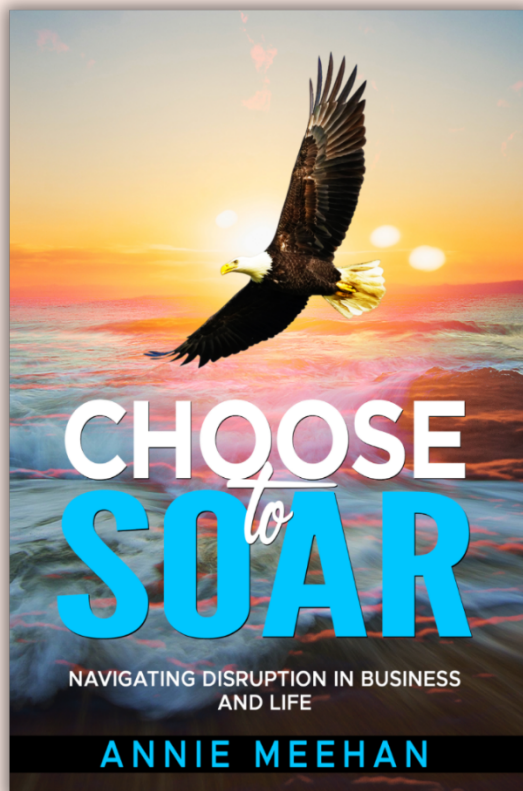


Choosing to Soar

A NAVIGATION GUIDE
FOR BUSINESS & LIFE



ANNIE MEEHAN

AGENDA

Topics

Step 1: Assess to Address ... What's Your Disruption

Step 2: Where are You in Your Storm?

BREAK

Step 3: Timeline to Moving Forward

Step 4: Staying Open to Life Lessons Learned

LUNCH

Step 5: Who Showed Up?

Step 6: Motivated Mindset

BREAK

Step 7: Soaring Above Your Circumstances

Takeaways from the Day

Check-In

Introductions and Check-In Questions

Please share: Your Name/Title/Department/How long you have been with the company?

What do you expect to take away from today's presentation?

What is your favorite food? Why?

How do you feel about being here today, on a scale of 0 to 10?

What is one word that describes a good leader?

STEP 1: ASSESS to ADDRESS

“The interesting thing about storms is they don't get planned or come when you have recovered completely from the last one. They often come in layers, and sometimes you are barely starting to heal from the last storm before the next one hits you... I know when it comes to the loss of a job, a home, your health, or a relationship, it can be a long and maybe even lifelong journey of healing.”

Annie Meehan

How do you define storms and disruptions in your life?

Circle 3-5 storms you or someone you love has gone through.

Professional

Difficult Supervisor / Long Commute / Relocation
Bankruptcy / Job Search / Business Failure / Pink-Slipped
Passed Over for Promotion / No Respect/Invisible / Other

Personal

Car Accident / Illness / Death of Loved One / Job Loss
Affair / Rape-Sexual Assault / Abuse / Divorce / Relocation
Foreclosure / Gambling Addiction / Loss of Pet / Other

Literal

Fire / Hurricane / Wind Storm / Tornado / Drought
Blizzard / Heat Advisory / Climate Change / Earthquake
Tsunami / Cold Advisory / Dust Storm / Other

STEP 1: ASSESS to ADDRESS

Now go back and rate your storms from 1-5, according to the scale below.

Category 1 Ruins Your Day

.....

Category 2 Ruins Your Week

.....

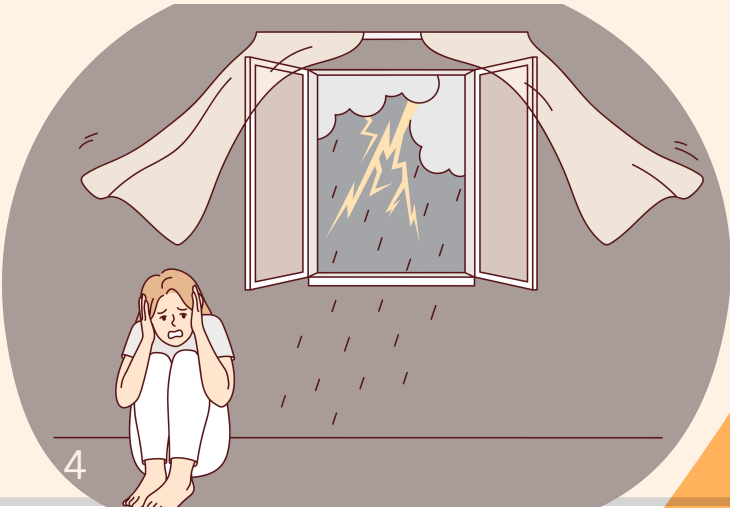
Category 3 Significant impact to your physical, emotional, mental, and/or spiritual life.

