



Live Life by Design!

Name: Kathy Bremers _____

Please list any current medications that you are currently taking: **Blood pressure meds and hormone therapy.**

Outcomes

However you came to this questionnaire; know what you are expecting most out of working with me or filling this out. What do you want? What do you want to change, grow, or improve? Is it pain that you want to stop? Or is it a vision that you want to implement?

Answer: To discover what holds me back, causes procrastination and move past it. Dissolve personal insecurities.

Purpose

What is your purpose? Why are you here on this planet? What are you here to do? For whom? Doing what? Be bold – you know you have a purpose – it is time to own it.

Answer: To help others, leave the world a better place through love; art, acts of kindness, express my appreciation of the beauty of nature...there may be more I have not yet discovered as my purpose...

Beliefs

As a minimum of five, your top five Global Empowering beliefs in priority order:

- 1, There is a power/spirit that ties all life form together**
- 2. Gratitude for what is, is key to happiness**
- 3. What we believe drives our behavior**
- 4. Life is not fair but it is more than good enough.**
- 5. People are basically kind and loving, it is painful experiences that cause them to be hateful, harmful and selfish, until I watch the news, it doesn't fit**



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As a minimum of five, your top five Personal Empowering beliefs in priority order:

6. I am loved.
7. There is a 'greater' plan for good in my life.
8. What I need to learn to succeed is always available through education and life lessons
9. I may not be able to control all of my circumstances but I can control my reaction to them.
10. Time spent in nature is a must for mental health

As a minimum of five, your top five Global Disempowering beliefs in priority order:

1. Evil exists
2. My fears are real
3. Life isn't fair
4. It is hard for humans to be honest
- 5.

As a minimum of five, your top five Personal Disempowering beliefs in priority order:

6. I am lazy or lack motivation to accomplish my best consistently.
7. The opinions of others matter
8. I am not going to live long
9. It is hard to be authentically me
- 10.

Values

What are your top 5 "values" in priority order that you want more of... that you want to move towards? Values are those emotions... those qualities of life that measure how you feel about something and what you get from it. Examples might be happiness, love, joy, gratitude, spirituality, health, freedom, etc.

Next, what are the top 5 values in priority order that you want less of... that you don't want in your life anymore? Examples include grief, sadness, anger, frustration, lonely, judgment, hurt, rejection, etc.

Top-five Towards values:

1. Harmony/happiness in my home and family. Peace
2. Living in gratitude
3. Joy to the bone
4. Happiness that causes Laughter
5. Healthy body and mind



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Top-five Away values:

1. Judgement; of myself or myself judging others.
2. Dishonesty
3. Violence globally and locally at every level
4. Addictive behaviors
- 5.

Rules Around Your Values

1. Peace; I have peace when my home and the relationships with my husband and children are happy. I feel at peace when the bills can be paid. I feel at peace when I go to bed tired after a day of work or play. When I have completed work related projects I have postponed.

2. Gratitude washes over me when I start my day counting my blessings. I feel gratitude when in my garden or in nature. I am very grateful for the love from my husband and children/grandchildren

3. I am joyfilled when at play in nature, walking/hiking. I have experienced deep joy with friends working together for a greater good, a fundraiser for an important cause. I feel joy when watching a sunrise or sunset. Birdwatching

4. When I feel low emotionally from being sick or stressed I watch something that makes me laugh. Kid movies or Just for Laughs and Gags. Practical jokes that are harmless make me laugh, my husband is very puny, I love intellectual humor. I love being silly with my children until we are all laughing.

5.

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30-50.

Spiritual/ Religious Beliefs

In a very short paragraph, describe your beliefs. Answer: There is an energy or power that unites all life together. I am uncertain what this should be called and no longer can fit this into any religion. My current spiritual practice is kindness. I was a Pastor of a non-denominational Christian church for ten years. I am a student here on the planet to learn about love.

The “First” Question (of the Power Questions)

1. What question do I ask most constantly? This question will appear virtually every time. Sometimes it is so obvious that you need not ask it, but still, just like a computer, you will run it every time. What is it?



