



## Examples of the Quadrants...Get Ready To Fly,

### LIFT:

What do you find uplifting in Your Life? What gives you feeling of freedom, and unreserved joy? What makes life worth living? In the lift quadrant you need to list things like, humor spiritual things or feelings of gratitude. You might include people who inspire or love and care for you, times of just having plain ole fun! Things that give you a boost and no, drinking a red bull does not count. What makes you happy!

### WEIGHT:

Things that weigh you down. Heavy burdens, Thing you are resigned to, Obligations you wish you didn't have. Deadlines that seem impossible to meet. Lingering guilt, resentments. What takes the wind from beneath your wings? Remember your list is private you need not share if you choose. Please list everything perhaps go back two hours later and complete look at it again before emailing me for your results session

### DRAG:

What do you experience in your life as a drag? What holds you back or impedes your progress, or perhaps increase your frustration at every step? Petty conflicts, negative people or interactions. What makes you feel like you have one foot nailed to the floor and can't move?

### THRUST:

Urgency can produce thrust. Urgency gets us into action. What things in your life provide urgency? What gives you a boost? Completing some task can create thrust Completing creates an opening in time. Acknowledging honestly what is not done, brings freedom and in a real sense is a form of completion. Thrust can be produced by being supported by others as well. Who in your life supports you?

## Take A Good Look At Your List



What elements would you adjust in the quadrants?

You are now ready to email me and set up your Free Results Session. You are now ready to take a look at perhaps making some changes to affect the balance of the quadrants, The Audit you just did will help get your plans of getting your body and your life back, of the ground! So email me now and in the subject line put..... **DREAM MAKERS FREE RESULTS SESSION**

[click here now](#)

I will talk with you soon

SOAR!

*Ingo*