

(RE)DISCOVER *Me*



3 POWERFUL QUESTIONS TO (RE)DISCOVER YOURSELF



DREAM BIG AND TAKE ACTION.

(R E) D I S C O V E R



(R E) D I S C O V E R

the art of (re)discovering

Sarah Andreas

For years I wished for a magic pill that I could take to wake up and know what I was meant to do. That would allow me to move past the stuck feeling I had in my career and feel like I was successful.

I never found the magic pill, but I discovered that embracing and (re)discovering what I was passionate about empowered me to live a life that I LOVE!

Two things are essential to remember about (re)discovery. First, it is a journey. You will rediscover things about yourself that you packed up and left behind, trying to live your life according to others' expectations. You will discover different experiences, hobbies, and passions you never even knew were an option for you.

Second, some emotions will surface as you discover that you stopped doing things that filled you with passion, life, and excitement. There will be emotions when you find something that you never knew existed and that you are meant to have as a part of your full life.

Explore the feelings, honor them, let them go, and explore again. Keep digging until you (re)discover the things that make you wake up and jump out of bed because you are so full of life and excitement.

Keep exploring until you love what you are doing, even when it is hard, challenging, and not working out the way you dreamed and planned. Then live into the rediscovery and mystery of life. Embrace your wholeness, embrace your journey, and welcome your courage to live this fantastic journey.

I started this rediscovery journey by creating a Done List instead of a Bucket List. Anytime I thought I would like to do that... or I wish I could do that... I took action and made that experience happen, then I added it to my Done List.

the art of (re)discovering cont.

I spent time journaling and sitting quietly to connect with my heart, body, and mind. I wanted to understand and make time for myself. I practiced self-care with yoga, meditation, and grounding. I nurtured and encouraged myself, just like I would do for a friend. I became my biggest fan and reminded myself that I was terrific, capable, and worthy.

I learned to live in flow and embrace my journey (even the hard parts).

QUESTIONS TO ASK YOURSELF.

What has been on your bucket list that needs to be on a done list?

When are you going to make time to explore and do something you love?

the art of Dreaming BIG

Sarah Andreas

According to Forbes, "Many women are being told to stay realistic, stop dreaming and get 'their heads out of clouds,' play safe and don't take chances. As a result, the challenges of achieving their dreams can appear so difficult and unrealistic that they start to become less ambitious."

Here is the problem. I don't think people are so blatant about telling women to stay realistic, stop dreaming, or get our heads out of the clouds. It is more subtle messaging. One mentor who I admired often told me that I needed to find contentment. Contentment sounds like a great thing to have... The very definition is what I want in my life "a state of happiness and satisfaction."

Who would not want that... but that is not what he was saying. It was a way of making me feel bad about wanting more, being ambitious, and wanting to live my BIG dreams in both my personal and professional life, wrapped up in a pretty concept of contentment.



And the biggest problem... I bought it for years. I strove for contentment; I beat myself up for not being able to quite grasp it, for not being able to be content on where I was and what I had accomplished, for wanting more.

When I made a move to become an entrepreneur and live my BIG dream...

Do you know what I found?

Contentment... I found pleasure, a state of happiness and satisfaction in living my BIG dreams, leaning into the life I was meant to live. Doing the work, I was meant to do. I beat myself up for years because I could not find it working within and for someone else's dream.

So, how do you (re)discover your BIG dreams? You spend time rewriting your story, and you dream more and rewrite again until you can see your future. I used this question and spent some time answering it, discovering what was right for me.

