



Living·Well·Now

ENTREPRENEURIAL SPIRIT

**“Together we faithfully invested
time and resources with vision
to create pathways to unlimited
opportunities.”**

–Deborah and John Lahman

There is a connection between building a family and building a business.

Now that we have built both we see the resiliency that parents and owners need to have. Launching a successful family requires stamina and persistence. These same attributes will aid a fledgling business to succeed when they first experience hardships and challenges.

Whether building a family or building a business we need to be intentional. Do you believe life just happens to us or do we choose our outcomes? Do you feel life is like the proverbial ping pong ball that just bounces and bounces all over the place until the laws of physics bring it to rest?

If our life is like a ping pong ball, then we accept that life is a series of getting knocked around by careers, bills, school, etc. Instead, we must believe that what takes place in our lives and what comes along in our journey is a direct reflection of our own choices.

In a 2018 study titled, Autopilot Britain by Marks and Spenser, of 3,000 individuals surveyed, 96 percent reported living on autopilot. The researchers concluded that as our lives have become more frantic and the needle has moved ever more toward the 'overwhelm,' autopilot has become our default mode. When we default to autopilot, we feel extra stress, anxiety, and fear of the unknown.



Autopilot makes us think of airline pilots, or more recently, we can purchase vehicles that are self-driving.

For us, we chose to ride bikes a lot as a family. John chose to ride one to work every day. It started as a way to both save the planet and to get exercise. However, it also became a way to stay present as every mile and every corner represented somewhat of a risk when riding the streets morning and evening.

We can admit that sometimes when traveling in an automobile, there have been times when we've driven back and forth from home to work or to a sports contest and realized that we couldn't remember the drive at all. We couldn't tell you which

streets we turned on. . . what other cars were on the road. . . WE WERE ON AUTOPILOT in a car that was NOT self-driving!

What about the other thousands of decisions we make every day, starting with when to get up in the morning? Am I going to hit the snooze? Am I preparing and eating breakfast at home, taking it with me, or getting something to go?

How am I choosing to treat people at home, at school, at work, at the grocery?

Am I working out early or late? At home? At the gym? Or not at all? And the list goes on and on, doesn't it?

To what degree are we on AUTOPILOT . . . and to what degree are we consciously making choices with a clear mind and heart? And how are we planning for tomorrow or next year?

What is the value of planning today for all of our tomorrows? The value is in choosing for ourselves! By choosing which actions to take, we are delineating our priorities and driving our stake. When we show up and take action, we are living and growing into our destiny.

We believe that among the most important steps on a career journey is the step to create congruity between one's heart and mind.

1. Are you in a career where you say to yourself, I can't believe that I'm getting paid to do the work I love?
2. Do you sometimes think there must be something better out there?
3. Does your work mean more to you than just a paycheck?
4. Are you wholly satisfied with your calling and purpose?

We certainly kept these questions front and center in our life journey while seeking balance as spouses and honoring family priorities. Our culture can cause us to think that doing what we love and getting paid are mutually exclusive.

We like to think having both is possible. Matching up paying our bills while engaging our heart and soul longings will help create a healthier, congruent sense of wellness that carries into our families.



Legacy & Heritage

Gratefully, we look back at our family legacies that nurtured us. These legacies were what helped us overcome our fears and embrace new opportunities.

When we think about our entrepreneur ventures and multi-generational businesses, we can't help but lift up those who went before us. We grew up among families who were small business owners.

Both sides of Deborah's family were entrepreneurial. One owned a three-generation storefront enterprise, providing home plumbing repairs while selling washers, dryers, and refrigerators in serving a southwest Ohio community for multiple decades.

Deborah's grandfather on the other side of the family engaged in a summer painting business while also carrying out his part-time pastoral duties. Simultaneously, through all of this, he spent forty years as an industrial arts teacher in an urban community.

John's family built a thriving feed and milling business in northern Illinois that grew out of a simple farm operation in the 1950's. The focus of the business was serving local farmers' needs with regard to livestock feed as well as crop fertilizers.

