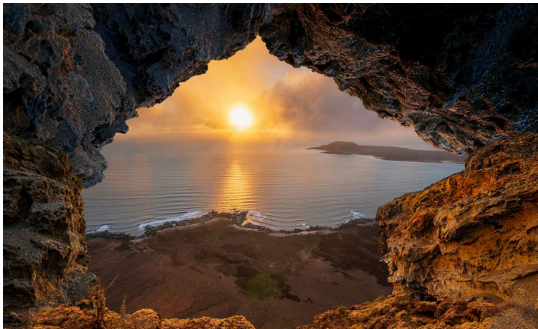


4 Options Outlined

OPTION 1: Dive In & Explore

FOR: Those who prefer to follow their intuition and explore what calls to them



Listen to your intuition and take an exploratory approach to the site. Here are key areas to consider:

Content

TOOLS

Use tools such as Compassionate Curiosity and Complete Acceptance to help support your journey. There are many tools to choose from. The self-discovery tools will help reveal who you truly are.

FUEL

You'll want a sense of vibrancy and resiliency as you Thrive and Awaken. Utilize techniques such as Daily Energy Balancing. Be inspired by members stories of their journey.

VIDEO/ AUDIO BLOGS

Watch Coaching Notes, Deepening Presence® Clips and Conversations with Doug for extra support.

STEPS

There are 4 steps in Surviving to Thriving. Start with Step 1: Recognizing Survival Mode. Steps 5-8 come later and are all 3 day virtual retreats.

Community

Groups: Share your thoughts and questions with members.
Thriving Stories: Inspirational experiences learning to thrive.
Awakening Experiences: We are all uniquely awakening.

Connection with Doug

Doug's Calendar: Sign up for workshops and events
Interact: Send Doug comments, questions, suggestions
Special Topics: Such as "How to Have Balance"

OPTION 2: Beginners & Structured

FOR: Beginners or those wanting a more structured approach



Imagine you're traveling from one side of the country to the other. For a journey like this, you'll need some essentials:

- A map to guide you, with clear **STEPS** along the way
- **TOOLS**—like a car or train—to help you move forward
- **FUEL** for your car, and food/water to keep yourself going
- **COMMUNITY** to support and encourage you during the trip

Structure to Follow

1) TOOLS

Start with the foundational Ground & Breathe tool as it will teach you how to be in this present moment. From there explore Complete Acceptance, Compassionate Curiosity, Meditation, and Mindfulness

2) FUEL

In order to have the resiliency to make changes, we have to be able to support ourselves. Explore the various options under Life Force Energy, especially Daily Energy Balancing to help you evolve more efficiently. Explore the Inspiration section as well to see what it's like to truly Thrive!

3) STEPS ON YOUR JOURNEY

There are 4 steps in Surviving to Thriving. Start with Step 1: Recognizing Survival Mode. Take your time with these lessons so you can integrate them into your life. Steps 5-8 are all virtual retreats with Doug. Take after Steps 1-4.

Community Support

Use these resources while you go through tools, fuel, & steps

GROUPS

There are discussions associated with all the tools, fuel, and steps. Ask questions and make comments to help you with this journey.

DOUG'S CALENDAR

Sign up for Conversations and workshops that Doug is offering. You are welcome to send comments and suggestions as well!

Beginning your Journey

OPTION 3: Experienced Traveler

FOR: Those who have been practicing meditation and want to start incorporating tools along the way



You've started the journey of self-discovery on your own through readings, workshops, or meditation retreats. Now you are ready to take further STEPS in moving from Survival reactions into Thriving Mode.

Start with the Steps

Step 1: Recognizing Survival Mode - You can't make changes unless you recognize what needs to be changed.

Step 2: Holding Environment

Learn to show up for yourself in a loving & supportive way

Step 3: Exploring Thriving Mode

Explore what it means to truly thrive

Step 4: Clearing Reactivity

Recognize your old habits and learn how get unstuck

Steps 5-8: All 3-day virtual retreats on evolving the ego, realizing your true nature, and more!



Supplement with Support

Move back and forth between the steps and these resources

TOOLS

Use tools such as Compassionate Curiosity and Complete Acceptance to help support your journey. There are many tools to pick from. The self-discovery tools will help you discover who you are.

GROUPS

There are discussions associated with all the tools, fuel, and steps. Ask questions and make comments to help you with this journey.

FUEL

You'll want a sense of vibrancy and resiliency as you Thrive and Awaken. Utilize techniques such as Daily Energy Balancing. Be inspired by members stories of their journey.

DOUG'S CALENDAR

Sign up for Conversations and workshops that Doug is offering. You are welcome to send comments and suggestions as well!

OPTION 4: Seasoned Travelers

FOR: Those who have done significant psychological work with regular meditation/energy balancing



You're a seasoned traveler who has done significant work with a therapist or life coach and have regular meditation and energy balancing practices. You have some experience in following other spiritual teachers.

Have you done significant clearing work?

If not, do Steps 1-4 so you're not doing spiritual bypassing.

After reviewing the site, start with the Thriving to Awakening Steps

These 4 steps are all 3 day virtual retreats.

Step 5: Evolving the Ego

Step 6: Realizing Your True Nature

Step 7: Revealing the Illusions

Step 8: Surrendering & Being Awareness

As you go along, integrate the following:

SELF- DISCOVERY TOOLS

Review the following that will be weaved into the retreats:

- What is Conscious Awareness
- Self Inquiry
- Enneagram Dynamics™

LIFE FORCE ENERGY FUEL

Deepen some form of Energy Work such as Tapping, Yoga, Daily Energy Balancing, etc.

COMMUNITY GROUPS

There are discussions associated with all the tools, fuel, and steps. Help support yourself and others

THRIVING/AWAKENING TOOLS

Develop 1 or 2 of these tools such as Reframing or Complete Acceptance before you start Steps 5-8.

INSPIRATION FUEL

Write some of your Awakening Experiences or Thriving Stories to inspire others and fuel yourself for the retreats

DOUG'S CALENDAR

Join Doug in on-line conversations and workshops. Feel free to contribute comments and suggestions

DON'T FORGET THESE TWO AREAS OF THE HOMEPAGE:

1) **The Journey: 3 Interwoven Phases:** this is a breakdown of what Exploring, Thriving and Awakening looks like.

2) **Finding Your Way Around:** This video gives you a brief tour of the site, so you can easily find your way around.