



GROW THE LIFE YOU WANT

4 SIMPLE STEPS TO GROW THE LIFE YOU'VE ALWAYS LONGED FOR

Our culture is an ocean of activity, a sea of currents driven by career milestones and familial expectations, the waves crashing over our accomplishments with an ever-growing mandate to do more, and be more. So we clutch our coffee, pile into our desks, and tick away the days. We lean into our partners and parent our children, with expectations and dreams of a relationship that most days aren't quite fully met, or even fully formed. *We never stop moving, but where are we going?*

In the increasingly fast-paced currents of our full and busy lives, why is it that we so often feel adrift? Why is it that we feel that our actions have visible results, but no real purpose? Are you slipping under the waves unsure and unfulfilled?

Or maybe, your career is flourishing but your family is floundering, slipping away as you captain your ship? What good does it do to achieve success in your professional life if your closest relationships suffer?

"One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again." Abraham Maslow

WHAT WILL YOU CHOOSE

Close your eyes with me. Now, imagine if you controlled the current, rather than drifting in the wind. Imagine the freedom of a life steered by purposeful growth and forward motion, steady in a wild sea. Imagine how your family would thrive if you and your most significant relationships had confidence, connection, power, and purpose. *What steps would you take for your family to flourish?*

At AG Thrive, we can help. I know how drifting and drowning can feel. I know how hard you've worked to create your extraordinary life, only to feel mired in the ordinary, to drown in the details. And most importantly, I know what it feels like to achieve career success only to see your family slipping away. Just because we've got our head above water, doesn't mean we are harnessing all the power available to help us rise. Without the right tools to steer your way forward, to unlock the mindset, patterns, and routines needed for effective growth and explosive confidence, I know just how hard it can be to close the gap between treading water and maximizing your full potential.

When you and your loved ones fail to thrive, it can feel like a slow death of sorts, this dying of dreams, and all the hard work you do, whether at home or at work, becomes a whirlwind of sound and fury, signifying nothing. *It's exhausting.*

But wait, right now you might be thinking, "I've tried this before." Believe me, I know. Between traditional therapists and the seemingly endless number of life coaches out there touting their plans, the options are overwhelming and potentially flawed. It feels like nothing works, so why even bother trying again? It's easy to

feel defeated. It's easy to look at traditional options like a traditional therapist, a life coach, or a career consultant and be paralyzed by equally good, if inadequate choices.

The good news is, you don't have to choose between a therapist, a coach or a consultant. With AG Thrive, you have all three in one innovative package.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor E. Frankl

DON'T GIVE UP JUST YET

I know you can harness the wind and the waves, steering you towards the life you are capable of, the life of love and success you've always dreamed of.

The 4 Step AG Thrive process creates a unique customizable system for growth consultations and subsequent coaching and planning. Our four steps provide individuals, couples, families, and business leaders with tools, information, insights, accountability, support, and structure. We identify the patterns, beliefs, relationships, and foundational principles that are inhibiting the growth, development, and ultimate fulfillment that we know you can achieve - and then empower you to grow the family, success, love and life you long for.

What sets AG Thrive apart is my highly intuitive and unique blend of traditional therapy, new research-based psychology and strength focused methods, combined with my years of experience in the field of personal and family development. Our methods are fully informed by the science, psychology, process and achievement of growth. We utilize the best elements of traditional therapy to identify negative patterns, connect powerful coaching techniques to create a clear and compelling vision for the future, and finish with innovative consulting methods to provide actionable tools and strategies for success. The result? A unique transformative process to give you a targeted solution capable of producing powerful growth.

4 STEPS TO THRIVE

“New work in psychology and neuroscience is demonstrating the tremendous plasticity of the brain—its capacity to change and even reorganize itself when people put serious labor into developing a set of skills.” Carol Dweck, [Mindset: The New Psychology of Success](#)

Awakening Growth: Step one is an onboarding process, identifying the patterns, beliefs, relationships, feelings, and behaviors that are setting you adrift. Take heart though! We work steadily together to identify your strengths, and the positive values, principles, and priorities at the core of your ideal, authentic self. Then we use those to build the foundation of a growth strategy. Here we begin with vital breakthroughs, inspiring you to build confidence, motivation and vision. *Take a moment now to list some negative patterns that may be inhibiting your growth. How can you change just one negative or unhealthy behavior as you move forward?*

Attitude of Growth: In step two, growth becomes your mindset. Researchers are discovering that it is possible to foster a growth mindset by producing neuroscientific evidence showing the elasticity of the brain and its proven ability to become stronger through effort, new strategies, and reaching out for help when needed. The mind-body connection is profound, and we guide you in harnessing that power to work in your favor. Using our extensive knowledge base, we work with you to establish your psychology of belief and the

attitudes necessary for mental muscle. We offer tremendous resources, brainstorm solutions, and establish the radical commitment and consistency needed to foster an attitude of growth.

Abundant Growth: In the third step, you are able to fully realize how powerful the process can be. Continuing research has shown that even a brief introduction of the growth mindset has a long-term effect on the individuals exposed. Thankfully, we spend some significant time in the maintenance phase, building lasting pathways for success, cataloguing victories and building on the strengths identified in phase one. We carefully map out your life plan, intentionally designing your future around the positive core values, priorities, and principles identified in previous phases. Together we create a powerful and compelling growth plan for your life, family, and relationships, driven by a customized road map you design. Now your course is charted to grow with radical intensity the extraordinary life you were made for.

Authentic Growth: Lastly, in step four, the process becomes internalized, essential for your long-term success. Your drive and desire for growth is organic, and we merely serve to offer you professional accountability and intuitive observations to optimize your experience of thriving. You are at the helm, steady in a wild sea, growing the life you love.

Finally, at AG Thrive, we recognize that sometimes circumstances change. Even after achieving explosive growth, the steadiest vessels can weave a little off course. Our goal for you is to continue to thrive, regardless of what life presents, and we are committed to your present *and* future success. We are a long-term, dynamic resource available for whatever your family may need, whenever they may need it. When you partner with AG Thrive, our relationships last for a lifetime, with the tools, resources, and accountability you need for growth at any age or stage.

“Forget about willpower. It's time for why-power. Your choices are only meaningful when you connect them to your desires and dreams. The wisest and most motivating choices are the ones aligned with that which you identify as your purpose, your core self, and your highest values.” Darren Hardy, [The Compound Effect](#)

TAKE THE NEXT STEP

Intrigued? Call today for your free consultation! We are your trusted source for family growth and we are committed to a transformational experience with extraordinary service satisfaction. At AG Thrive, we will meet your whole family needs for long term success at every stage. Stop drowning and start living!

Or perhaps you are interested but not sure what steps to take next? Subscribe to our newsletter for more on establishing the growth mindset you need to thrive. ***We have the tools you need to see your family flourish.***

“Happiness is neither virtue nor pleasure nor this thing nor that but simply growth, we are happy when we are growing.” William Butler Yeats
