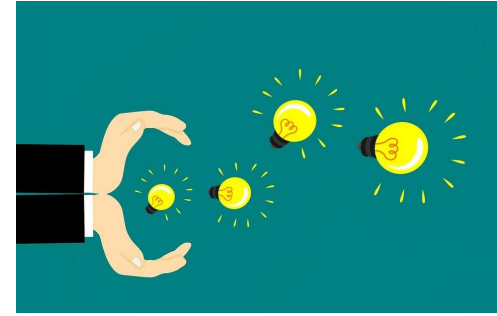
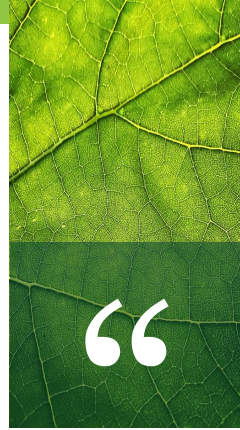
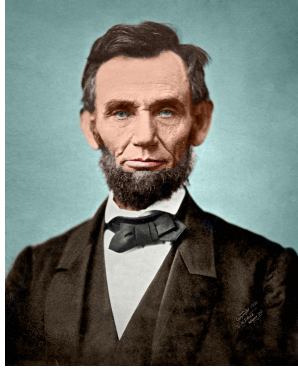




# **Finding Freedom**

**Creating the New You!**



***“The best way to predict  
your future is to create it.”***

**Abraham Lincoln**

Hello!

**I am Marc Lepage**

I am here because I love to give presentations  
and I love to help people.

You can find me at:

[Marc-lepage.com](http://Marc-lepage.com)





# Three phases of change



## Peace

- Calm the mind
- Reduce the stress of daily life
- Learn the power of emotions

## Progress

- Determine your core values
- Set some new ends goals
- Start to chose better

## Prosperity

- Commit to change one behavior
- Set your new mindset and routines
- Create a vision for your future



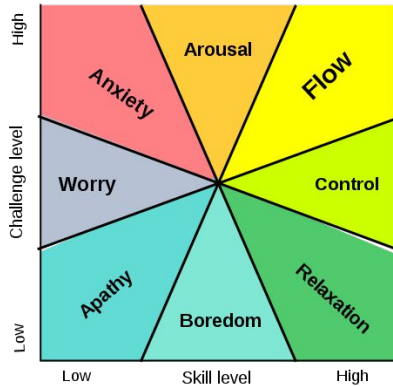
# My 5 year process of change...

- Life and career overview
- When enough was enough
- My first steps to transformation
- Do the opposite!
- Personal growth years
- To infinity and beyond...





# The challenges of change



- Change will not happen simply because you want it to...
- Transformation and creating the new you can only be achieved by acknowledging your past and future emotional states (e-states).
- You will have to supercharge your process with purpose by defining your big WHY.
- Change will be uncomfortable. Be prepared!



## Vibrational Emotional Scale

Love Joy Passion  
Freedom Highest Excitement

Happiness Gratitude Compassion  
Courage Spiritual Connection

Inspired Confidence Responsible  
Open-Hearted Serene

Empowered Worthy Eagerness  
At Ease Light-Hearted

Hopefulness Acceptance Faith  
Encouraged Positive Attitude

Neutrality  
Quiet Center of Stillness

Doubtful Insecurity Lonely  
Rejection Disappointment

Worry Pessimism Frustration  
Impatience Irritation

Anger Rage Revenge  
Hatred Fear

Sadness Abandoned Ashamed  
Anxiety Unloved

Despair Disempowerment Grief  
Depression Hopelessness

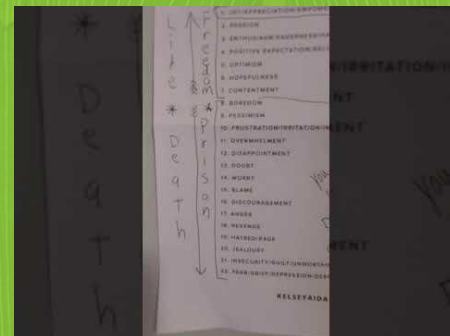
BY ABRAHAM HICKS

## EMOTIONAL GUIDANCE SCALE

1. JOY/APPRECIATION/EMPOWERED/FREEDOM/LOVE
2. PASSION
3. ENTHUSIASM/EAGERNESS/HAPPINESS
4. POSITIVE EXPECTATION/BELIEF
5. OPTIMISM
6. HOPEFULNESS
7. CONTENTMENT
8. BOREDOM
9. PESSIMISM
10. FRUSTRATION/IRRITATION/IMPATIENCE
11. OVERWHELMENT
12. DISAPPOINTMENT
13. DOUBT
14. WORRY
15. BLAME
16. DISCOURAGEMENT
17. ANGER
18. REVENGE
19. HATRED/RAGE
20. JEALOUSY
21. INSECURITY/GUILT/UNWORTHINESS
22. FEAR/GRIEF/DEPRESSION/DESPAIR/POWERLESSNESS

KELSEYIDA.COM

# The Emotional Guidance Scale





# Finding Peace

How to reduce stress, calm the mind,  
and prepare the body for change.