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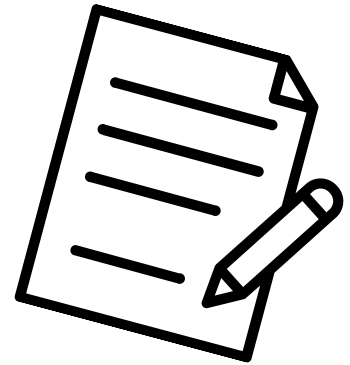
Category 4 Devastating damage to your physical, emotional, mental, and/or spiritual life.

.....

Category 5 Catastrophic damage to your physical, emotional, mental, and/or spiritual life.



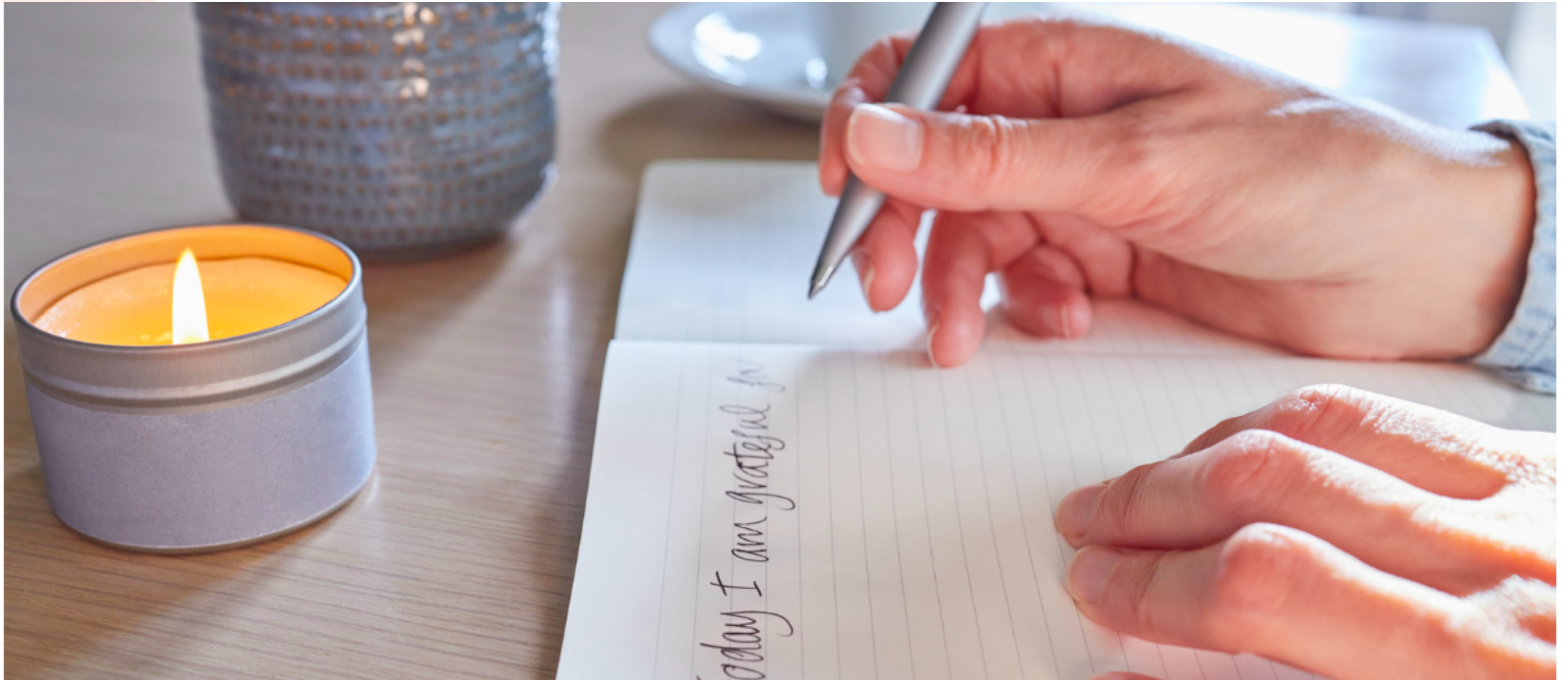
STEP 1: NOTES



STEP 2: Where Are You in Your Storms?

