



## FROM FEAR TO FUTURE: a strategy to grow through uncertainty

We are living in a time where there are narratives of life, death, confusion and conspiracy hammering us from all angles. It's hard to know who and what to believe, and therefore hard to know how to act. **It's tough to know who to be.**

For many, that's an impetus to step into "survival" behavior mode. This is fear-based thinking. It says, "I'm confused," and that can manifest as anxiety, or anger, or over-eating, or shut-down, or frenetic energy, or any number of other behaviors.

That's not surprising, but it also shouldn't be where we desire to *live*.

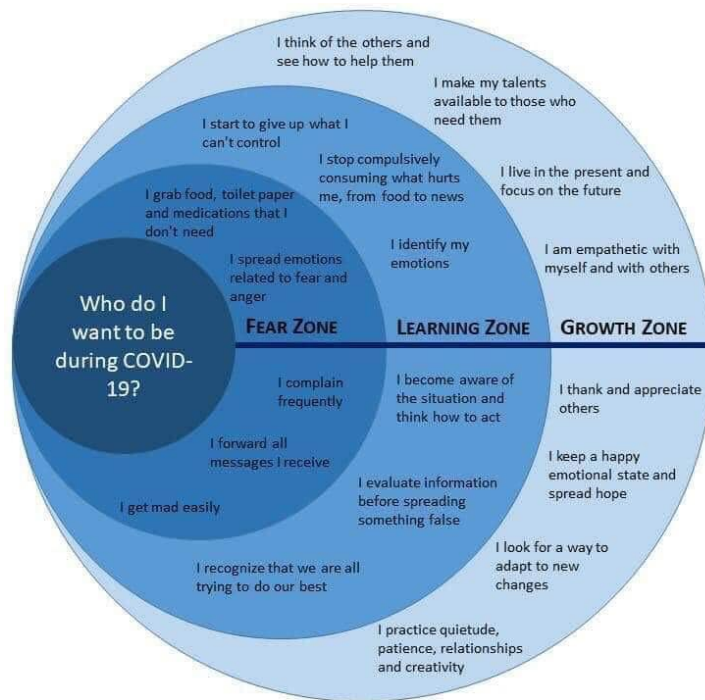
And, **there is more available to us.**

Many of us have seen this graphic over the last month, which articulates a process of development that **moves us from behaviors driven by fear to mindsets of growth.**

We'll be peeling back the layers of this process, exploring how we move from fear to future growth. We'll affirm where each person is on this journey, and celebrate that awareness.

And, we'll walk through a **3-step strategy** that will simplify the growth process for you.

So, join us for **an hour long event that could dramatically shift the way you process the next few months of your life**, and perhaps for far beyond.



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