John was the oldest of four siblings, and as a result, over the years, he spent a lot of hours working on the family farm. . . doing chores, baling hay, serving customers, shelling corn, truck driving, and an abundance of field work. He

learned so much about teamwork and contributing to the greater good of the whole, both via the farming operation and the feed & milling business that his parents were steadily growing. His mother and father put food on the table and shelter over his head and helped him have extraordinary opportunities, including exchange student, choir tour, church camps & conferences, etc.

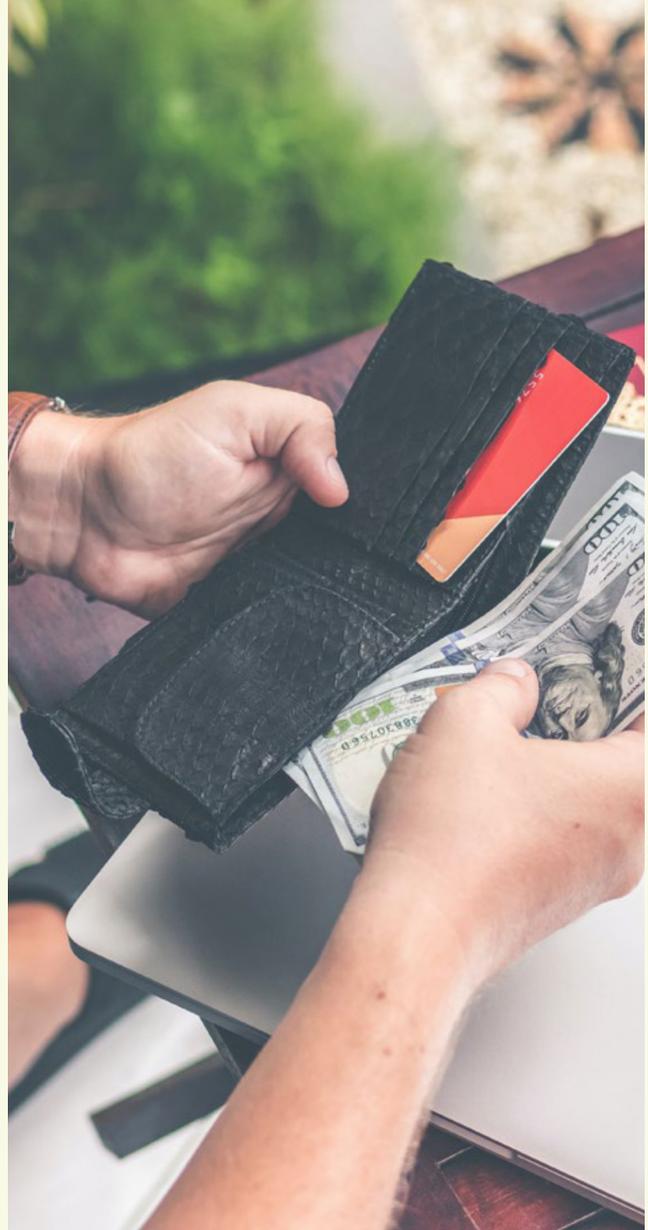
During those years, John did not receive an allowance nor a tangible paycheck on a week-to-week or month-to-month basis for his semi-regular farm work. While he did raise and sell hogs, which did expand his savings account, his opportunities to have money in his hands were extremely limited.

Later, his parents—and grandparents—who had prioritized higher education, helped him earn a college education in what turned out to be a huge financial gift towards his future. In effect, John's farm and business labors in his growing-up years were returned to him in the form of having his college tuition paid in full.

As John was coming out of his teen years and began to enter the real world, he had a lot to learn about handling money, as he really hadn't had much to manage on his own so far. During college summers and on campus, he worked so that he had some spending money in an account of his own. For him, it was a life-long journey of learning while earning. That likely accounts for the reasons he pursued and developed an investment management business during and beyond his years in education. Managing his own money—and now helping others manage their own—was a transition in John's learning to feel competent and capable in spite of his early journey in money management.

Over time, John was able to take his new skill set and apply it to his family and business. We are exceedingly grateful when we think of all the benefits we received from the various multi-generational family business models that preceded both of us. These family businesses showed compassion and appreciation for their employees. They made sure workers didn't feel taken for granted. They also modeled 'customer first' service. Through the years they were also dynamic to change as situations warranted with regard to their marketplace as well as to price points.