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Stress, Shock, Silence, Sadness, Stuck, Swimming
Stillness ... Slowly move forward



Professional (example)

My Storm Is -- *I got fired from a job.*

My Stuck Is -- *I sat home and gained 20 lbs.*

My Soaring -- *I got a new job that I like better, is more fulfilling, and has opportunity for advancement.*



Now it's your turn. What areas of your life do you need to change?

PROFESSIONAL

Storm ...

Stuck ...

Soaring ...

STEP 2: Where Are You in Your Storms?

PERSONAL
Storm ...

Stuck ...

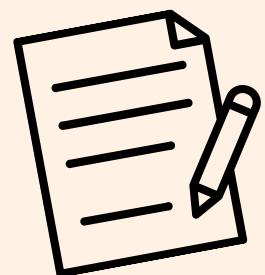
Soaring ..



LITERAL
Storm ...

Stuck ...

Soaring ...



“SOARING is a choice. HOPING is a choice. Choosing to look for the positive is a choice. Somedays, it’s a difficult choice.”

Annie Meehan

STEP 3: TIMELINE

T You are not on anyone else's timeline.



*"If you're not intentional about time, time will
always steal from you."
Annie Meehan*

Change and Healing Take Time

LIFE MAP



STEP 3: TIMELINE

Take your first step
to moving forward



STEP 3: NOTES





Celebrate Your Wins

Finally, when you're in the midst of a Category 5 (or 4 or 3 or 2 or 1), take the time to celebrate your wins.

Took a shower after being in bed for a week because your depression has been bad? Celebrate.

Worked your butt off in your new business and made 1k this month? Celebrate.

Your child attended one AA meeting? Celebrate.

You have a regular paycheck coming in after being laid off during Covid? Celebrate.

You feel healthier and more energetic because you've added more veggies to your daily meals? Celebrate.

STEP 4: STAYING OPEN TO LIFE

LESSONS LEARNED

O *Opportunities to learn lessons*



“The waves bring in gifts. Storms bring gifts. Open your perspective to see both the gifts of the storm and the destruction of the storm.”
- Annie Meehan

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STEP 4: STAYING OPEN TO LIFE

LESSONS LEARNED

What has taken you the longest time to heal?

Who has judged your timetable?

**Do you give yourself grace when it take you
awhile to move on?**

**Do you give yourself permission to be on your
own timetable to heal?**



STEP 5: RELIABLE RELATIONSHIPS



Who can you
count on?

Where did you have a
surprising Angel?



Who has lit your path
in the darkness?

Who has
mentored you?



Who has coached you
on your journey?



STEP 5: RELIABLE RELATIONSHIPS

FAMILY

Who lights your path?
Who was reliable?
How did they support you?
How are you paying it forward?

SPIRITUAL MENTORS

COACHES

Who lights your path?
Who was reliable?
How did they support you?
How are you paying it forward?

OTHER LEADERS

BOSSES

Who lights your path?
Who was reliable?
How did they support you?
How are you paying it forward?

FRIENDS

TEACHERS

Who lights your path?
Who was reliable?
How did they support you?
How are you paying it forward?

NEIGHBORS

OTHERS

STEP 5: NOTES



STEP 6: MOTIVATED MINDSET

What is in your medicine cabinet? Movement, music, laughter, friends?

How do you spend your day?

Do you watch the news?

Do you lead with what's not working in your life, or what is?

How many Eeyore's do you have in your life? Are you one?



