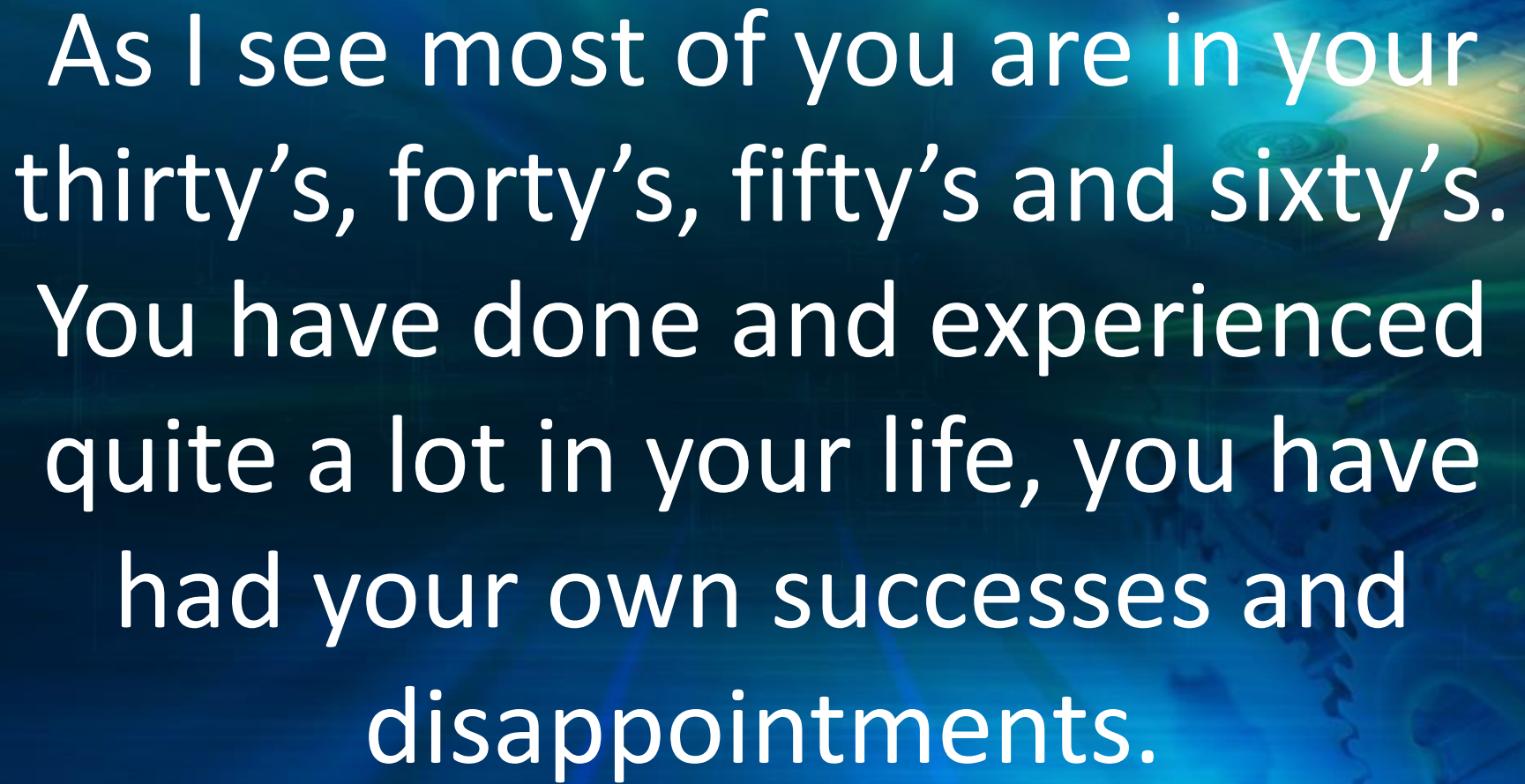
You may inspire someone else
with your story. Remember
those challenges you
conquered? What about those
problems you solved?



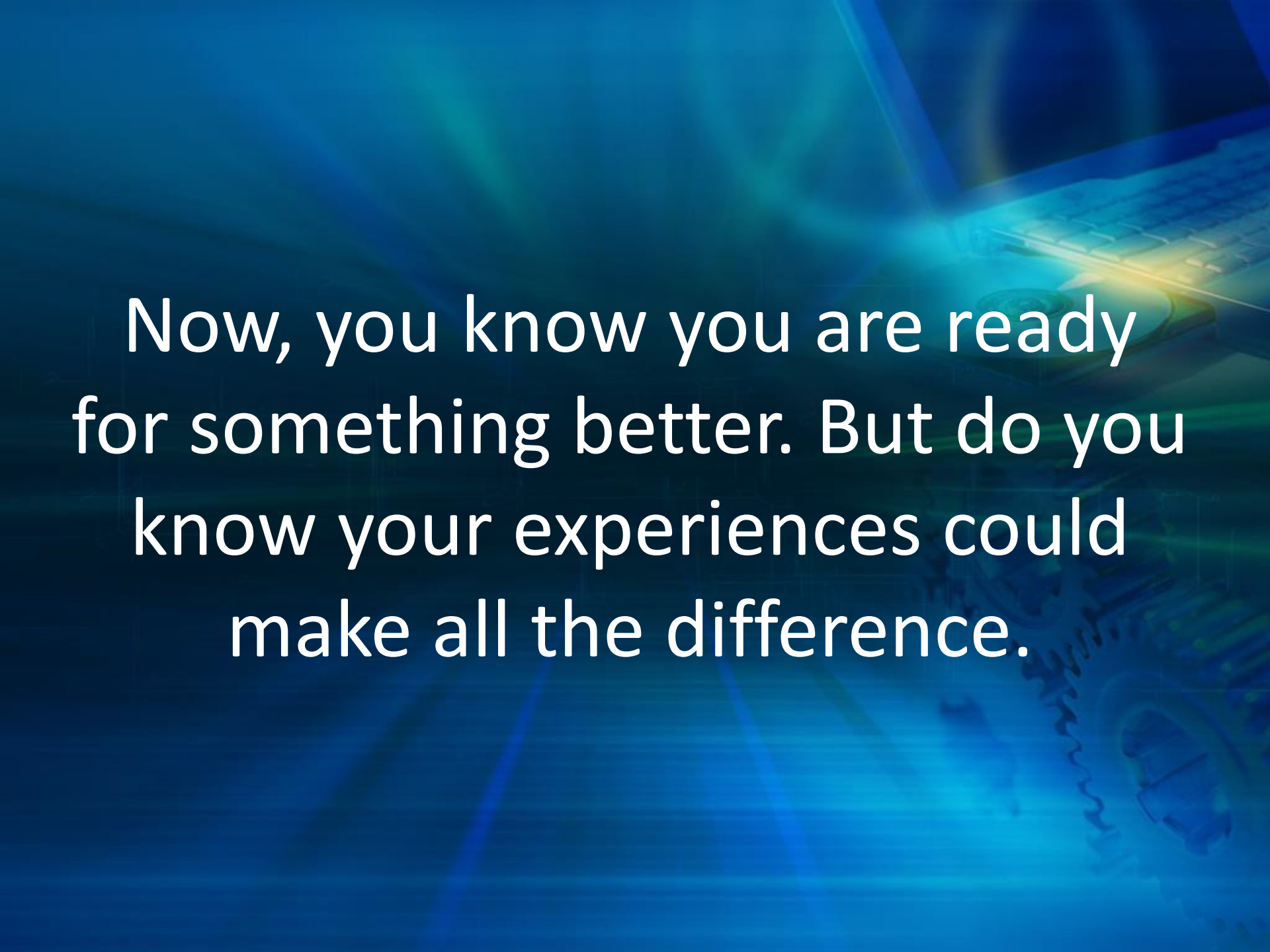
Someone else, somewhere on the planet needs to hear how you did those things. They need to understand that it is possible and they need to be inspired by the way you conquered and solved them.