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Answer: Did I do that right?

2. Ponder this question. Where did it come from? Whose program is it really? Were there specific circumstances that brought it into your life and made it even stronger (regardless whether it is less empowering or more)? How did this question come about? (Search for and find its origin – who's "First" Question is it really?)

Answer: Probably from my Grandmother. The message was received that I was lazy. Did not complete tasks that were given to me to her satisfaction. I received the message I did not measure up.

3. This is very important: What do you create when you ask this question? What energy do you generate? Life is about the Law of Attraction. What do you attract into your life? What happens, or more importantly, do you know what can not happen, when you ask this question? (Answer both parts.)

Answer: Insecurity, fear of rejection, the inability to complete the task that needs to be done. OMG, just had an aha moment to my procrastination and now I am crying.

4. What is the positive intention behind this question? For instance, if your question was negative, or implying your glass is half-empty, it might be a protective mechanism from your parents so that you wouldn't be hurt. This can be a bit complicated, but dig – what benefits do you get from constantly asking this question repetitively?

Answer: It may help me avoid feeling judged by others. Part of my mind knows that we all do the best we can on any given day with what we have to work with but I have doubts about myself more than others. I tend to extend more grace to other people than I do to myself in my emotions. There is a disconnect in what I think I believe and how I feel about myself.

5. Now it is time to redesign a new, more powerful question! What "First" Question, if asked, would give you more of what you want, and at the same time, preserve the initial positive intention of your Old You "First" Question? (For example, if you asked, "What is wrong with me?" you could shift to "What is right with me and how will I use that right now to create what I want?" Or, "Why do I always seem to get screwed?" can become "How can I achieve my success right now?" Or, "Why don't they like me?" can become "How do I present the best of me right now in this situation?" Remember, their opinion of you is none of your business, so asking about them has no value – power is about how you show up! What question would set you free from other's opinion of you? Another powerful examples might be, "What more is their to love and



not judge about me right now?” Or, “What lesson am I suppose to be learning?”)

Answer: How can I live empowered and secure in/with myself and my efforts?

Top Five Negative Habits

List the top three to five negative habits you have that if you could change them right now it would give you unstoppable momentum and faith to create even more drive to your greater future? Examples might be: oversleeping, chewing your fingernails, failure to take daily vitamins, failure to drink enough water, procrastinating (be sure to write down specifically what you commonly procrastinate,) etc.

Answer:

Smoking cigarettes, procrastinating doing work and painting, negative self-talk

If you had just one thing...

If you had just one thing, the absolute hardest, most challenging thing, that you believe could never be changed for you... or is extremely challenging to change for you... what is that?

Answer:

To not make mistakes. To be always gentle, kind and wise.

Top five one year goals

List your top five one year goals that you would most like to accomplish in the next twelve months.

1. Be a non-smoker
2. Get the house/bedroom /office in order
3. Establish a work and art schedule/ take lessons
4. Build the patio
5. Travel

The “Wild List©”

Life is about dreaming big. Your top five goals listed above are things that you want to do or you think that you can accomplish. They are your “attainable” goals for the next year. This Wild List is about you think is not attainable. What if you had all the resources that you needed? All the money and time that you wanted? That all you had to do was ask for something and it would appear? This list is about what really makes your heart soar. Dream big. Dream dramatically. If you had everything that you wanted, what would it be? Do the big, Wild List! Make it huge, make it unbelievable. Write more, than list. Don't let your pen leave the paper. Make it a stream of consciousness... What do you want out of life?



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What do you want to have? What do you want to do? Whom do you want to be? **Answer: Take all 18 family members to Greece or Costa Rica, maybe Alaska. Build onto the house or have a bigger house to have office/studio space to paint routinely.**

What is stopping you from having your wild list now? **Answer: finances and motivation**

The Greatest Version of You!

