



Helpful Tips for Health & Well-Being

August 6, 2015

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Living A Life You Love

Why?

It's Science. It's Biology.
*Loving your life turns on your
immune system, your creativity,
and your intellect.
You can contribute so much to your
healing process.*

Who Am I?

**17 YEARS & 110 DAYS SURVIVOR OF
STAGE 4 PANCREATIC CANCER**



*Also 12 years of coaching,
teaching and researching*

Vision

Starting Point Of All Success

VISION-DRIVEN Life
vs.
CONDITION-DRIVEN Life

DESIGN vs. DEFAULT

YOU CAN HAVE A CONDITION
WITHOUT IT HAVING YOU!

Living Life Full Spectrum

Essential Truths

- *As a human being you have the power to think the way you want to think*
- *Everything is created twice*

You are way more
than you think you are!



*The quality of your life is
determined by the quality of
questions you ask.*

*The most important
question is:*

What would you LOVE?

Law Of Specificity

Defining & Designing Your Dream

What? Yes

How? On Hold



August 6, 2020

- ***BEGIN:***
*“I AM SO HAPPY AND
GRATEFUL NOW THAT...”*
- ***END:***
*“THIS OR SOMETHING
BETTER STILL”*

Law Of Expectation

Partners in Believing

Coaches
Role Models

River Reed Thinking



“I’m not good enough” — Louise Hay

Are Your Ready to Take the Leap?



Law Of Change

Putting On Your Dream

I am the woman or man who...

*The greatest gift is not
achieving your dreams;
it's who you **Become**
in the process.*

Purpose Everlasting:

Sustaining
WELL-BEING
for the
BETTER FOREVER

Get Additional Guidance

www.SustainingWellBeing.com



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Thank you for your participation.

If you have questions about pancreatic cancer,
please contact Patient Central at
(877) 272-6226 or e-mail patientcentral@pancan.org.

www.pancan.org or wagehope.org