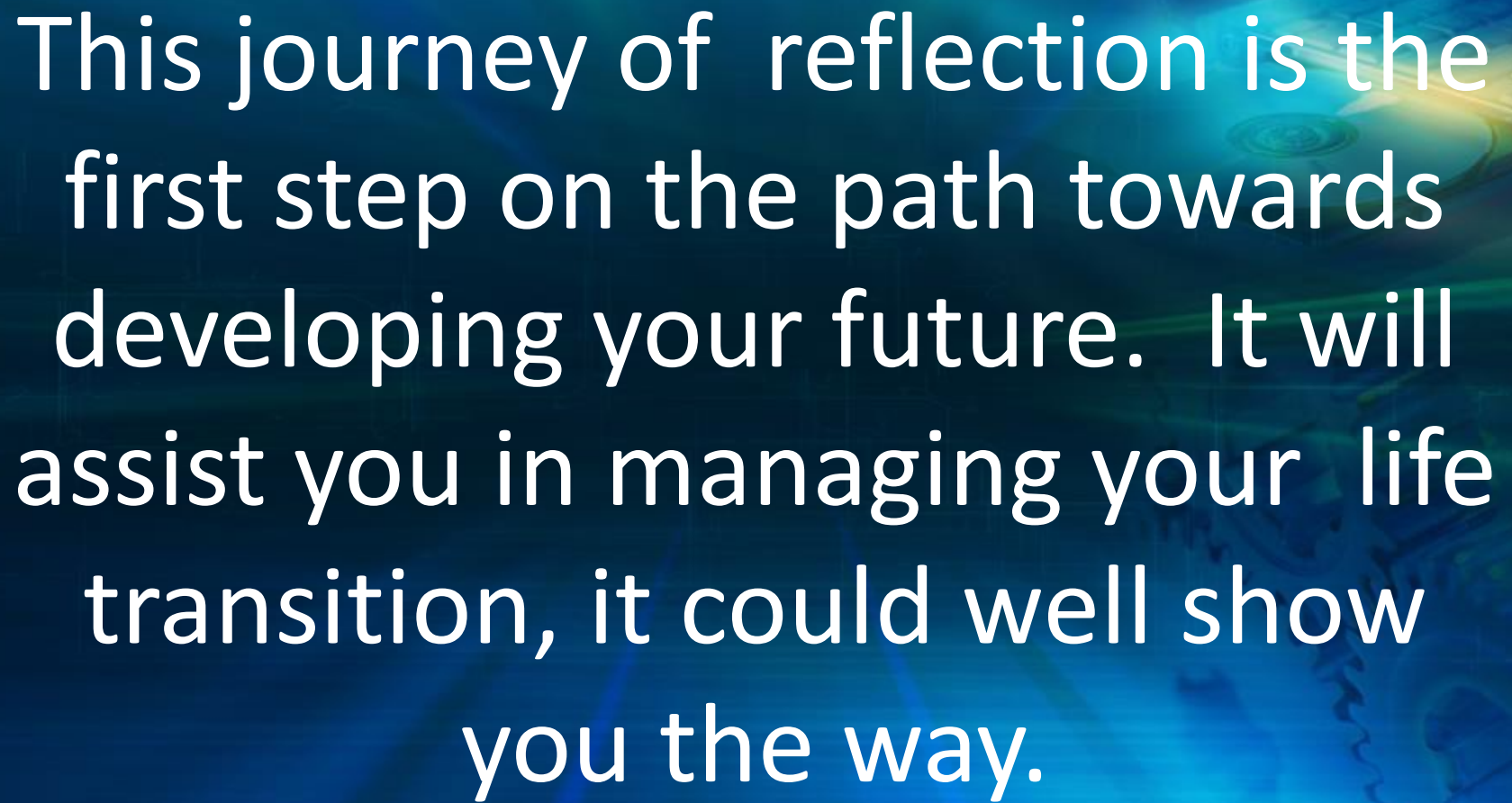
Don't be ashamed.

The background is a deep blue gradient. In the upper right, there are faint, glowing light rays. In the lower right, there are faint, semi-transparent images of mechanical gears and a keyboard, suggesting a theme of technology or industry.


As I see most of you are in your
thirty's, forty's, fifty's and sixty's.
You have done and experienced
quite a lot in your life, you have
had your own successes and
disappointments.



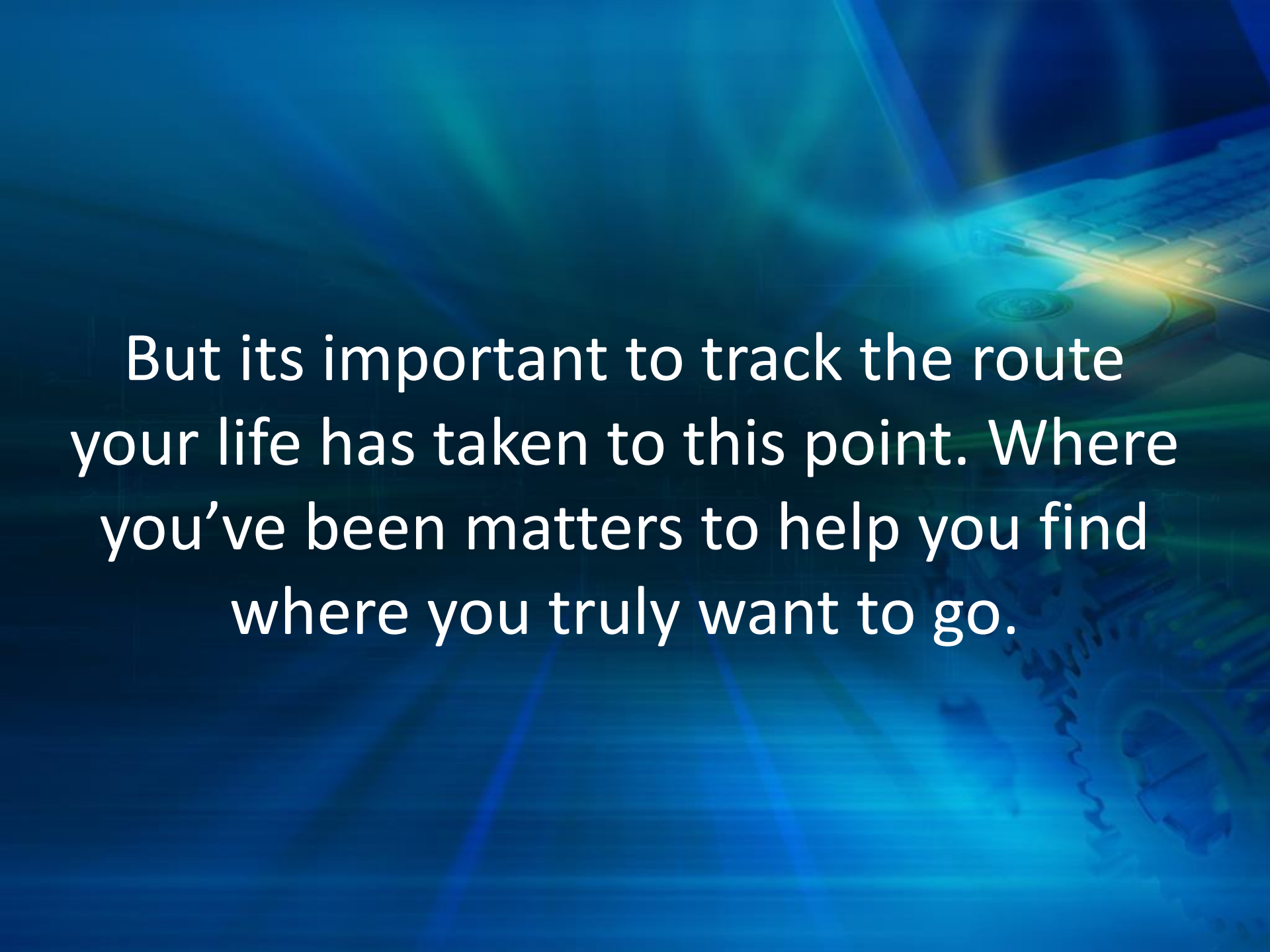
Now, you know you are ready
for something better. But do you
know your experiences could
make all the difference.