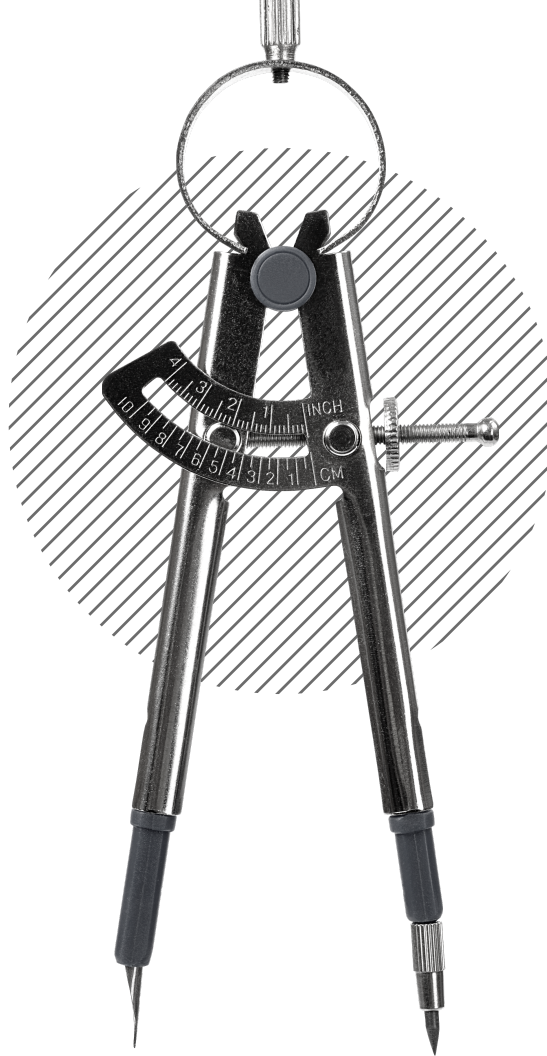
QUESTIONS TO ASK YOURSELF.

If you live your best life personally and professionally five years from now, what would it look like?

Then answer it in detail and reread it and add more details. Write it as if you are already there. In the present tense, add vibrant details. Engage all five senses; really feel it.

Then when you are finished, read it again and start taking action.

T A K E A C T I O N



T A K E A C T I O N

the art of Action

Sarah Andreas

Without action, (re)discovery and BIG dreams are muted. They are like clay waiting to be shaped into a vase or your favorite coffee mug—pretty much a blob of nothing.

With action, the potter moves from a dream or vision to the creation. Once the creation happens, other steps are needed. The same is true with our (re)discovery and the decision to live our BIG dreams.

The decision to live a life that we are in love with, an experience that we are passionate about. Once we have made the decision, we must take action.

I left a career that I loved that I was good at to live my BIG dream. I decided to embrace the challenges to embrace my wholeness, all the parts of my life. That career change was not a two-week decision. It was a five-year journey in which I prepared myself mentally, physically, and financially to begin a new journey.

I started with a list of what needed to happen for my BIG dream to become a reality, and then I began to check the items on that list off. I checked them off one by one, year by year, until I took the final leap into living my BIG dream.

Maybe you already have the list; if not, take the time to create it.

QUESTIONS TO ASK YOURSELF.

What are all the small steps that make up my BIG dream?

After you make list ask yourself, what is my first step?

And **take action**

Embracing your journey
and enjoying your (re)discovery.

An Invitation

You are on a journey of (re)discovery to understand how you want to show up in the world. Who do you want to be? What do you want to do? Sometimes the journey can be a little more comfortable with support.

I offer two programs to help deepen your (re)discovery, plan, and action steps.



1. (RE)Discover ME - This easy to implement method is designed to allow you to explore at your own pace, find your BIG dreams, and take action. The course includes 10 (5-10min) actionable videos taught by Sarah. It includes Sarah's book, Invisible Roots, four symbolic and inspirational note cards to celebrate your newfound freedom from your invisible roots. (Prints painted by Sarah) and an exclusive invitation to Sarah's Signature Program. [Learn More](#)

2. 7 Week Online Signature course: This program is offered four times each year, in January, April, July, & October. You receive an exclusive invitation through the (RE)Discover ME program. The seven-week intensive course is offered on Wednesdays from 11 a.m.- 1 p.m. or 5:30 p.m. -7:30 p.m. EST. All sessions are taught live via Zoom.us by Dr. Sarah Andreas

- Includes three one-on-one coaching sessions (within 60 days of program start)
- The signature course is limited to 12 participants. To be considered for the program, you must complete the (RE)Discover ME program and schedule a one-on-one call with Sarah to discuss your goals and objectives.
- You choose the time that works best for you and remain in that time slot the entire seven weeks.

**WANT TO TALK ABOUT IT? SET UP A 30 MINUTE, FREE, NO-
OBLIGATION CALL WITH SARAH TO EXPLORE YOUR OPTIONS.**

[SCHEDULE YOUR CALL.](#)