



RISE UP *and Soar!*

How to Get Unstuck, Clarify Your Goals,
and Take Your Life to the Next Level

INSPIRATION
Rising

DAVID TROTTER
Launch Coach



My promise to you...

I'm going to show you that anything is possible in your life with an actionable plan, an experienced coach, and a community that truly cares about your future.

Why are you here today?

1. You feel **STUCK** and can't get traction in some area of your life.
2. You have hopes and dreams you want to fulfill, but you're **OVERWHELMED** and don't know where to start.
3. You're ready for things to **CHANGE**, but you need help figuring out how to make it happen.

Secret #1: Your map is determined by your MIND.

1. We're waiting for just the _____.
2. Our minds are _____ to new ideas or possibilities.
3. We let _____ people hold us back.
4. We want things to be _____.
5. We tell ourselves a _____.
6. We're distracted by anything _____.
7. We're filled with _____.

Inspiration Rising Manifesto

My life has been inspired from the moment of conception. I am whole and complete just as I am. I don't have to do or be anything else to be loved.

This is my true identity.

Embracing my inspired-ness, I am discovering my unique way to bring inspiration to the world. My life story, wiring, and strengths are my super powers, and I am learning to use them with others - for the sake of others.

I have access to all the resources I need to live out my inspiration, and I will be strong and courageous in the face of any challenge.

My inspiration is rising.

3 ways to get unstuck...

1. Identify the lies.
2. Replace the lies with the truth.
3. Anticipate a positive outcome.

Secret #2: Your VISION clarifies your GOALS.

1. We're waiting for just the _____.
2. Our minds are _____ to new ideas or possibilities.
3. We let _____ people hold us back.
4. We want things to be _____.
5. We tell ourselves a _____.
6. We're distracted by anything _____.
7. We're filled with _____.

What is my vision - my preferable future?

I see myself...

I feel...

What is my goal?

I will...

Completion date:

Is my goal specific, measurable, attainable, relevant, and timely?



What are my action steps?

1. _____ / /
2. _____ / /
3. _____ / /
4. _____ / /
5. _____ / /
6. _____ / /
7. _____ / /
8. _____ / /
9. _____ / /
10. _____ / /

Secret #3: You rise up and soar with the support of an experienced COACH and caring COMMUNITY.

Who will walk with me?

Would you like me to help you take your life to the next level by the end of the year?

Option #1

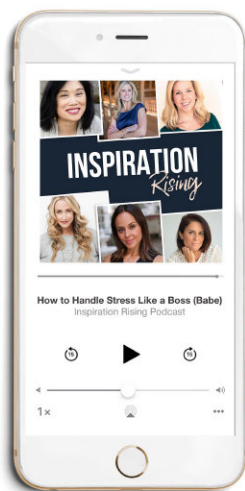
You don't make a plan to get unstuck, clarify your goals, or take action, and you won't make any lasting changes by the end of the year.

Option #2

You commit 100% to developing a vision for your life, setting goals, and making lasting changes using a proven roadmap THIS YEAR.

INSPIRATION *Rising*

Dedicated to inspiring women (and the men who support them) to rise up in life, love, and leadership.



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Enroll in an eight-week online group coaching experience that will help you get unstuck, clarify what you truly desire, embrace your true identity, and develop a solid plan to pursue the desire that has awakened within you. Within 60 days, you'll develop a workable plan to make significant changes in your life.



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