The background is a deep blue gradient. In the upper right, there is a faint, semi-transparent image of a laptop keyboard. Scattered throughout the lower half are faint, semi-transparent mechanical gears of various sizes. Bright, ethereal light rays or lens flares emanate from the right side, creating a sense of depth and movement. The overall aesthetic is technological and contemplative.

This journey of reflection is the first step on the path towards developing your future. It will assist you in managing your life transition, it could well show you the way.

The background of the slide features a blue-toned image of a laptop keyboard in the upper right corner, with several interlocking gears visible in the lower right. The overall aesthetic is technological and mechanical.

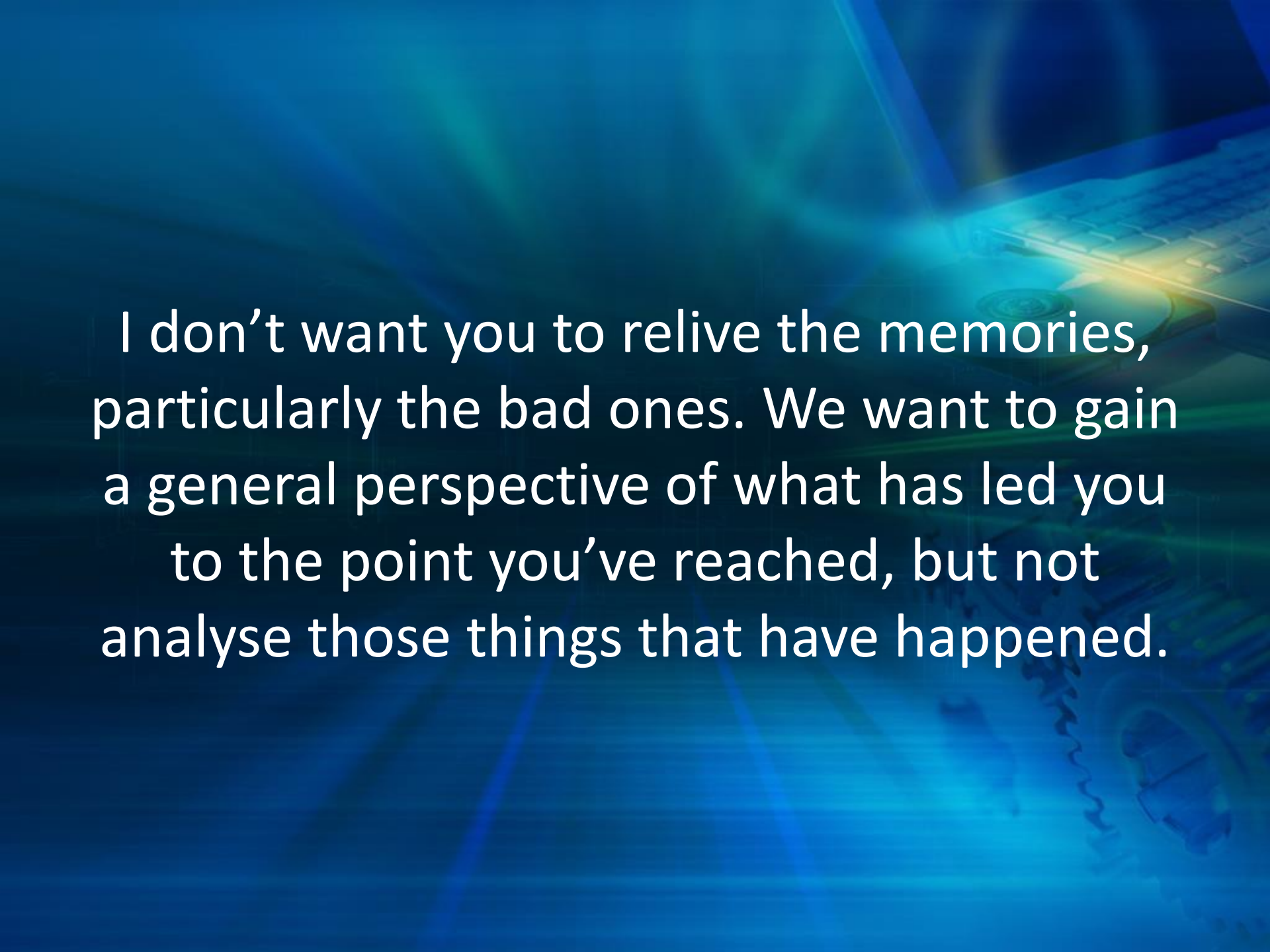
The reinvention university is all about taking your life from where it is right now (CURRENT LOCATION) to the place you want to be (DESIRED DESTINATION).



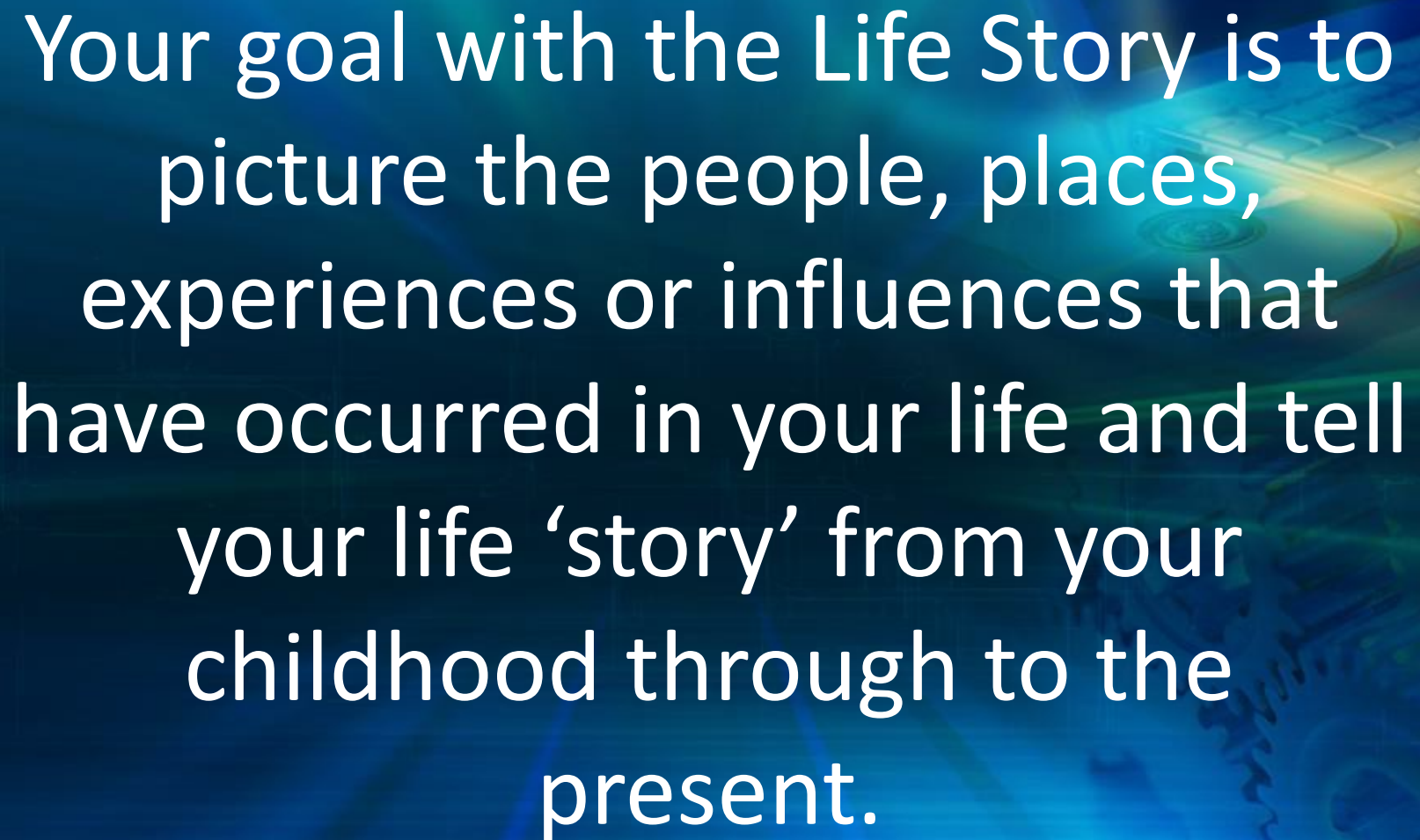
But its important to track the route
your life has taken to this point. Where
you've been matters to help you find
where you truly want to go.