# Stay away from the news?

- ❖ It takes time away from the things that are more important.
- ❖ It is out of your circle of influence and control.
- ❖ It keeps you in a depressed and negative state.





# Keep your body healthy!



#126834049

- ❖ Eat more fresh plant based and less processed foods...
- ❖ Drink more water...
- ❖ Add exercise...





# Clearing Your Mental Desk



- ❖ Identify stress points that interferes with keeping your mind calm.
- ❖ Create the steps to resolve these issues and commit them to paper.
- ❖ Revise your mental desk regularly





# Finding motivation

Answering the big questions of life...



## Benefits of Meditation



- ❖ Calms you down and lets you rest.
- ❖ Gives you time to think.
- ❖ Make you the observer of your life.
- ❖ Give clarity of reality.
- ❖ Creates new time.





# What is a core value?



- Values are the fundamental beliefs that guide and dictate a person's behaviors.
- Values define what you commit to doing.
- ❖ Values focus on **HOW** you want to live your life and **WHY** you want it this way.



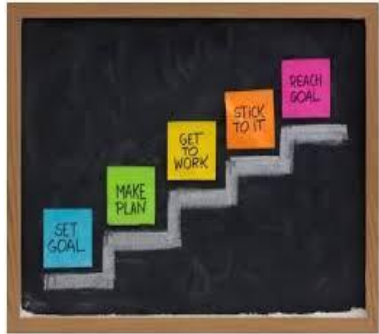




# What is a Goal?



- Goals are the object of a person's ambition or effort. An aim or desired results.
- A goal is not necessarily the specific ways you intend to achieve something.
- ❖ Goals should shift our focus from the process to the outcome.





# Big questions...



- ❖ What behaviors do I need to change?
- ❖ Who do I want to become with the time I have left on Earth?
- ❖ Am I prepared for this new world?
- ❖ What will be my legacy?



# The COB exercise



- ❖ Bring awareness to current challenges and desired behaviors.
- ❖ Identify your current patterns and their impact on you and others.
- ❖ Choose your first habit to break and set your big WHY.







# The true power of choice

If you choose not to decide you still have made a choice.

[Geddy Lee - Rush](#)

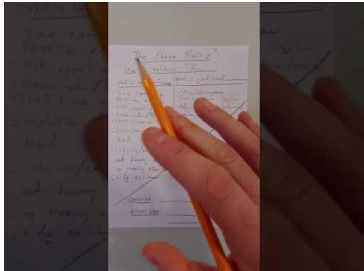




# The Choice Matrix



- ❖ How and why I created this exercise.
- ❖ There are usually good reasons why you created your behavior in the first place.
- ❖ All behaviors have their advantages and disadvantages.
- ❖ It is time to make realizations and conclusions.

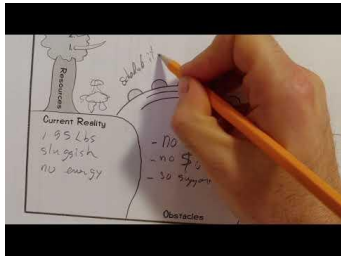




# Bridging the Gap



- ❖ Understanding the importance of a plan.
- ❖ Why you need to identify your current reality and your desired reality.
- ❖ Why you need to identify your obstacles, your resources, and your next steps.

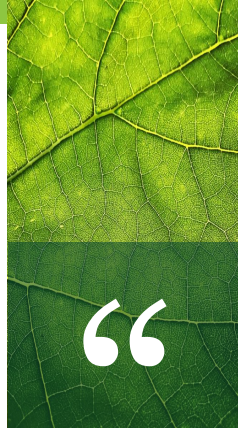




# Creating the Vision

When you believe, you can  
achieve...





***“Trying harder is not  
necessarily the solution for  
achieving more”***

**Bob Proctor**



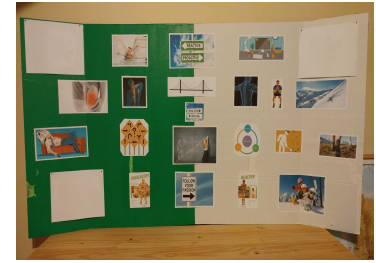
# Important things to remember



- ❖ The key to longevity is to stay focused on your ends goals.
- ❖ The key to success is resilience and having faith in The Compound Effect.
- ❖ The goal is to have a vision for your future while being happy in the now.



