

# Why Exist...When You Can Live...30 Days At A Time!



Join the A.S.P.I.R.E  
Movement and Live!

Several months ago, I watched a TED Talk titled, *“Try Something New for 30 Days,”* by Matt Cutts. During his talk, Matt shared with the audience that several years ago he felt like he was stuck in a rut and decided to try something new for 30 days. Matt makes a great point by saying, *“I guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and give it a shot for the next 30 days.”*

Matt’s video has inspired me to start a movement that will profoundly change people’s lives and help them A.S.P.I.R.E. Let me ask you, *“How do you eat an elephant?”* Yes, I know you already know the answer, *“one bite at a time.”* Why not apply the same concept to your life? So, I ask you, *“How can you create the life you want and deserve?”* Here’s the answer: *“30 days at a time.”*

A.S.P.I.R.E.: What Does It Mean?

**A**chieve **S**ignificant **P**rogress **I**nspiring **R**esults **E**very 30 Days

If you are like me and Matt, you have fallen into a rut where

you feel as if you are “existing” instead of “living.” What do I mean by that? Well, let’s do a quick exercise. Please read the statements below and check all those that apply to you.

1. You know there is greatness inside of you; but you haven’t been able to unlock it.
2. Your life is not as fulfilling as you would like it to be.
3. You are giving those you love 90% of your time, and only allocating 10% for your self-care.
4. You lack the drive, motivation and discipline to accomplish your goals.
5. You are in a relationship that is not growing and has lost its sizzle.
6. There are many things you would like to do, but find yourself procrastinating.
7. Your life lacks balance.
8. Your life has become one big routine, with minimal deviation.
9. Your life lacks spontaneity.
10. Your life is filled with more of the things you don’t want and less of what you really want.
11. It has been awhile since you’ve tried something new and exciting.
12. You are not sure why you are here, why you were created. You desire to discover your divine purpose.
13. You know there’s more, but you are not sure what it is or how to obtain it.
14. You have become stagnant...you are not growing spiritually, personally and/or professionally.
15. You want to utilize your gifts and talents to make a difference in the lives of others; but not sure where to start.
16. You feel that your life lacks meaning and significance.
17. You struggle with planning and setting goals.
18. You plan, but lack the initiative to implement.
19. You feel as if you are existing and not living.
20. You have lost your drive.

If you checked 5 or more of the statements, I have a solution for you...**join the movement!**

#### What You Will Receive When You Join the Movement

- a FREE “Get Ready to A.S.P.I.R.E.” online webinar to provide you with the information, and support to assist in a successful 30-day journey.
- a FREE 31-day email coaching program to inspire you to A.S.P.I.R.E.
- a community of like-minded aspiring individuals to provide accountability and support to ensure your success.
- a platform to share your successes and to inspire others to A.S.P.I.R.E.
- an opportunity to create your best life now!

Just ponder these questions for a moment...

*What would my life look like if I joined the A.S.P.I.R.E. Movement?*

*How would those closest to me be positively impacted?*

*What impact will I have on my family, relationships, community, church and organization as I grow and live a more fulfilling life?*

*How would the world be impacted if thousands of individuals joined the A.S.P.I.R.E. movement?*

OK...one more quick assignment. Please answer YES or NO to the following questions.

Are you interested in...?

1. living a more fulfilling and rewarding life?
2. living a life of purpose with passion?
3. making your vision a reality?
4. developing or eliminating bad habits?
5. establishing successful behaviors?

6. doing something new to enrich and enhance your life?
7. being a part of a movement and community that is aspiring to create and live their best life now?
8. being connected to a community that provides accountability and support to ensure your success?
9. making a difference in the lives of others through the sharing of your accomplishments?
10. achieving success in every area of your life?

If you answered YES to 3 or more statements, then I invite you take this journey with me.

**Accountability + Support = Success!**

I truly believe that if you have accountability and support; you can succeed at anything. When you join the A.S.P.I.R.E. movement, you will be connected to other like-minded individuals that are on the same journey. Like you, there are many others who want to A.S.P.I.R.E. in their:

- Relationships
- Career
- Business
- Health
- Finances
- Spiritual Life
- Etc., etc., etc.

**If you answered YES to any of the questions below, then let's A.S.P.I.R.E together!**

**PLEASE CLICK BELOW TO JOIN THE MOVEMENT AND LET'S GET GOING!**

Within a few days of joining the movement, you will receive a *Welcome* email and an invitation to the "Get Ready to A.S.P.I.R.E" webinar.

We kick off early June!

Always Aspiring,

Rosalynd

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