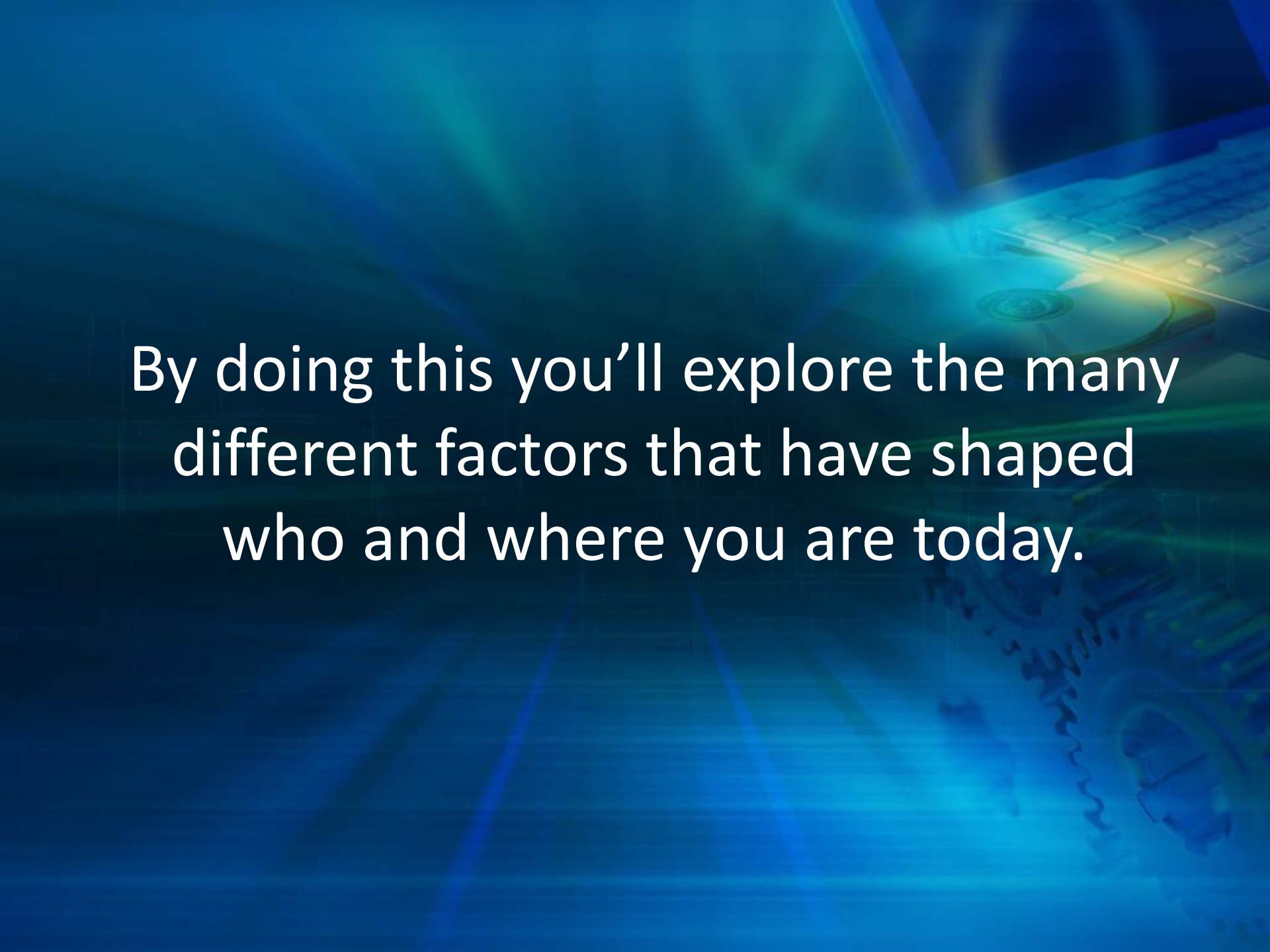
What I am not asking you to do



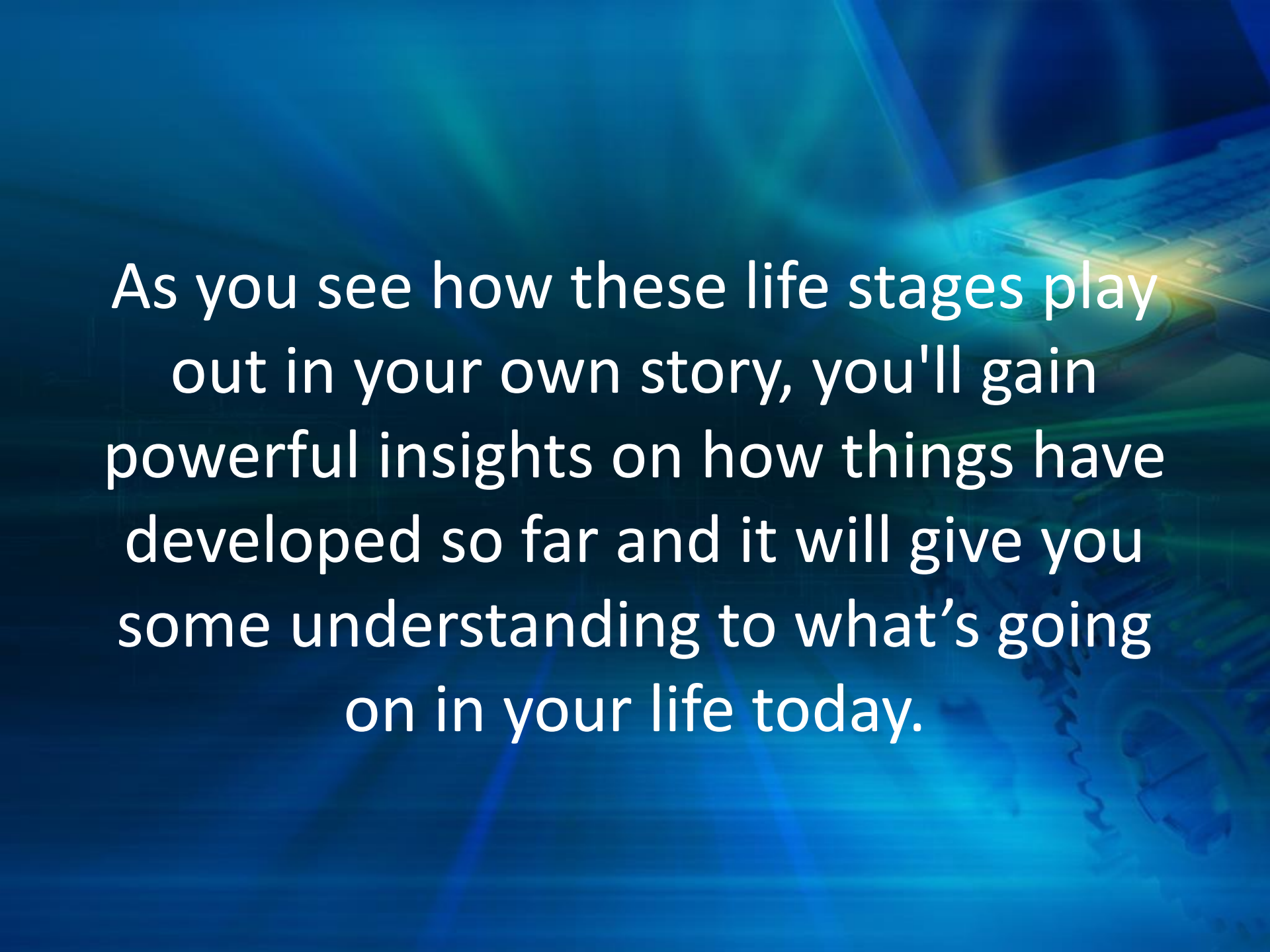
I don't want you to relive the memories, particularly the bad ones. We want to gain a general perspective of what has led you to the point you've reached, but not analyse those things that have happened.

