



Garry wants to support
you in:

Knowing Yourself
Finding Your Purpose
Walking in Confident Faith

1

Know Yourself

The journey to getting to know you is life long but doesn't have to be unknown. Self-care comes from self discovery.

2

Find Your Purpose

There isn't one single perfect human on this planet. Yet there are those who have found their purpose and passion for life. This fuels their decisions, their reactions and forms their perspective. Finding purpose is finding meaningful pursuits that utilize your unique gifts.

3

Walk in Confident Faith

They say you can't judge a book by it's cover but you can tell the content of someones character over time spent with them. You recognize their level of confidence when they walk in a room or their posture when they speak to a crowd or how they present in a meeting. Gaining confidence forms character, breathes new life into you and builds faith in all you do.

MOMENT OF REFLECTION EXPERIENCES

Now that you want to explore and have the experience of knowing yourself, finding your purpose to truly walking in confident faith.

One way I can teach this to you is to utilize what I call Moments of Reflection Experiences that tap into your inner being, reflecting on past and present events to prepare you to share and act on your future endeavors.

VISUALIZATION – CAN YOU SEE -->
WHERE YOU WANT TO GO? WHERE YOU WANT TO BE?

MEDITATION – THINK ON THE GOALS YOU HAVE? THE INSPIRATIONS YOU SEE/FEEL

CREATIVE EXPRESSION – RECORD YOUR THOUGHTS, IDEAS, PROMPTING AND VISUALS FOR FUTURE REFLECTIONS

ROOT ORIGATION – EVERYTHING HAS A SOURCE OF WHERE OR WHAT IT CAME FROM? FIND THE SOURCE/ROOT OF WHERE THESE FEELINGS IDEAS OR PROMPTINGS ORIGINATE.

Ready to Grow? Click a link below

**How Garry
can help:**

[Group Coaching or One on One Coaching](#)
["Give me some M.O.R.E." Training Sessions](#)
[The Good Note Book of Quotes](#)
[Conference Presenter/Speaker](#)

LIFE – CAREER – FAITH

What areas of Healthy Relationships do we concentrate in?



LIFE



CAREER



FAITH

SEEK HEALTHY RELATIONSHIPS

Once you are more tapped into who you are, your purpose and have confidence- seek to grow more healthy relationships in your life, career and faith. Ask yourself the following questions.

LIFE

What can you do to form healthy relationships in life?
ex: Family, Friends, Love, Within Yourself

CAREER

What challenges do you face in your career that healthy relationships could help with?
ex: Connecting with co-workers. Engaging with your supervisor. Learning how to transition into a new industry.

FAITH

What opportunities are there to grow and be healthy along your faith journey?
ex: Establishing a prayer life, discovering how your skills/talents can support your faith community

Ready to Grow? Click a link below

**How Garry
can help:**

[One on One Coaching](#)
[Accountability check-ins](#)
[Mastermind Groups](#)

The BIG I.D.E.A² – The Cycle of all Relationships

The BIG I.D.E.A². gives a way to view and engage relationships in a more healthy and purposeful way for a better Life, Career or Spiritual Journey. Learn how to understand what you are involved in, engaged with and accountable for. We will challenge you to think on the following.

INVOLVE – WHO ARE YOU INVOLVED WITH?

DEVELOP– HOW ARE YOU GROWING?

ENGAGE– WHO ARE YOU ACCOUNTABLE TO?

ACKNOWLEDGE – RECOGNIZE PROGRESS

ACHIEVEMENT – CELEBRATE YOUR WINS!

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**How Garry
can help:**

[One on One or Group Coaching](#)
[Training and Development Workshops](#)
[Nothing to Startup Consulting Sessions](#)
[The BIG I.D.E.A² e-book primer](#)