What is the Greatest Version of You (GVOY)? Include your gifts, your strengths, and your talents. Write about what you would say/ think/ feel/ do in your life. On a scale of 1 – 10, where is your life now in relationship to the GVOY? If it is not a high number, why not? What is stopping you from high number? Do you really want to be the GVOY? (Oftentimes, we create neural programs that attach more fear, pain, challenge or negativity to that which we believe we really want – the proverbial overweight person who really does not want to be thin and fit... What is attached to your neural patterns and beliefs around the GVOY?)

First write down this number: GVOY 1- 10? ___8

Now describe the Greatest Version of You: Self assured, loving. Giving, thoughtful, happy, content, wise

What is stopping you from having a higher number?

Answer: Being human, with frailties and failures

Your Top Challenges or Trauma or Most Difficulty Things in Your Life

What have been the top 3 -5 challenges/ worst moments/ most difficult things that have every happened to you in your life? Was it good or bad that it happened, and please be realistic – you probably know that it is better to say, “oh it is a good thing, blah, blah, blah.... But for many people, it was not a good thing... they don’t feel good about it. Be honest. Be deep. Why was this a good or bad thing? What did you learn from it? That life sucks, trauma hurts? Did you learn that you are strong, resilient? What is your real truth about these events?

1. Two of my children being molested. It came at a time when my 17 year old son became a father. It was horrible. We learned how to find the help we needed to begin healing, it was by a trusted neighbor



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and we did not find out until the neighbor died.

2. Being abducted and raped by two men when I was pregnant with my first born. To listen to my intuition/gut feelings about situations.

3. Living with my then husband of 25 years who in my opinion has personality disorders. It was challenging. I learned many communication skills, utilized counseling, I discovered many personal strengths and have fabulous children.

4.

5.

Family “Sayings”

List those important sayings or constant messages in your life, again, good and bad, that you remember most about growing up. They could include things like, “it doesn’t matter how strong or fast you are, it matters how hard you work,” or “be careful of people, they will always try to cheat you,” or they can even be funny – “always wear clean underwear, you never know when you will be in an accident!” Pick the top 5 that you think empowered you and helped you create success in life.

1. If you wonder if you have completed a job satisfactorily, because you wonder that tells you the job is not complete or as good as it could be.

2. Love begets love.

3. There is larceny in every heart.

4. You can’t out give God.

5.

Also list at least three (more if they are easy to remember) that you feel were warnings about life, warnings about you or to you, or in general, didn’t add value to your life but in reality, created some of the challenges that you have wrestled with in life.

1. You would have that done already if you weren’t so lazy (from Grandmother)

2. Cleanliness is next to Godliness

3. You will never be good enough

4. There is a right and wrong way to do everything

5. A place for everything and everything in its place

Your Biography

At a minimum, take at least one to three pages and highlight your life: the highs, the lows, the in-betweens.... Tell me about your life. Be sure to include the richness that was your early family life. Balance the good with the bad, the half-full with the half empty. Even if you think that you have done a ton of work, and certain facts and experiences no longer influence you, please list the major events and



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data points that were pivotal throughout your life. I can't emphasize the importance of this section.

Again, write more than less, enjoy it, and write what you want and what you need to describe your life. Don't edit it; make it a stream of consciousness.