The background of the slide is a dark blue gradient. On the right side, there is a faint, semi-transparent image of a laptop keyboard. In the bottom right corner, there is a faint, semi-transparent image of a large gear. The text is centered and written in a white, sans-serif font.

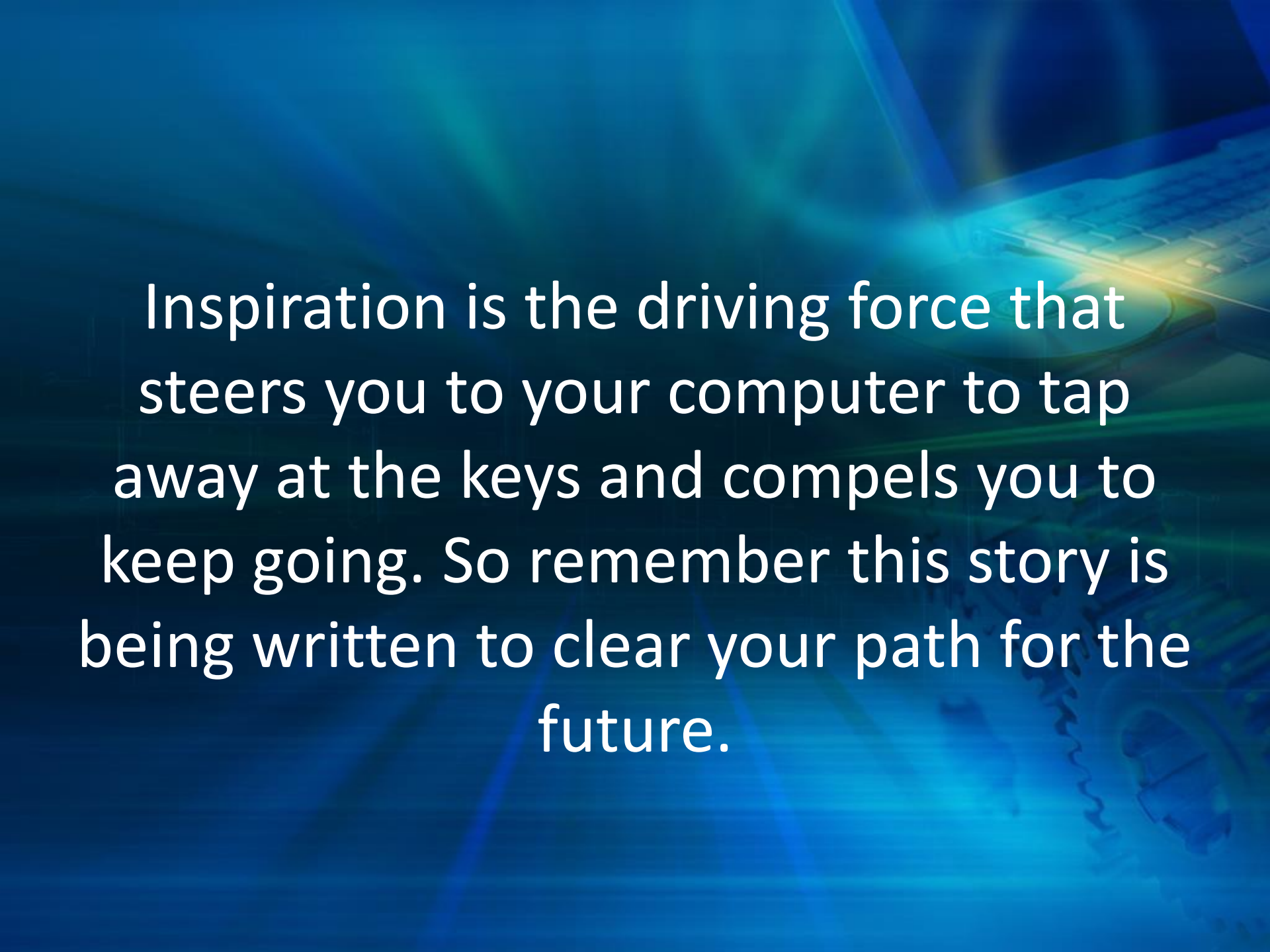
Your goal with the Life Story is to
picture the people, places,
experiences or influences that
have occurred in your life and tell
your life 'story' from your
childhood through to the
present.

The background is a deep blue with abstract, glowing light patterns. In the upper right, a portion of a laptop is visible, with its keyboard and trackpad illuminated by a bright yellow light. In the lower right, there are faint, translucent images of interlocking gears, suggesting a mechanical or technological theme. The overall aesthetic is futuristic and digital.

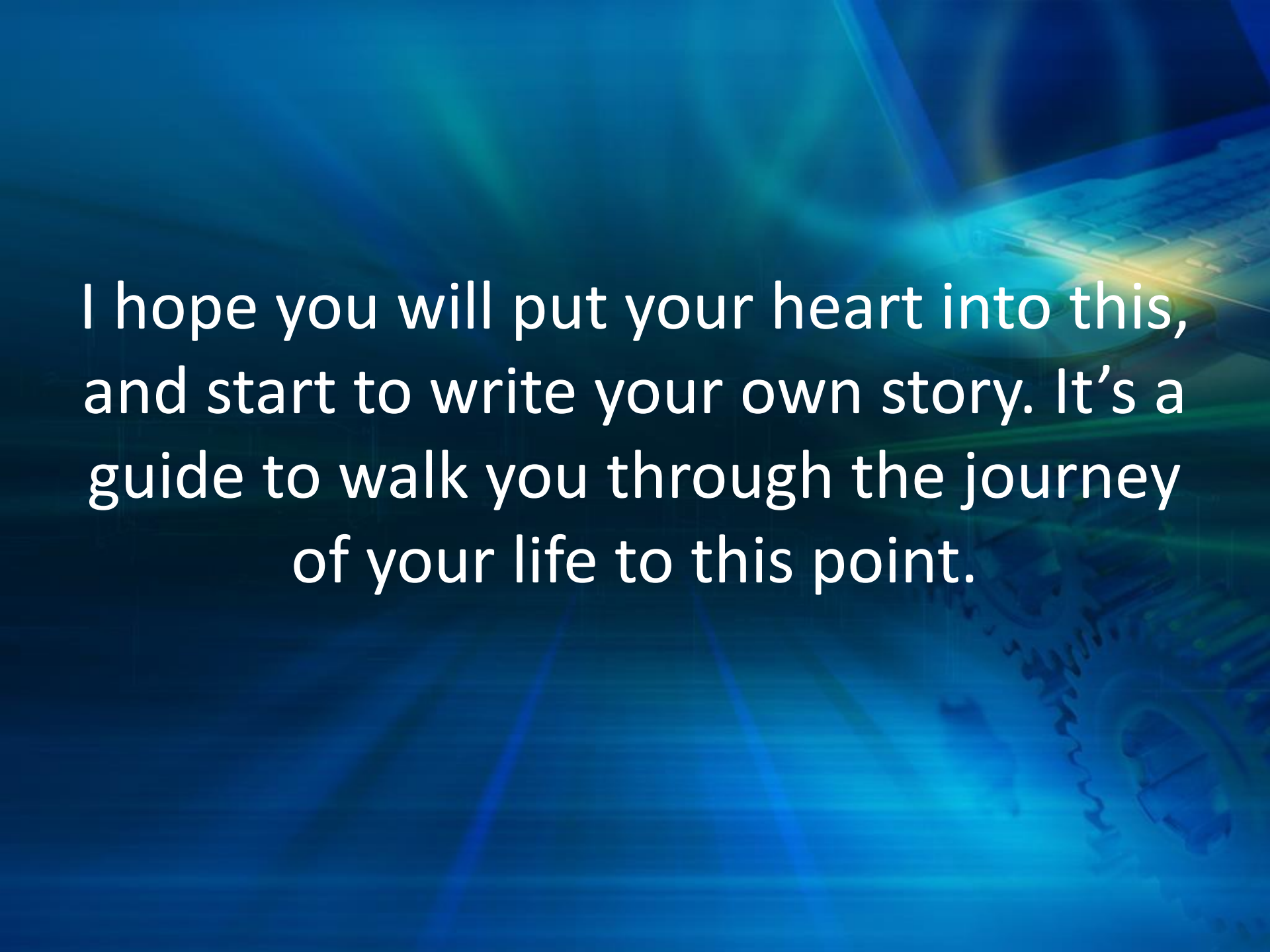
By doing this you'll explore the many
different factors that have shaped
who and where you are today.