We could not have foreseen or tangibly planned each and every opportunity



that came to us in our lifetimes. Like the generations before us, we too learned that we had to bring flexibility and take action in order to prosper. We focused on tenaciously pursuing what would help us keep our family secure and put food on the table. We kept as much control of our outcomes as possible without getting overwhelmed nor resorting to feeling like a ping pong ball being bounced around. In the meantime, we kept a constant conversation going with regard to where the next opportunity would lie.

Intention and Mission

“While we kept regular jobs through many of our working years, we were regularly on the lookout for additional income streams.”

Our kids were encouraged and invited to participate in our numerous family ventures. They were watching us lead by example in our marriage partnership. They were witnessing first hand both the challenges and benefits of entrepreneurship. And they were beginning to manage their own money and resources.

While we kept regular jobs through many of our working years, we were regularly on the lookout for additional income streams. Driving tractors, raising livestock, coaching sports, teaching behind the wheel, offering investments, and network marketing all factored into our options for income through the years. Paying attention to any door opening to us allowed us to stay grateful for the ways in which our family had all things provided.

We discovered that we could keep one parent at home while the other worked one job and still not have that interfere with family time. We were careful when we added side jobs to our resume that we could either include our family or that we could build in time to detach from work for our family to spend time together.



We were intentional in our early years as parents to put our kids first.

This meant following our desire to see that one of us was home with them daily. While this might be more easily do-able in many situations, we complicated it by our willingness to look for heart-centered work no matter the complexity for our family. The first instance of honoring career discernment happened after John had spent five years as a public educator and simultaneously earned teacher tenure. At the same time, he felt a longing for further inspiration and foundation by choosing a seminary education. And we wanted to make sure that was feasible for the family to still keep a parent home with two young children. Deborah was willing to search for a teaching

position. And she found a very desirable position as a fifth-grade teacher in a suburban Chicago school district where we lived.

We were able to achieve our goals as John cared for Angela and Andrew while attending seminary part time and Deborah taught in a local elementary school. John was a stay-at-home-dad somewhat ahead of his time in 1980. One year later, a college development post as director of church relations back at our alma mater was available, and we chose to pursue it. During that time, baby Aaron was in the womb and our family was blossoming to become a family of five. It didn't make us wealthy, but building the foundation of going after our desired jobs felt worth it.

In every Economics classroom the phrase, “there’s no such thing as a free lunch,” gets tossed around. In our young family, in the early ‘80s with only one bread-winner—a college employee on salary—we were earning limited income. **So much so, as a family of five, we qualified for public school free or reduced-cost lunches.** While we didn’t access this program, it was something of a wake-up call with regard to our earning power at the time. We didn’t travel much during those years or if we did it was done as inexpensively as possible.

We both came from families who valued every resource, so hand-me-downs were nothing new, just practiced more frequently during the days when money was tight. Our kids were still young, so what was struggling for us was normal for them. They couldn’t really complain about not eating out or going on fancy vacations since they hadn’t experienced that much. Making sure that family memories were made everyday became a greater priority for us.

Under these circumstances, we began to consider other career opportunities. We worked side jobs because we knew every penny counted which helped us live as frugally as possible. After three years in the college development position that involved John being on the road and out-of-town overnights, we were looking for a greater income-producing opportunity



and more quality family time.

Unexpectedly, several community members asked Deborah to run for the local five-member town board in 1983. She got elected after having lived only a few short years in the community. During her tenure, she learned so much and helped solidify a small town’s traditions and reputation via her position. Little did we know at the time what would come about as a result of Deborah’s public service on the town board. She learned the ins and outs of what it takes to run a town as well as many of the businesses in town. This was a vital learning experience that opened our minds to possible opportunities that we had never thought of before.



During the town's expansion in economic development, one of the areas she became acquainted with was an agricultural opportunity. John had grown up on a farm, so while it seems a lot different than his work at a college, farming was actually in his blood.