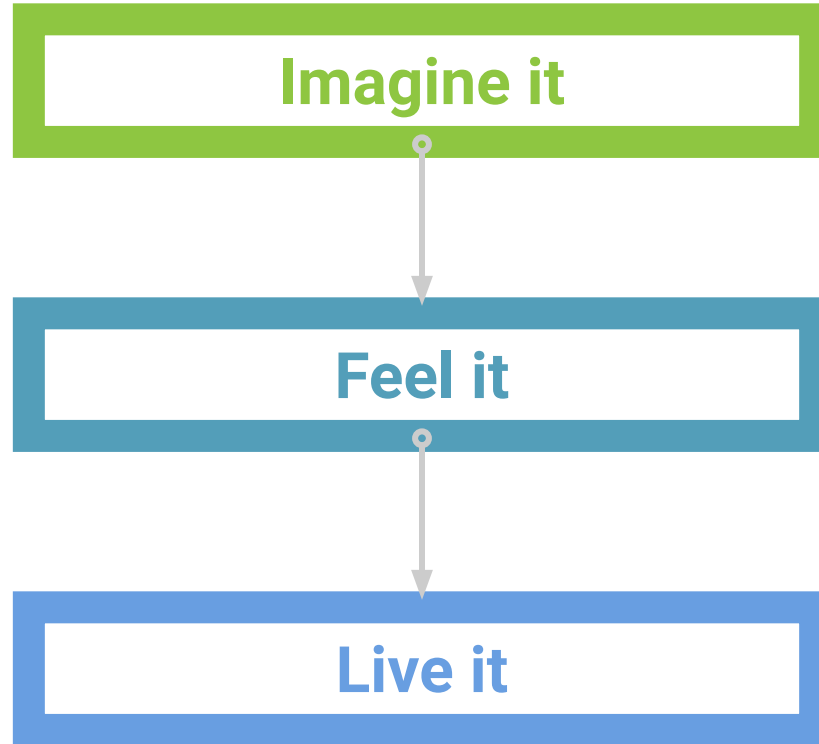
# The Vision Board of Growth and Prosperity



- ❖ Having a visually supported vision of your desired outcomes keeps you motivated for change and on the right path of action. Keep it in a place where you can see it everyday.
- ❖ The effort used in building this board it will anchor your WHY and PURPOSE.
- ❖ Having both sides of the equation is important to keep a reference point of where you started.



## THE PROCESS IS SIMPLE, NOT EASY







# Maintenance and Structure

Finding prosperity and abundance...



# Pillars of Balance



## Physical

- ❖ The body needs to function correctly.
- ❖ Feed it right and exercise it enough...



## Mental

- ❖ The mind needs to process things correctly.
- ❖ Imagine and create your future...

## Spiritual

- ❖ The soul and spirit need to feel alive and respected.
- ❖ Stay happy in the present moment...





# Total Mindset Daily Routine



- ❖ Why humans need to follow programed behaviors and routines (the body's autonomic system).
- ❖ Everyone needs different structure since we are accomplishing different things.





# The 3 Step Learning Process



## First attempt

- ❖ Trying something for the first time
- ❖ Realising that you want to do better
- ❖ What can I do now to improve?

## Get coaching

- ❖ Go see why it is not working
- ❖ Awareness of you patterns
- ❖ Taking responsibility for your behaviors

## Perfect it

- ❖ Focus on each element of task
- ❖ Re-Enforce your natural reflexes
- ❖ Incorporate your new behavior into your life





# Next Level Training



- ❖ Watch my FREE [YouTube training](#) series.
- ❖ Join the [Freedom Found](#) Facebook page.
- ❖ Book and get your FREE [introductory coaching session](#).
- ❖ Visit my [Choose Your Path](#) page on my website to see what else I offer clients.



A flock of approximately ten yellow birds, possibly Yellow-rumped Manakins, are captured in flight against a clear, light blue sky. The birds are scattered across the frame, with some in the foreground and others further back, creating a sense of depth. They are all in various stages of flight, with wings spread, showing their bright yellow plumage and dark wings and tails. In the center of the image, there is a white rectangular box with a thin black border. Inside this box, the text "Always remember, You are the creator!" is written in a white, sans-serif font. The background of the text box is a solid light blue, matching the sky. The overall composition is clean and uplifting, emphasizing the theme of creation and freedom.

Always remember,  
*You are the creator!*

Thanks!

**Any questions?**

You can find me at :

[marc-lepage.com](http://marc-lepage.com)