As you see how these life stages play out in your own story, you'll gain powerful insights on how things have developed so far and it will give you some understanding to what's going on in your life today.



Inspiration is the driving force that steers you to your computer to tap away at the keys and compels you to keep going. So remember this story is being written to clear your path for the future.



I hope you will put your heart into this,
and start to write your own story. It's a
guide to walk you through the journey
of your life to this point.

Method

- Buy a pack of lined index cards. Write one story or situation idea on each card.
- When you have written down all the significant events and memories you can think of. Spread the cards around on a table and think about the way they link up, the chronological order.
- Are there any gaps? Add extra cards for topics that are missing? Alternatively use sticky notes. When completed stick them down onto an A1 piece of card and then start moving them around into the right order.

Stages

Your Early Childhood

- What is the earliest thing that you can remember?
- What was your mother tongue and culture?
- What were your favourite nursery rhymes or bedtime stories?
- Did you have any imaginary playmates or special daydreams?
- Describe how your family celebrated holidays.
- What was your favourite food?
- What kinds of foods did your parents cook?
- Describe your favourite toys and clothes.
- When did you first start helping with chores?
- Describe your early chores.
- What hobbies did you have?
- What did you do in the evenings?
- Describe your relationships with aunts, uncles and cousins.
- Did you have a pet?
- Do you remember the first house you lived in? How about the second house, or other places?
- How many times did you move? How did you feel about moving?
- Describe any historical events in the community or province that you witnessed as a child.

Stages

Early School Days

- What are the first thoughts you can remember regarding school?
- When did you start? How old were you?
- Describe the first school you attended.
- What did you wear on the first day?
- How did you feel on the first day?
- How did you get to school?
- Who was your first teacher? What were your initial impressions of him or her? Did these impressions change?
- Who were your friends?
- What kinds of books did you use? What was your favourite library book?
- What was your favourite subject? How about your least favourite one?
- How did you spend recess and lunch hour?
- Favourite lunches?
- Add any humorous, interesting or unusual anecdotes about your school days.
- What did you do during summer vacation?
- What times were the most fun in school?
- What was disappointing?

Stages

Teen and High School Years

- How do you think society changed from the time you were a child until the time you were a teenager?
- Describe any historical events (locally or provincially) that you experienced.
- What was happening in the world at this time?
- Were there any major changes in your own family's way of life?
- Did you have a concept of being a "teen" as compared to that experienced by teens in recent decades?
- What was expected of you as you grew older?
- Were there any special celebrations of any birthdays or other important events in your life?
- What were your favourite past-times?
- Describe social events in which you took part. What did you enjoy doing?
- Who were your friends?
- Any interesting or humorous events you can recall about these years?
- What were your professional goals at this time?
- Favourite books or movies?
- Did you go to high school?
- What was your first impression of high school?
- What teachers influenced you most in these years?
- Where did you live when you attended high school?

Stages

Higher Education

- Did you choose the lifestyle/career that you had wanted in your younger years?
- How did you feel about leaving home?
- What was your first impression of your institution of higher learning?
- Where did you live?
- What were your favourite subjects, professors, or instructors?
- Who were your close friends?
- What were you wearing? Describe your hair-style at that time.
- Any new hobbies or interests?
- Did you win any awards or scholarships?
- What was your philosophy of life then?

Stages

Career

- Can you recall applying for your first job?
- What did you wear for your job interview?
- Describe your first job, the tasks expected and wages received.
- What did you buy with your first wages?
- Describe a typical work day.
- What was your pay?
- Where did you live at that time?
- What other jobs followed?
- What jobs were the most rewarding?
- What aspects of a job did you most enjoy?
- Special colleagues?
- Any anecdotes arising from work?

Stages

Courtship, Marriage. Commitment

- Describe your very first "date" or whatever you called it at the time.
- Where did people meet in your community?
- Where did you go on dates?
- Did you attend local dances?
- When and where did you meet your future spouse or partner?
- When did you realize you were in love?
- Did you get engaged? Where?
- How did your families react? Interact?
- How did you decide the date of your wedding?
- What were your partner roles as you understood them?
- Were they like others at the time?
- Did these roles change during your life?

Stages

Your Wedding

- How did you plan your wedding or other celebration?
- Did you have a shower or bachelor party?
- Describe the events of your wedding. (Date, location, clergy, attendants, clothing, guests, memories of the reception, gifts you received.)
- Did you go on a honeymoon?
- Relate any anecdotes about the wedding and honeymoon you might recall.
- What happened in the world the day of your wedding?

Stages

Early Relationship

- What was the most difficult part of being together?
- What were your happiest moments then?
- How did you resolve any disagreements?
- What qualities did you admire most in your spouse or partner then?
- Did you have a budget? Did you manage on it?
- What helped you the most during the early years of being together?
- Did you have any serious illnesses, economic difficulties or other problems in these years?
- What special memories of those years do you have?
- What advice would you give a person contemplating marriage today?

Stages

Starting a Family

- Were you prepared to become a parent?
- What kind of a parent did you want to be to your children?
- How did you feel when you found out a child was on the way?
- How did you prepare for the baby's arrival?
- Did you have any pregnancy complications?
- Describe the circumstances of your child's birth.
- How did you choose his or her name?
- Describe seeing your baby for the first time.
- What changes did the baby bring to your household?
- What did you most enjoy about being a new parent? Difficult moments?
- Describe any special clothes or gifts received.
- How was the arrival of your next child different from the first (or the others)?
- How did your oldest child or children react?

Stages

Raising a Family

- Describe the places and houses in which you lived as the family grew.
- Did you try to save money? How?
- What chores did your children have to do?
- List your children's favourite games, past-times and foods.
- Describe any memorable clothing in the family.
- What memorable things did your children say?
- Describe: holiday celebrations, family birthdays, vacations, vehicles, special friends, pets.
- Relate any family traditions...cultural, unique, comical, etc.
- What did you think was most important for children to learn as they were growing up?

Stages

Religious Activities

- Describe your earliest religious experience and particular impressions.
- Record any childhood prayers learned.
- Did you have a special prayer area in your home?
- What places of worship did you attend?
- Describe any memorable religious leaders or religious members.
- How important is your faith in relation to the rest of your life?
- List important religious dates (baptisms, confirmations, marriages, funerals) and where the rite occurred. How did you feel at this time?

Stages

Clubs and Organizations

- To what clubs, groups or organizations did you and your family belong?
- Did you help to found any of them?
- Any important club activities?
- Special friends made?
- Have you met or known any "famous" social, political or religious leaders personally? Any anecdotes?
- Any stories of people helping others in a major way?