So with the help of parents and friends, we secured financing and built a livestock operation from scratch. We became partners with others and entrepreneurs ourselves. With John's farm and animal husbandry background, he managed the livestock operation. We invested in the day-to-day barn management for four challenging years. In doing so, we came to understand the foundation of the business and took responsibility for every aspect of the venture.

Over the time we managed the operation, we enjoyed supporting the kids to be actively involved as contributors. They helped with livestock management, the feeding process, and sanitation steps. Each of the kids literally rolled

up their sleeves to participate joyfully and for a chance to make some pocket money to add to their personal budgets. This was the first time we had actually worked together on a job site towards a common goal, and it was so thrilling to make it happen.

The kids participated in our livestock venture where we learned to center on teamwork and cooperation. We practiced positive communication skills as getting each of us to the barn after school was an exercise in well-coordinated calendars and transportation. Angela, Andy, and Aaron learned responsibility, perseverance, and money management skills as they were paid for their work. We helped them budget their money. First, they donated to charity, then some went into savings, and the remainder was spent or saved as they chose.

We felt this was an appropriate way to teach them about the impact of personal effort leading to financial rewards. It also helped to instill a sense of responsibility and satisfaction for a job well done. Little did they know that their previous work experience would lead to yet another job opportunity.

We learned so much as entrepreneur business managers and found ourselves in a better position to be financially more stable. We also found this to be a springboard to yet another vocation-changing adventure as we kept paying attention to our aspirations. Where we were at that time, we were open to possibilities and felt called to launch ourselves further along. When it came to careers, we felt fluid, more like running water than a stagnant pond.

Following each other's career longings had become central to the ways in which we supported each other in our marriage partnership. After starting out as teachers, we headed to seminary, then to college work, and on into agriculture.

Deborah had entertained furthering her career for a while, considering counseling of some sort. Her longing came after five years of teaching, after four years of growth on the town board, and through her church activities, particularly in youth leadership.

Our day-to-daylife experiences, coupled with our exposure to a holistic health center while in graduate school piqued our interest in the counseling field. The health center’s practice of manifesting health and wellness into all areas of our lives really resonated with us. The fact that a full scope of wellness included physical, emotional and spiritual aspects of our lives was enlightening. We were drawn to more fully explore the field of counseling and personal wellness because of what we had learned.

As our livestock management venture was winding down, we began a search for opportunities that matched both our desire for new engagements and more sunshine than the Midwest offered. Previous family visits to Florida and California had given us that curiosity. When a dear friend suggested Arizona, we went for a visit. We found a return to public education there that captured our imagination. On our second visit, a generous job offer was extended, and we decided to make the move.

When we chose Arizona for new opportunities and to further our education, we knew we were opening ourselves up to numerous possibilities.

We came to understand a little better what Henry Nouwen wrote:

“You don’t think your way into a new kind of living. You live your way into a new kind of thinking.”

When we arrived in Arizona, we were stepping into new jobs while helping the kids settle into a new school and new routines. We also arrived with energy to pursue professional and personal development. Shortly after getting our feet on the ground, we began our school counselor certification journey. We chose a growth mindset as educators willing to move forward to pursue certification with an understanding that it would expand our minds and talents.

Choosing counselor certification meant sacrifice. We had to be willing to give up evenings and weekends for classes. Our family had to adjust since our kids were without us during these times. Because the certification was a priority for us we were open to growth and saw life as a glass half full as opposed to half empty. The best way we have found to try new things is by staying open minded and keeping our focus on the vision at hand.

Within our first two years in Arizona, another family business manifested. Deborah's school-building principal remembered that Deborah had been a swim instructor and wanted her granddaughter to learn to swim. So in the first summer that we had a swimming pool in our backyard, Deborah started our Lahman Family Swimming business. Within a couple of years, she had not one, not two, but three personal swim assistants in the pool with her, helping more and more children of friends and colleagues learn to swim. Angela pursued swim certifications first, and then Andy and Aaron followed.

In total, through a period of fifteen summers, we estimate that Lahman Family Swimming taught nearly seven hundred children.

This included water safety for all, as well as water adjustment to the littlest ones and how to swim to those who were ready. Again, this venture helped put money into the kids' hands so they could practice giving, saving, and spending. As it turned out, between their savings and academic scholarships, they

earned over half of the costs of their private college tuition and fees.