Answer: It is a long story. 😊

Born in Illinois, our family consisted of Mom, Dad, and my two brothers. We were each two years apart. We lived in the country. I remember my childhood as very happy, many long days outside playing with my brothers. Grandma and Grandpa were very much in our lives. Sunday school and dinners at the Grandparents every week. I recall my father usually having two jobs, very hard working, he did a lot of physical labor and that changed to being in management as the years went on. Time spent with him, on his lap eating cheese and crackers after his day at work, some of the sweetest times. I was his "little tootsie" I knew he loved me deeply. Mom worked part time, mostly always retail. She was beautiful and creative, kind in her mothering. Grandma would babysit when mom worked. Grandma was stern, there was a right way to do things in her mind. I can remember the feeling of never being good enough for her. My brothers and I would scheme at ways to survive her times with us. Oddly she also was an excellent cook, sewed many of my clothes that I liked but hated standing still for the fittings. I was a bit of a tom-boy, never enough of a lady for Grandma. Mom and Dad were okay with me being rough and tumble but did not really take my defense in Grandma's judgement of me. We moved to Colorado when I was 10 years old, a year after my Grandfather died. Grandpa was tall, kind and gentle. Two years after we moved to Colorado a younger brother was born. He had medical problems, surgery on his skull at age 2 months. Grandma also moved to Colorado shortly after our family did. I recall providing a lot of the care for my youngest brother when he was an infant and enjoyed it. Mom worked nights, Dad traveled for work, Grandma was around. When Grandma was not around we were pretty wild. In today's world social services probably would have been called in. I was not popular in school but had some neighborhood friends. We moved as a family to Indiana at the beginning of my 7th grade. Mom hated it. It was like going back in time as far as women's place in society and she felt out of place. Mom brought us four children back to Colorado for the summer as we still had our home here that had been rented out. Only my oldest brother returned in the fall to live with Dad. That was the beginning of their divorce. Grandma was merciless about my Dad, I did not hold my tongue in defense about my Dad. It was a very difficult time. I babysat my youngest brother as mom worked nights as a waitress, Grandma would usually be there after school until bedtime. There was not a lot of happiness in our home during this period. Mom remarried, a real jerk who had taken her skiing, she broke her leg in three places. I think he felt guilty and she felt desperate financially. His communication skills were about shaming and blaming. My youngest brother suffered the most from his rather abusive badgering. I was 14 years old or so and found it very hard to accept him. I saved money so I could go visit my father in Indiana twice a year. He had remarried a woman with five children. Times with the whole family there were great times. At 15 I started experimenting with sex, drugs and rock-n-roll. I was absent from school as much as I was there. I talked my way out of most any trouble I got into, excuses of being so sad about my home life worked well. I had become proficient at telling stories to cover my tracks. I remember an acid trip that changed everything. A light went on in me to be true to myself, give up the lies and speak my truth. It did not bode well with step-dad or Grandma when I spoke what was the truth for me. My brother and I, two years younger than I, had the close ties to each other in the family, we still do. As adults we live within 5



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minutes of each other, not planned but how it is. Serendipity? I moved out and in with my boyfriend shortly after high school graduation. Glad to escape the unhappiness at home. This created a problem of it's own. Living out of wed lock was still a big taboo and Mom would not speak to me for months. I don't remember how that healing took place but it did. (We became good friends after many years and she was supportive as years went on). I enrolled in community college after high school but only attended a few sessions.

I worked two jobs most of the next few years to make ends meet but also enjoyed working retail and waitressing mostly.

My boyfriend out of high school and I had an off and on live in live out relationship. He had problems making a commitment. When I became pregnant he was out the door one more time. At about four months into my pregnancy one cold snowy night I was walking to his apartment, too snowy to drive, I was abducted by two men, held for 8 hours and raped. It amazes me I can write about this now with little emotion or attachment, evidence of healing and hard work to get here. It was a hard time, I lived in fear of my own shadow. My boyfriend came back home to help me and we tried one more time to make things work. He was involved with 'speed', and was angry most of the time. My son was born 7 weeks early that was hard. That was nearly 40 years ago and a premi babies chances were not as good. But he was healthy and strong, a fighter. It was so hard to leave him in the hospital for two weeks right after his birth, before he was strong enough to leave the hospital. My water had had broken two weeks before delivery and after delivery I came down with a pelvic infection, sicker than I had ever been. Very high fevers, it was during that week, my baby in the hospital myself very ill and one of my step brothers killed himself. He and I were close, called each other honey, I loved him dearly and could not, due to my own circumstances, join the family for services in Indiana. Hard times for sure.

Sometime during the next year or so mom divorced the jerk. My youngest brother by then was quite troubled.

My middle brother was around and we would see each other socially. My oldest brother had moved to Miami with his wife.

