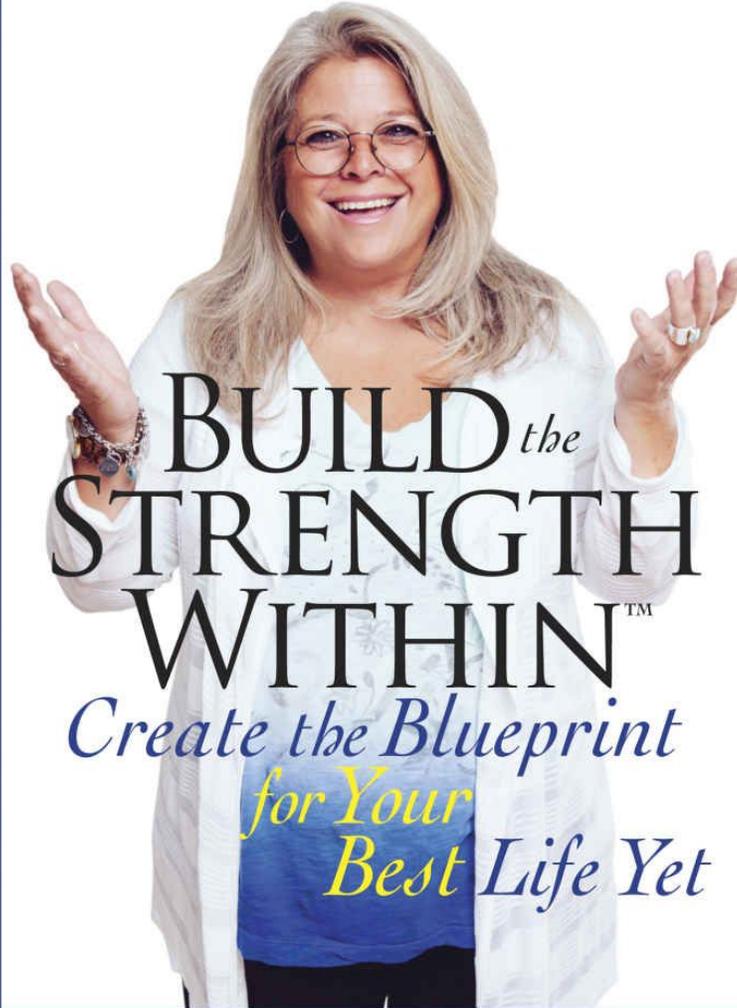
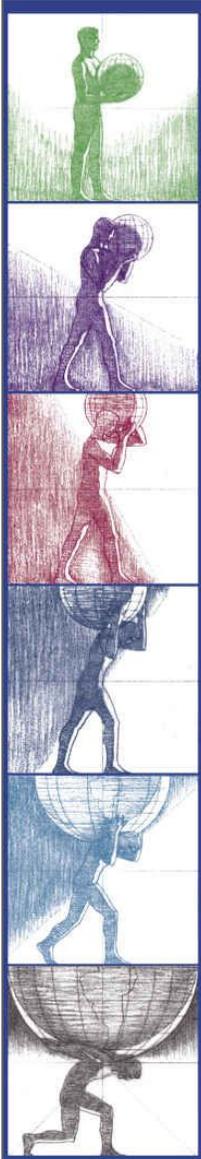


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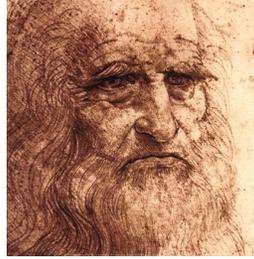
"Deb's book is filled with concepts, ideas, and tactics to help you deal with what happens to you and give you the ability to be a winner, versus a victim, of your circumstances."—SHEP HYKEN, *New York Times* best-selling business author of *The Amazement Revolution*



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DR. DEBORAH CARLIN

Prelude



Leonardo di ser piero da Vinci

His life was not one of luxury or ease. He was hard working and diligent. He is well known for his expressiveness in the private writings he entered in his notebooks on a daily basis. His life and his works and his wonderful note- books can serve as an inspiration for us all.

The man we know as Leonardo da Vinci was born in Florence, Italy on April 15, 1452, and died on May 2, 1519, in Amboise, France. He is the genius who brought us the Mona Lisa, The Last Supper, and Vitruvian Man.

Leonardo da Vinci conceptualized the helicopter, the tank, solar power, the calculator, and the double hull. His boundless imagination was fueled by his curiosity and his desire to write about and illustrate his musings. All that he dreamt of producing was not feasible in the era of his life, but his note- books and creations have inspired us for centuries and will continue to do so.