The lesson here is from the you never know collection.

You never know is somewhat like those days when a foreign object landed on your plate when you were a child. Your first question was what is that? Your initial statement might have been I don't like it. But if you didn't taste it, how could you possibly know if you liked it, right? You never know until you try it.



The art of allowing requires us to open our hands and minds. What is it that you allow into your life? You never know how something in your creative, enthusiastic, and tenacious hands could be something far bigger than you can possibly imagine. In our family swim story, that is totally the case. From a chance recollection by the principal, a business was born. A business that paid dividends in so many ways. . . for those children who benefitted from the learn-to-swim lessons. . . to the young instructors who earned college tuition monies and lifetime worker skills. You certainly never know how an opportunity in front of you may create a lifetime of wellness, purpose, and abundance.

That doesn't mean that it was always easy. Angela, Andy and Aaron often wished that they could be out playing with friends or watching television on a lazy summer school vacation morning. However, there were people who had signed up and paid for swimming lessons and there was work to be done. Oftentimes, when we think of side jobs, we only think of the money they bring and not the time and work that they entail as well. . . or the lessons learned and experience gained! Our youngest, Aaron, reminded us that oftentimes he felt anxious and stressed when parents watched him teach their children how to swim. Over time, that helped him build confidence, but we would be remiss if we didn't mention that there were still challenges and tough times while building our Lahman Family Swim School.



The following is a reflection from Angela's Facebook post about those days as swimming instructors:

"April 2020:

Let me tell you a story. In 1990, my mom started teaching a colleague's granddaughter how to swim in our backyard pool! By the next summer, all three of us kids were in the water with her and multiple other kids (some of you remember firsthand the Lahman Family Swimming Business)!

Friends, our entrepreneurial ambitions were created, not born. We started then to set the stage of what was to come in Living Well Now: people over profits, intentional living, wellness focused, half-full consciousness, community driven and always grateful to God for our blessings.

When I look back on those days, I remember arguing with my mom that all I wanted was a real job, one

that required me to show up for a shift and wear a uniform. I was cold in the afternoon when the sun went down because I was soaked to the bone (parents were sweating on the side in 110+ heat while I shivered) and kids wouldn't recognize me in the store because I was wearing more than a swimsuit and hat! I complained as any teenager may have, unaware of the life skills being planted inside me of financial stewardship and savvy business competence.

Who knew that almost thirty years later, I'd be using those insights gained to lead a growing team of people, passionate about freedom and committed to their own dreams . . . still working alongside my family! Here's to expansion and those who choose to show up for their vision every day!"

In addition to work and alternative income streams such as Lahman Family Swimming provided, we were also on the lookout for investment opportunities. Our accountant gave us suggestions as to the tax advantages and potential income streams of rental properties. A short while later, we were able to purchase a single-family home in a city nearby. And we did it as a family with each member contributing a percentage of our down payment. Angela, Andy and Aaron participated as young adults with an opportunity to see how moving into an ownership position changes outcomes. This meant learning how to do work on the rental property before renting it out. This meant learning more about budgeting, assets and liabilities. This represented another family short-term income stream and the prospect for a long-term legacy. We did a fair amount of cost-effective upgrades as a family, and then welcomed our first renter.

The name we chose for our business was Mustard Seed Ventures. [The mustard seed is one of the world's smallest seeds, yet it grows into one of the largest plants on earth, with limbs strong enough to provide shelter and be of use to those that needed shade.](#) This is how we saw ourselves, wanting to grow so that we could help those in need. The idea that nothing is impossible has motivated us through the years. When you present



yourself open to the universe and carry a can-do attitude in your heart, there's no telling what abundance of opportunities may come your way.

Vision and Stewardship

Swimming. Biking. Walking. Running. Through the years, we have done our best to practice great health.

It's been said that True Wealth is Great Health. We believe that. There was one period, during the 1981–1982 school year, with three children under the age of five at home and John on the road part time in college development work, Deborah's immune system became compromised. Her physical health was depleted. She went from one medical source to another who recommended various solutions to no avail. Her best remedy turned out to be natural supplements—our first introduction to homeopathic healing alternatives. And we also experienced our first exposure to a network marketing company. We briefly dabbled with the business opportunity, ultimately becoming avid product users. From that day forward, we have been students of many prevention and intervention strategies that have become significant aspects of our day-to-day health and wellness journeys.