When my son was about 4 months old I told my boyfriend to move out. He was there only out of obligation, I knew I could do it on my own and we did pretty well. Those really still and are some of the sweetest times of my life as a single mother. I was not content with out a partner, in hind sight I do wonder what life would have been like had I remained single. I started searching for the meaning of life. It couldn't be just to live through hardships. I started going to different churches, seeking some kind of spiritual meaning. That was interesting. I was always the one who would let the Jehovah's Witness folks in the door as a pre-teen to hear what they had to say. Went to youth Christian summer camp. I had a curious nature about spiritual things. I came upon an old fashioned holiness church, it was like entering outer space hearing people pray out loud, women in long dresses... I gave up my hippie ways and was embraced as a young single mom searching for God. The Pastor was a loving father figure, we did have a connection in the heart. The church helped me in many ways. My family were all concerned I had fallen into a cult. By todays definition it probably fits. Fanatic for sure. It likely saved my life not just the spiritual salvation that was offered. I still had a lot of fear from the rape and having a church to pray for me and offer physical support was a comfort. I soon after moved to a small mountain town to help the Pastor's son and family run their little church helping with Sunday school etc. I rented a cabin for \$40. A month, hauled water, learned how to split my own wood and cook on a wood burning stove. The town was only about 125 people. It was a fresh start, simple, focused on God. I mended blue jeans and sewed



curtains for locals to make the money required. I became fast friends with another single mom. Drifted from the stringent teachings of the church but continued seeking Christianity through personal Bible study and prayer. I did not have a car and could walk to the local store for groceries. We had a red wagon for wheels. My expenses were minimal for the two of us. We spent our days outside and learned about living in the mountains. I was soon in a relationship with a man who I would be married to for 25 years. I became involved in the towns politics as town counsel, Mayor, clerk, bookkeeper, librarian. Started a childrens program that ran in the summers offering poetry and reading classes, had ballet barres put in the old town hall and held dance classes for children. They were busy years full of ups and downs. When I married we each had one child and had three more together. He worked sporadically through the years, mostly not. Our home was rustic, many winters without running water due to frozen pipes. Snow would close our road so lots of hiking and hauling. There is much I look back on fondly. There was beauty on every trail hiked. Charming life but hard. It is a place that allowed me to discover my gifts and talents. A place that one of the tongue in cheek sayings is 'where women work and men don't'. There is a great deal of pot smoked, it is a priority for the men especially. But it seemed like a wholesome place with clean water and fresh air, probably a type of freedom not found in many places. The Pastor and his family in the little town moved on. I kept Sunday school going and held church services that in the beginning were just a handful of folks coming together to sing hymns. As time went on someone died, there was no one to do a service so I said 'I could do that' and proceeded to do memorial services for many people. As time went on I got called on to do weddings, memorials, baptisms...The small group of folks that gathered decided to ordain me which was within the rights of a church by Colorado law, so I was ordained. Over the ten years pastoring I had the privilege to counsel many families beyond the community. There was a mortuary that would call on me from time to time to do a service for someone without a church affiliation. Those experiences were powerful, wonderful, sweet and sad but always a privilege. I officiated at 40 or so services, I also got called on to do weddings. Amazing memories.

My pregnancies were difficult, we experienced four miscarriages but also had three healthy children. Pregnancy meant bed rest from between 12 to 8 weeks. It was during the last 8 weeks of my youngest child's pregnancy that a neighbor helped out with my other children 6 and 4 years old. He was sexually molesting them, this was not discovered until after this man was found dead (cause unknown) and oddly one of the church goers I worked with was dealing with his own abuse in early childhood and in searching for ways to support him, learning, I recognized the symptoms in my daughter. I thought I would die with having found out what had been going on with someone we had trusted. The next year was so hard. During this time my oldest son 17 years old and girlfriend were pregnant. Our vehicle was in a rollover accident, no one injured, on snowy roads leaving us without a vehicle, a bit stranded for sure. I started having phone counseling with a wonderful giving counselor, we traded cooking for phone counseling, I thought I would die under the stress of it all. We were able to find help to heal through the Kemp Center in Denver, more learning, always seeking spiritual healing. I turned to organized church again. Was acknowledged as a woman Pastor although the evangelical church we associated with did not believe in women in leadership roles. It was believed God had called me to a hard to reach place. I participated in Pastor's prayer groups that had never allowed a woman before. Interesting times. It was too hard for my husband to be in the shadow of my success. Whether when I was the Mayor and won statewide awards or to be seen as a leader of men that did not really believe in women as spiritual leaders. I stepped down from leadership to try to have a happy home. Of course that wasn't the answer.