Stages

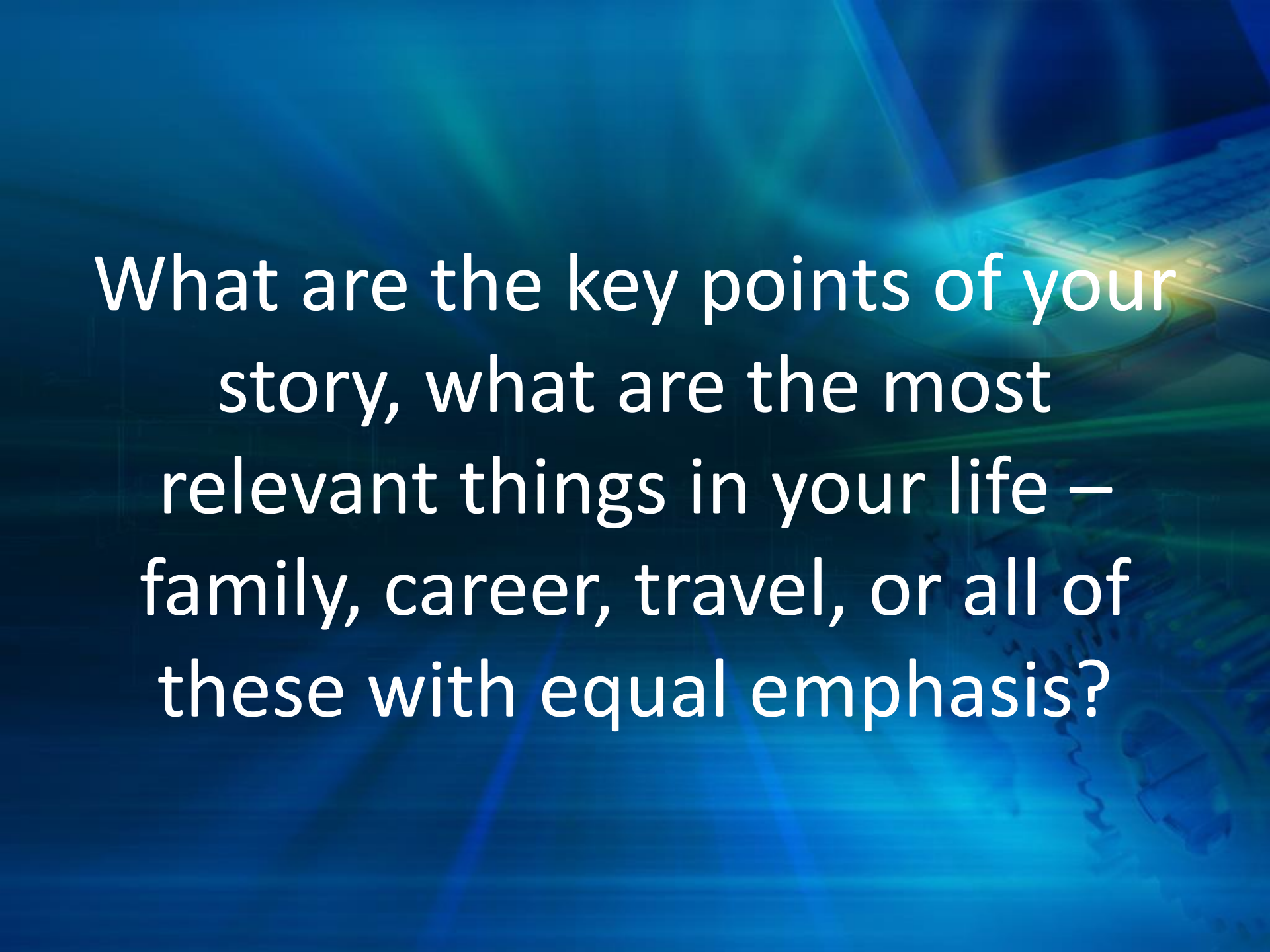
Accomplishments and Goals

- What have been your three most important accomplishments in life?
- How did they come about?
- What do you consider to be an outstanding talent, ability, craft or skill that you have?
- Describe any creative endeavours in which you have been involved: music, literature, arts, inventions, etc.

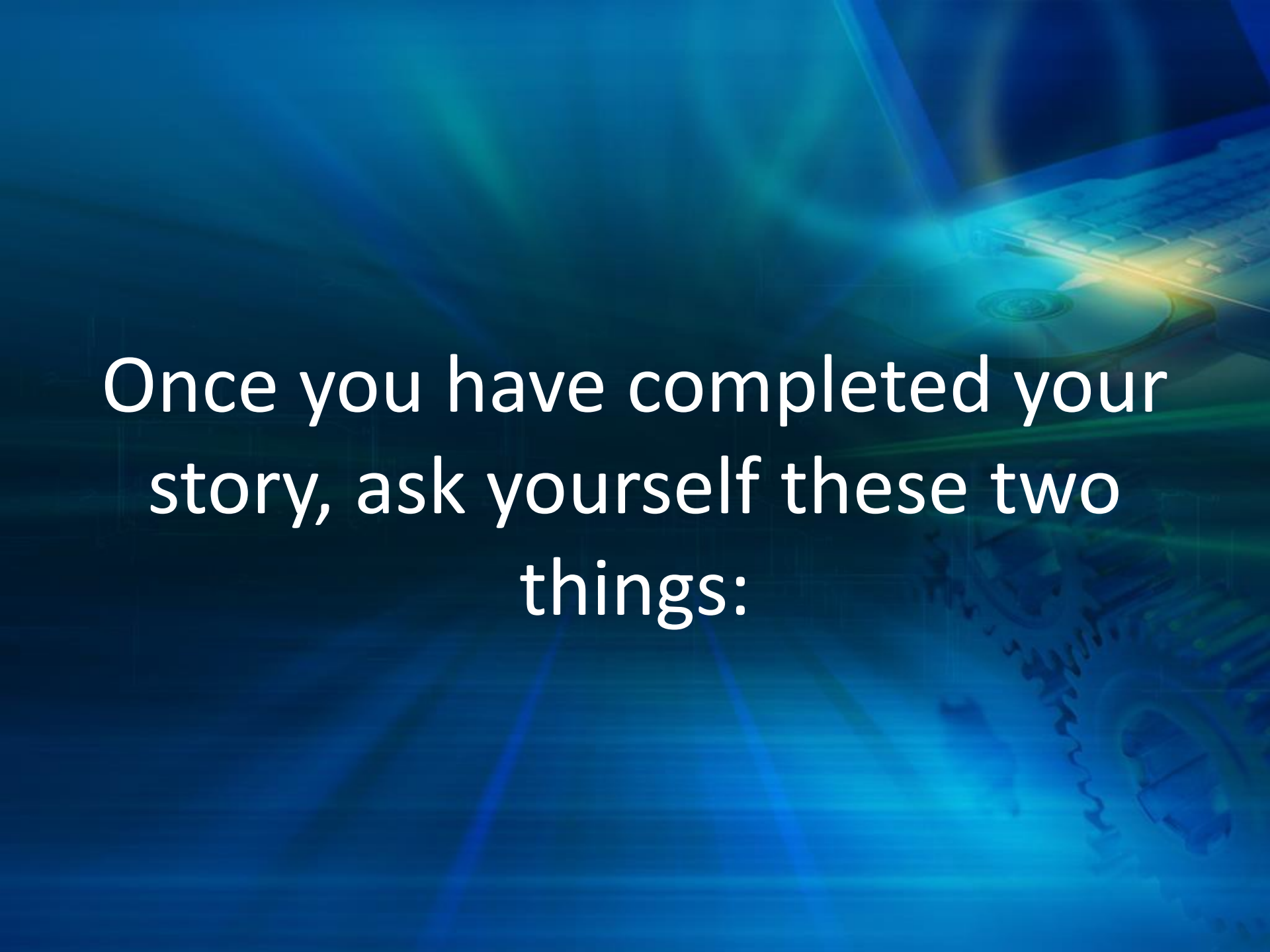
Stages

Highlights and Special Thoughts


- What was the most difficult time of your life?
- How did you deal with it?
- If you had to live through it again, what changes would you make?
- What was the best time of your life? What made it so?
- What was one of the funniest things that ever happened to you?
- Who have been your best friends over the years?
- What makes for a lasting friendship?
- Who made the most profound impression on you through the years?
- What were their outstanding qualities?
- What do you most admire in your spouse or partner today?
- What do you consider a favourite book, movie or play today?
- List any proverbs or sayings that have helped you over the years.
- What has been your "formula for living?"

The background of the slide is a dark blue gradient. In the upper right, there is a close-up, slightly blurred image of a laptop keyboard. In the lower right, there is a faint, semi-transparent image of a mechanical gear. The text is centered and written in a white, sans-serif font.