Looking back at the challenging early days with young children when we lived on a tight budget, amid our natural mindedness, we began conversations to help prosper our lifestyle, to seek entrepreneurial opportunities, and generate greater financial stability.

We definitely saw the glass half full when it came to our naturally-minded lifestyle and we were exceedingly willing to pursue the opportunity to be involved in sharing it with others.

“Her best remedy turned out to be natural supplements—our first introduction to homeopathic healing alternatives.”

The Legacy Continues

Living·Well·Now

We had continued making health and wellness our priority through the years. In 2006, a wellness company brought us back to the network marketing world—twenty-five years after our first encounter—where this time, we found greater opportunity and promise than we had experienced before.

In 2006, while Deborah was seeking alternative support for her endocrine system, a friend suggested a prevention and intervention option. From that day forward, as we learned more about numerous other wellness products, we began to share with family and friends the awesome health benefits available to them.

Introducing natural hormone solutions was but the first step in a varied journey into the wonderful world of natural products for optimum living and wellness. By becoming the CEO of our health, we were able to promote our own longevity while promoting healthy options to family and friends.

Simultaneous to our wellness company discovery, a life mentor mentioned that she was retiring from her career and that she was taking time to determine how she was going to redirect her energies. That struck a chord with us. We were also considering retirement — from public education — and choosing how

to redirect our energies. What better way to move forward in life than to champion our own health and wealth intentions while bringing those same opportunities to friends and family around us?

We committed fully in terms of time and energy to our wellness business(es) through concerted efforts. As a family we attended wellness conferences and read numerous books on every related subject.

As so commonly occurs, when you are open to all possibilities while entertaining Divine appointments, surprises abound. In 2008, our family created Living Well Now in our desire to share healthy lifestyle choices and wellness products with the world. The Living Well Now mission centers on the belief that all persons are created to live in optimal health. We are passionate about exploring the synergistic connection of mind, body, and spirit. As a Living Well Now team, we offer, promote, and encourage transformation in the areas of wellness, purpose, and abundance.

Combining our health/wealth passion, business owner knowledge, and counseling strategies, we are incredibly blessed to teach, empower, and equip those who are seeking to fulfill their dreams of becoming financially independent. We represent a synergy of skills that help us coach others in the journey of life, while seeking to empower every person to celebrate their gifts in creating a legacy of prosperity.



As entrepreneurs focused on designing our future, we have combined the things we love most—family, education, stewardship, and wellness—to create successful businesses. We enjoy organizing and leading events and sharing our business opportunities and successes with family, friends, and folks in not just the United States, but around the world. No matter who we're talking to, in all of our Living Well Now endeavors, we are grateful that we don't ever feel like we are sales focused. We don't sell. We listen. We help people find solutions. We encourage. We teach.

As we have built a network with other members and families who are also seeking health and wealth opportunities, our Living Well Now team has grown exponentially. We are deeply grateful that our community is envisioning abundant possibilities as they seek increasing financial independence.