In 1502 he sketched a design for a bridge that he intended for the Turkish Sultan Bajazet II. The project was declined because the sultan could not embrace the revolutionary pressed-bow engineering and 720 foot span, claiming it was simply “too fantastic.” That was more than 400 years ago. However, in the late 1990s, his sketches ignited the imagination of an artist who brought the vision to fruition. In 2001 Queen Sonja of Norway dedicated Vebjorn Sand’s bridge, the first civil engineering project based on a Leonardo da Vinci design to be constructed. This pedestrian footbridge linking Norway and Sweden is named Leonardo’s Bridge.

Inspiration lives inside of each one of us . . . it is strengthened or diminished by those we associate with, as well as what it is we say to ourselves. History teaches us that our genius is indomitable. Let’s tap it!

Blueprint for a Successfully Intentional & Integrated Life

You can pick up a set of blueprints for anything, anything that you want to build. We primarily turn to blueprints for putting together a house, one to be planned out carefully by a qualified architect, and perhaps involving an engineer. We seek out people who can help us when we have a big and unfamiliar project, one unfamiliar to us and in need of special expertise.

Typically, if a project seems pretty simple, we just proceed with the confidence that we can get it done. If it is a project that comes with a booklet, we look at the instruction sheet. And even then, we often proceed with a certain confidence, maybe arrogance, that we don't really need that instruction guide, we can just look at the picture and put it all together, make it happen.

Sound familiar?

And sometimes it actually all works out . . . and sometimes, it just doesn't.

When it comes to our life, we very often fly by the seat of our pants and assume things will unfold as society, or our family, tells us it will. We look at a picture of life and we anticipate. We allow life to just happen. We put one foot in front of the other and we expect matriculation, on every front. Sometimes we are lucky and sometimes we are not. I've never really been 100 percent certain about what exactly luck is, my hunch is that it is a lure to test if we are paying attention.

There is a problem with living life with the anticipation it will all just work out. People, from childhood on, expect to be passed from one grade to the next—as though there is an entitlement from just simply being present. That breeds false confidence. There is another expectation during adolescence that because there is a social event like a prom or a party or a dance or a concert, everyone will be invited, invited to attend, to be part of the party . . . and that leads to expectations and disappointment when it doesn't just happen. College and first jobs are often places where a spouse is found and so the pressure is on. Alongside, there is expectation and also demand. Timing alone is not what makes for great life choices. However, the combination of timing with readiness and awareness does.

People get married every day as the result of an expectation—expectation from within, from friends, from family, from society—children get conceived for similar reasons. Life without planning that makes good sense across all dimensions is a life of happenstance. Sometimes it appears as if it actually works and other times, it doesn't come even close. All you need to do is look at national statistics and the reality presents itself that these statements have merit. Our culture knows all too well the prevalence of adultery, marital separation, divorce, unwanted pregnancy, child abuse, financial collapse, etcetera, etcetera, etcetera. Move along further and note that marriages are expected to be happy and monogamous. This leads to expectations and frequent disappointment, too. Children are brought into the world and the expectation is that they will be normal and excel and be productive and fold into the family routines, but without a solid knowing, awareness, structure, plan, and follow through, disappointment and dysfunction emerge. And then even with the best of intentions, things happen . . . all sorts of things. How do you navigate?

Jobs are expected to be fabulous and with an upward mobility in financial reward and in status and responsibility. The life path toward retirement is supposed to land us all in the Golden Years . . . but you won't

often hear seniors bragging about how golden their senior experience feels. What is the plan for your senior experience? Will you be surprised to be alone in your own home or in a nursing home? What's your intention?

Do you live your life with forethought and intention?

State here what your evidence is for either.

Here's my question for you: how many of these components of our life story have a plan, a blueprint—something that places us on an intentional track and prompts us to be accountable and proactive?

What does each decade of your life look like for you?

Go back in time. Review and write what the plan was then and whose it was . . .

Until you were 10 years old

Until you were 20

During your 20s

During your 30s

Either continue to look back or look ahead and ask yourself what it will look like, what the plan is, whose plan it is:

During your 40s

During your 50s

During your 60s

During your 70s

During your 80s

During your 90s

What is your Blueprint . . .

The big question for you is:

What are you going to do to make this happen?

Does your life and the quality of this one-life experience matter to you?

Do you believe you have influence over your life? Or does it just happen to you?

Are you a bystander or an active and influencing participant?

Are you a dreamer who dreams and acts upon making dreams come true?

Do you just dream to pretend and let the dreams float by like clouds in the sky?

Are you satisfied with the style with which you are living your life?

Are you willing to be a creative, vibrant, and smart architect and shape the life you crave?

What are you willing to do in order to make it happen?

As shared earlier, your Intentional Life Blueprint needs to be a multidimensional document that is representative of all the things that impact the life experience and the way we deal with it at each important juncture. In this book and the creation of your Blueprint that coincides with it, the focus is on exposing you to 11 dimensions of self-assessment that guide you to have clarity about your *self*.

Want to Keep Going?

Are you ready to discover how to rescue and harness your power within so you can fulfill your desires and reach summits?

ORDER THE BOOK TODAY

BuildTheStrengthWithin.com/Book