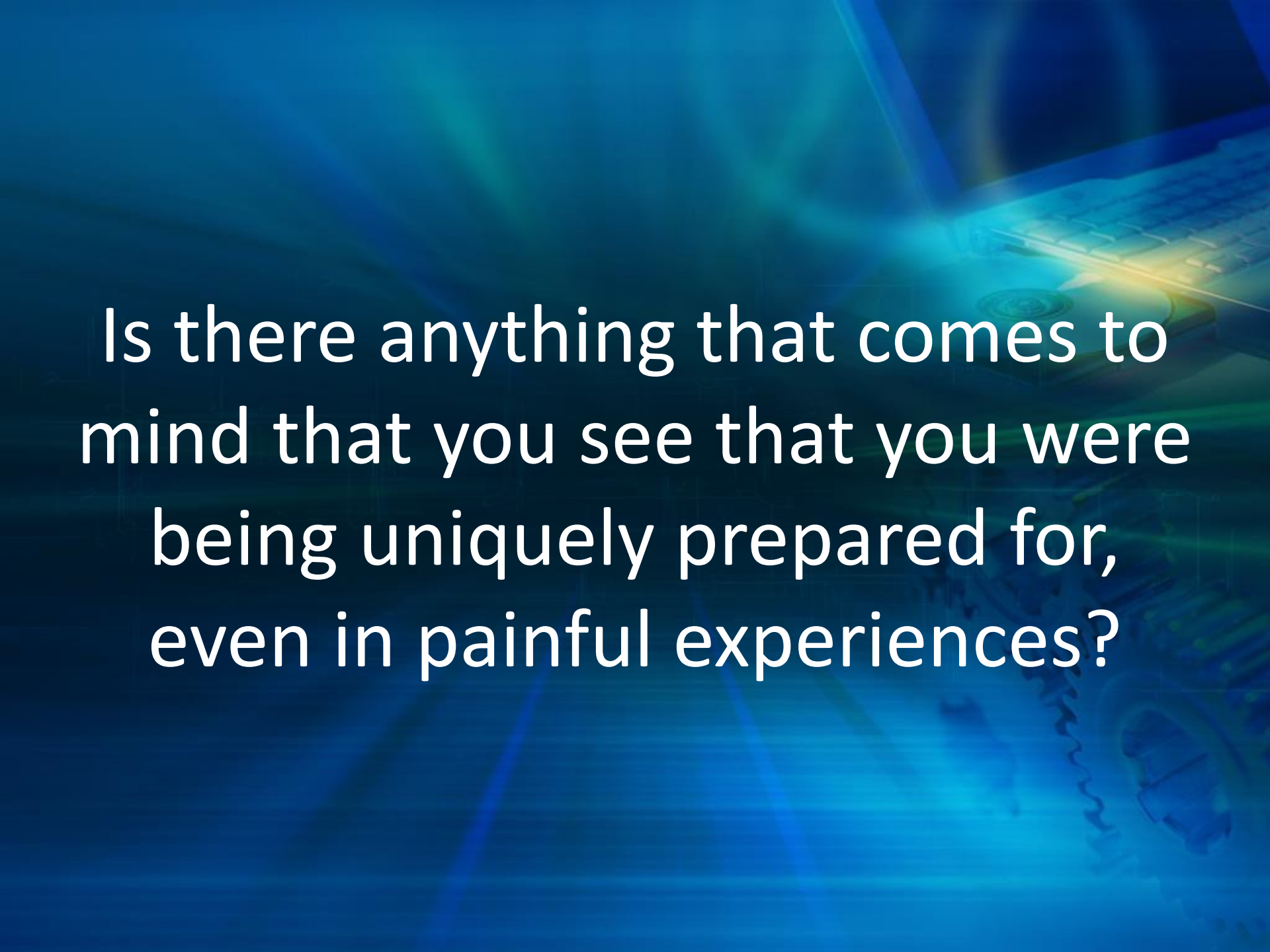
What are the key points of your story, what are the most relevant things in your life – family, career, travel, or all of these with equal emphasis?



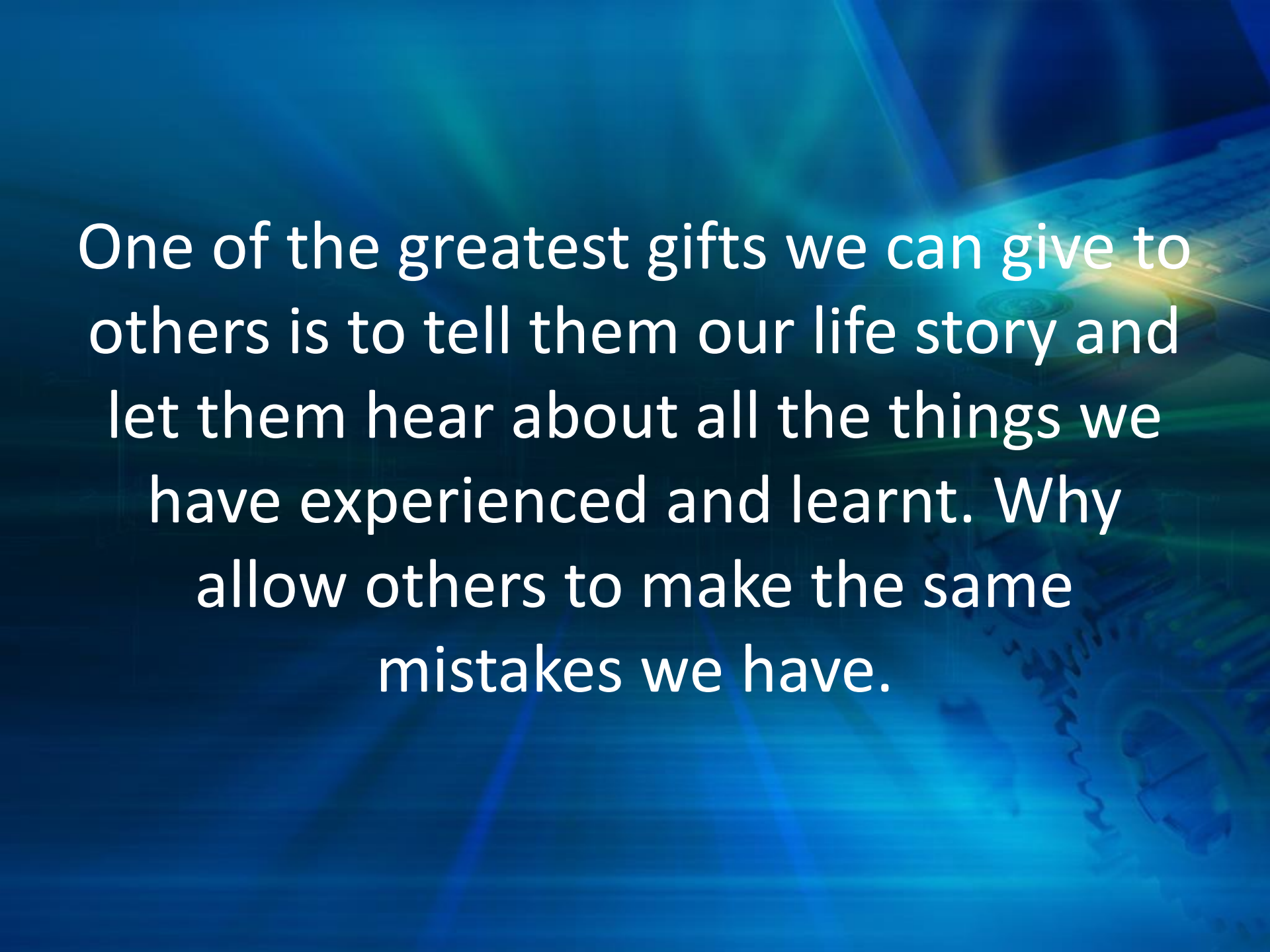
Once you have completed your
story, ask yourself these two
things:

The background is a deep blue gradient. In the upper right, there is a faint, semi-transparent image of a laptop keyboard and screen. In the lower right, there are faint, semi-transparent images of interlocking gears. The text is centered and written in a white, sans-serif font.

What patterns do you see in the
personal inclinations, pivotal
decisions, unique opportunities
and transforming experiences of
your history?



Is there anything that comes to
mind that you see that you were
being uniquely prepared for,
even in painful experiences?



One of the greatest gifts we can give to others is to tell them our life story and let them hear about all the things we have experienced and learnt. Why allow others to make the same mistakes we have.



Now enjoy writing your life story.