Lahman Financial Services

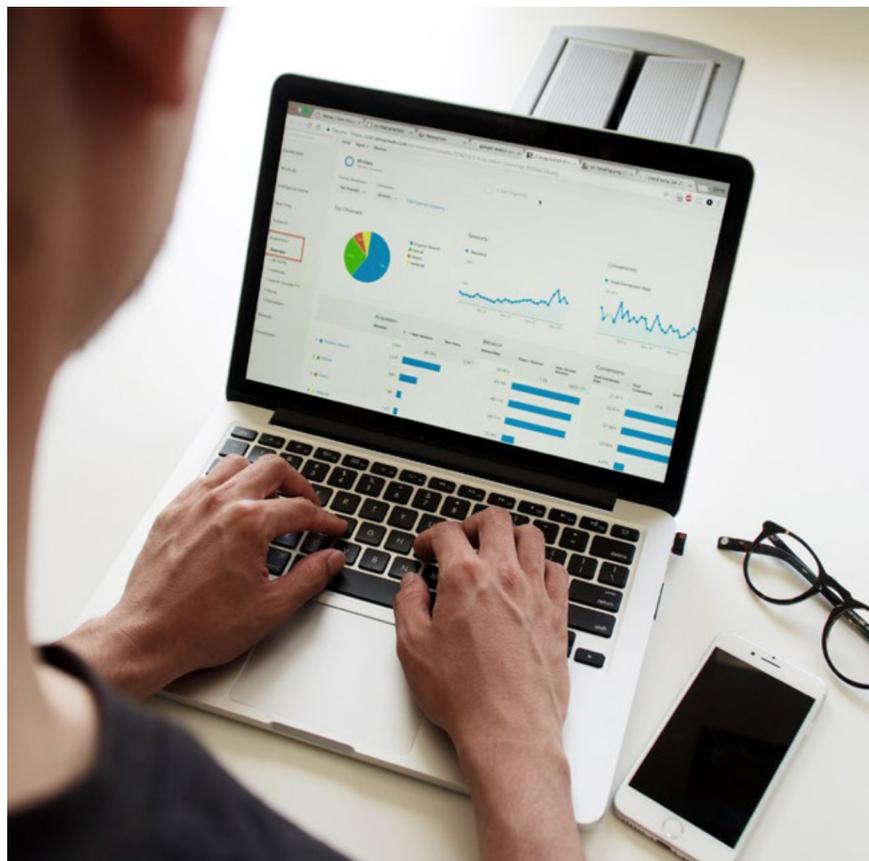
John began to build his own financial independence when he got an invitation to step up his financial IQ while he was a high school educator. He was invited by Teachers Helping Teachers (THT) to offer supplemental retirement investments on his school campus. Being one who had not spent much time managing his own money growing up, let alone had any experience in the financial arena, this piqued his interest. He wanted to learn. So, he said yes. Little by little, through informal training with THT, he began sharing investment products with colleagues with whom he worked.

After a few years of growth, he was invited to provide mutual funds to teachers and staff. And, again, he said yes, and his business grew.

After Andy had worked in the corporate world and taught school for a number of years, he

became interested and sought the opportunity to come alongside his dad as an office assistant and representative of Lahman Financial Services. And then, several years ago, John's mentor, the architect of THT, asked John if he wanted to buy his business. And, of course, John said yes!

Now, while serving hundreds of teachers and other individuals, his income stream has become a significant portion of our family resources through more than two decades . . . all because we said yes, years ago, remained patient, and stayed faithful to the little things. Being an entrepreneur encompasses just such practices and habits. The same was true with our rental home that we had purchased as a family.



Mustard Seed Ventures

Little did we know after saying yes to our Mustard Seed Ventures property ownership, the adventure wasn't done. We kept renters in the home while managing the day-to-day needs of the house and the renters themselves. And just over a decade of rental property ownership later, and after a number of renters had enjoyed our Mustard Seed Ventures' rental home, we sold the property and exercised a 1031 exchange to use our profits to help us purchase our retreat/rental destination in Carlsbad, California. When we look back on our first property management venture, we recognize the significant work and effort we invested, and we celebrate the abundance it helped us accumulate.

We feel passionate and blessed to be using this new property as a retreat destination through the Living Well Now (LWN) foundation.

The LWN foundation is dedicated to both offering and supporting human wellness and educational experiences that expand horizons and cultivate global awareness.

A further intention for the foundation is to scholarship youth and adults so they can participate in mind-expanding travel and educational adventures. We know there are remarkable opportunities that the foundation can provide in offering these adventures for others. Our belief is that individuals who have courage enough to access learning experiences and who are also committed to growth can potentially realize an untold boost in personal development and/or business success. This manifested our first retreat camp.

“We feel passionate and blessed to be using this new property as a retreat destination.”

Health, Balance, Leadership Camp

There was a time when simultaneously, each member of our family was an educator.