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It wasn't what made him unhappy, that is within himself and would not bring him happiness no matter what I did. He was unhappy in side of himself. We struggled financially, in my search for understanding and knowledge, counseling I came to believe my husband fit the diagnosis of having a personality disorder. I walked on egg shells for years, made the most of the positives and built on the best. I worked, home schooled my kids and participated less in government because my success in whatever I did and I have always experienced success and been appreciated was threatening to him. During the homeschooling years I had a cleaning business. At the peak of the business I had 3 employees and 40 homes that we cleaned. My kids were amazing at being self directed learners, except my youngest. I needed help. I enrolled them in a small Christian school. I could drop them off go clean houses pick them up home and take care of what needed to happen. We often left the house in the morning to their dad ranting, we would make it to the car nearly in tears and pray for him. How and why we survived I believed it was the right thing to stay and work it out. After a couple years at the private school they were enrolled in Public school, the Principal liked having me in the building she said and had me apply for the Talented and Gifted/Student Assistant Center Coordinator. Hired on at my childrens new school where my oldest child had attended was an opportunity for all of us. The kids and I got involved in the theater and music department. I was the assistant director for the musicals and did costume design. Fun, fun, fun. I have kept at it 14 years now. Dad/husband wounded at being abandoned by his family. Oofta. My youngest struggled in school. I began learning about kids who are talented and gifted with learning disabilities. He has since forgiven me for all the testing and labels that were placed on him. He never fit in the box of a school with four walls. In 4th grade he had nearly a photographic memory, read at college level and could not sit still in class. He was not disruptive, he would just wander the room. Such an interesting combination of love, ability and what was labeled disability in the classroom setting. He eventually went to an alternative high school after we tried private tutors. When he graduated his main teacher told me he is not sure he ever taught him anything he did not already know. Thankfully he has survived the wounds of his public education just fine. He is a blacksmith and professional bud trimmer, it's Colorado. My children are my pride and joy!!! The love we share as adults my biggest blessing. Whatever, where ever my path has taken me I generally did not have the background or education to do the work in front of me but searched to find it as needed. The job at the high school for the TAG program I was not qualified for but began attending seminars and reading, researching. As Mayor and needing to know how to run a municipal water system I learned what was needed to do the job. I marvel at the opportunities I have had. After a few years at the high school our local doctor was breaking away from the clinic he was a part of and recruited me to help him open his own practice. So I learned how to run a medical practice. When he sold his practice the next doctor kept me as his office manager, I figured it out. During the job with the doctor my marriage became intolerable shortly after my mothers death, I had no reserves for the crap. I came home after working a weekend at the Merchants Mart for my sister-in-law to my husband having moved me out of our bedroom and giving me a pamphlet on how to become an affectionate wife. Mom had died maybe 5 weeks earlier. That was the last straw. It was unfortunately played out in front of my sons. My daughter had moved out and on her own a year earlier now expecting her first child. I left, knowing I would be okay, what I would do or how unknown but I had survived and would be fine. I checked in to a nice hotel for a night and regrouped in the morning. For the next couple of years I lived in a small cabin owned by the church the next town over that had a place for my youngest son and myself. My older son in his senior year of high school stayed with his Dad. He had by then felt a responsibility to take care of him. Now 11 years out