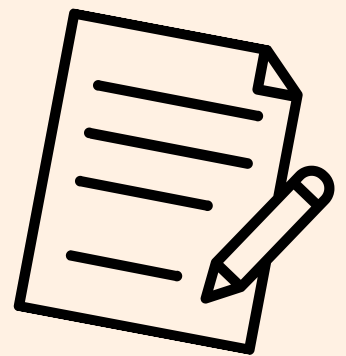
Thanks for Noticin' ...



Step 6: MOTIVATED MINDSET

**What do you turn to first when feeling stressed?
Friends, food, alcohol, work, complaining,
caffeine?**

**Let's fill your medicine cabinet with the good
stuff!**



STEP 6: MOTIVATED MINDSET

Here's what's in ANNIE'S ...

... Medicine Cabinet



**Music, Movement,
Dove Love**



**Writing, Laughter,
Singing, Cooking,
Rom-Com's, Rest**



**Friends, Family,
Faith**



***And sometimes Peanut M&Ms,
Squirt, and Cool Ranch Doritos!***

STEP 6: MOTIVATED MINDSET

What's in YOUR ...

... Medicine Cabinet?



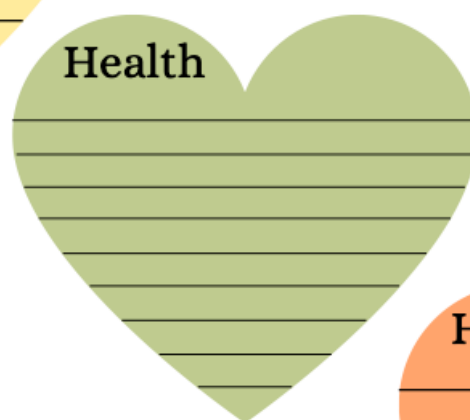
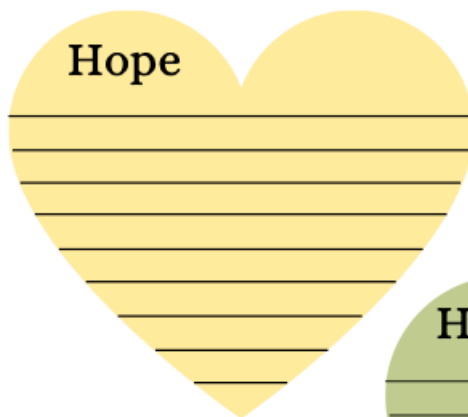
STEP 7: SOARING

Facing the pain and moving forward

Soaring means not saying you're sorry for showing up or taking up space. It's more than just showing up. It's about fulfilling the purpose beyond the pain.

PAIN + PASSION = PURPOSE

Moving your heart from hurting to healed



STEP 7: SOARING

PAIN + PASSION = PURPOSE

What is your pain?

Is it an uncomfortable or traumatic moment in your life?
You get to choose to allow the pain to define you.

I choose to use my pain for good.

The equal sign is where we choose.

What will you choose?



“We all have some pain in our lives, from an inconvenience to a trauma.”

Annie Meehan

WRAP-UP

Share key takeaways from today:

What is one thing you will implement in your life from today's presentation?



“Don’t let your disruption define you.”

Annie Meehan

WRAP-UP

In closing, Annie wants to extend her gratitude and admiration to you for embarking on this transformative journey. She recognizes the courage it requires to move forward, to expose one's vulnerabilities, and to disrupt the conventional courses of life. It is never easy to venture into the unknown, to face your fears, and to embrace change.

However, Annie believes that choosing to soar above circumstances, rather than being swayed by them, is the first step toward genuine self-growth and fulfillment. She hopes that the tools, strategies, and insights provided in today's presentation have empowered you to rise above, to see possibilities where others see obstacles, and to attain new heights of personal and professional success.

To continue your journey and stay connected with Annie, please consider buying her new book, 'Choose to Soar,' available on Amazon, a resource packed with more strategies, insights, and inspirations. For those seeking a more personalized approach to overcoming challenges and accelerating their career path, Annie's one-to-one coaching can be a game-changer.

*Authentically
Annie*

"I hope you choose to soar above your circumstances."

Annie Meehan

Choose to Soar

**May you continue to choose to soar,
embracing each new day with courage,
resilience, and a pursuit for excellence, and
may your journey be filled with learning,
growth, and countless successes.**

Thank you for sharing your day with me.