We were in classrooms ranging from junior high/high school language arts to high school math and communications to elementary gifted to high school special education to high school yearbook to elementary and high school counseling and administration, and we made a difference. Each of us saw the needs of children from many different vantage points. And we knew there were ways in which we could serve further. As a K–12 educator family, we thoroughly enjoyed guiding children and teens. That interest set us on a new journey to serve in a broader way.

With Aaron's college experience in non-profit enterprises, initiating a summer camp for active high school teens became his focus. And we all jumped in as a family to support the endeavor. We worked with high school administrators for approval and then went about recruiting young people to participate. In particular, we offered camps intended for high school students who weren't learning leadership strategies and social emotional wellness. We could offer workshops on creating a balanced lifestyle while undertaking leadership

opportunities. And for two summers in a row, we sponsored Health, Balance, Leadership Summer Camps in the cool pines of Prescott, Arizona.

Our purpose was to help young people refine their leadership skills while broadly encouraging successful life habits to help navigate their futures. Our staff was committed to modeling healthy and balanced lifestyles while promoting transformative leadership, incorporating integrity with concern for one another.

One student's comments provide some insight into the togetherness that flowed out of those camps:

“Camp was overall a great, eye-opening experience. I really loved how I got an inside look on other people's perspectives on life and being able to become one big family.”

There is power in kindness and wellness in helping kids launch like geese to find support and encouragement as they step into the real world.

Tools of the Trade

So, let's be clear. We didn't do this alone. It's not about the useless adage of pulling yourself up by your bootstraps. Of course, you have to get to work. However, it takes connecting with people, joining a club or a small group, meeting people and launching yourself, and getting beyond any fear that might hold you back.

Find your tribe:

Who are the five people you spend the most time with? They will influence you the most! Choose wisely.

Eat better and concentrate on your health. Find a coach and/or a therapist. Create lasting relationships that inspire you. Seek to learn. Read for inspiration and information.

So, whether working alone or working synergistically with others, ask yourself: What opportunities await? What might we discover if we were to really dig into our souls and then stretch towards new outcomes?



Dream Big: One of those soul moments could lead us to Dream Big. Choosing to pursue big opportunities can be scary. Therefore we must find the courage to step towards our goals! If we don't first believe it, we will never see it. Those action steps towards new opportunities speak to the soul of our entrepreneurial spirit!

Chasing after our dreams while staying centered is critically important. Imagining, while planning, helps put wheels under the wagon; helps promote accomplishments. Once we imagine and plan and get used to that lifestyle, we then are able to become. wake up one day and we are not trying to do anything . . . we are. It's all about taking action toward goals while staying balanced in living.



Dreaming big helped us...

1. Create our Living Well Now network marketing business.
2. Purchase a retreat destination near the beach.
3. Create the LWN Foundation non-profit.

Synergy: One of the reasons we like Stephen Covey is because he speaks and writes about growth possibilities. You will find references to his works throughout this book. In particular, his book *The 7 Habits of Highly Effective People* suggests that $1 + 1 = 3$.

There's probably a graphic of this somewhere. You may think that that is just bad math; however, that is the power of synergy. In educational circles, we used to help facilitate cooperative learning. The power of synergy is in the ways two creative

teammates can create a shared outcome to represent far more than either of them could accomplish alone.

Covey points out that synergy explains why we are able to produce something none of us could produce before or even adding to what each can produce separately. He also stresses that strength lies in differences as long as there is a common vision and principle-centered value system. If we can rally around a goal and/or a purpose, the outcome will be something to look forward to.

Focusing on your new goals and opportunities can make something that feels remotely possible in the future...a reality in the present!

Living life by design, not by default, pays dividends. Choosing to take a risk, face our fear, or just get serious about something we want can create a huge shift in outcomes.

What's your Big Dream? Don't hesitate. Go for it. Pick yourself back up when you stumble. Try again. You've got this!



About the Authors

Living Well Now is a team with vision – in a way – we are a movement of people determined to transform the future of the average family with a focus on wellness, purpose, and abundance. If you're willing to do the work, we are willing to be your support by helping you along the way through our successful system. You can launch & ignite your YL business with duplication, you can choose from our professional development offerings each year, and you can become the person you've always known you could be!

Contact us for more information on buying the complete book or joining us in business at www.livingwellnow.com