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from the divorce I can happily say that all of the kids, now adults, have learned there is no pleasing Dad. They all love him but have learned to set needed boundaries. During the early months after the divorce I began attending a womens watercolor painting class. My desire at the time was to be surrounded by wisdom. Here I was surrounded by women all in their 80's sharing their knowledge and loving me. I have since had some success with selling my artwork and teaching others to paint, children and adults. My oldest son struggles with alcohol addiction. There were a couple years after the young children had been molested that his child lived with us and for two years I did not know where my son was. He had gotten involved with meth. He is one of the few to live through his experience with meth. He is now married and has 3 daughters. I recently visited him to encourage his sobriety and share the deep love we have for each other. My daughter is my hero. About 4 years ago I collapsed from ischemic colitis. Her son found me, then 6 years old, called out to her and she spent the next several months taking care of me. My other son is a Nuclear Electrician in the Navy with a wife and daughter. He is amazing, born an old soul full of love. Currently I have been married for one year, in December I gave up a job I had teaching at a local nature center to pursue painting full time. In January there was an ad for the administrative assistant for the local fire department. The application deadline was the next day, it sounded like I had the experience with government and medical background so I threw together my resume. Out of 48 local people to apply and interview I was hired for the position. Like it was meant to be. My greatest qualification is I am willing to learn and not afraid to take on doing what I do not know how to do. The job has very little supervision and I find myself learning several computer programs... not doing the painting I was thinking I would be doing but being in an awesome organization of extraordinary people. All volunteer firefighters and me. I struggle to find the motivation to stay ahead of the job. I procrastinate, perhaps as identified in one of the questions above out of fear of failure or doing it wrong but that does not really fit well with the rest of my life. It appears I have been strong and courageous throughout my life as I reflect on this journey, rather privileged to have been able to do what I have done. There is so much not included in this writing but it has been a long full life. Tidbits left out my mother and I became quite close, good friends. My Father died during the end of my third childs pregnancy and I could not go be with him near the end of his life or gather with family when he died. I did however spend a month with him 9 months before he died. I have been blessed with friendship through the years. A hand full of people to trust and grow up and now old with. I have a loving husband, we live in the mountains in a lovely and humble home. I love to garden and hike, spend time with my children and grandchildren. I have a new community to get to know people and only live 20 minutes from the community I have been a part of for 30 years. There have been struggles, I survived and thrived. My current spiritual path is to be kind, there are too many ways I can see the destruction that religions have caused, perhaps, more harm than good. I am fairly political and definitely left of center believing in dignity for all humans.

(This is important – include a digital photo of yourself – even we have met.)

Also, please add in a picture of yourself as a child. Around age 4 or 5 is best if you have one.



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Please also attach any documentation that you wish based on what you wish to work on. It might be prior personality tests, or a business plan, or past vision documents that you have written. I am trying to discover all that I can, at the deepest level, about what and how and why you tick. Add anything that you feel will be helpful to articulate the whole YOU in a more detailed fashion.

Calibration Questions:

(On a scale of 1 – 10, please rate the following four questions. Please add any verbiage you like after those four questions)

- ▶ How magical, powerful, and extraordinary you are: After reviewing my life on this page I have to say I am a 10, yet I do not live in that awareness in my everyday life. My life has been magic filled!
- ▶ **ALL** results begin with a thought: 10, I suppose the thought is/has been for me... 'I can do that'
- ▶ Emotions catalyze the power of the thought: I would have thought it was beliefs that catalyze, perhaps this is the missing link for me to grasp how my emotions play this role? I thought my emotions come from my beliefs about a situation and I can change what I believe therefore affecting my emotions. ?___
- ▶ The Law of Attraction: _10, I believe it but do not have my thoughts mastered. I have trouble with this belief/philosophy when I look at the world. In war zones, are all people there really creating war? I don't think so. I remember thinking/wondering when I was 10 years old 'how is it I was so lucky to be born not in poverty, when others had so much less that seems out of their control completely?'___ (as defined in the movie The Secret, Esther Hicks books, or any number of sources. In essence, the Law is: "*What you think and what you focus on is what you get.*")

Any further verbiage: Thanks for this opportunity.

Now, fill in the blank:

- ▶ **ALL** humans have _unending potential. My thoughts finish that with as long as there is life there is hope.
- ▶ 90% of the game is showing up and doing your best.



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