



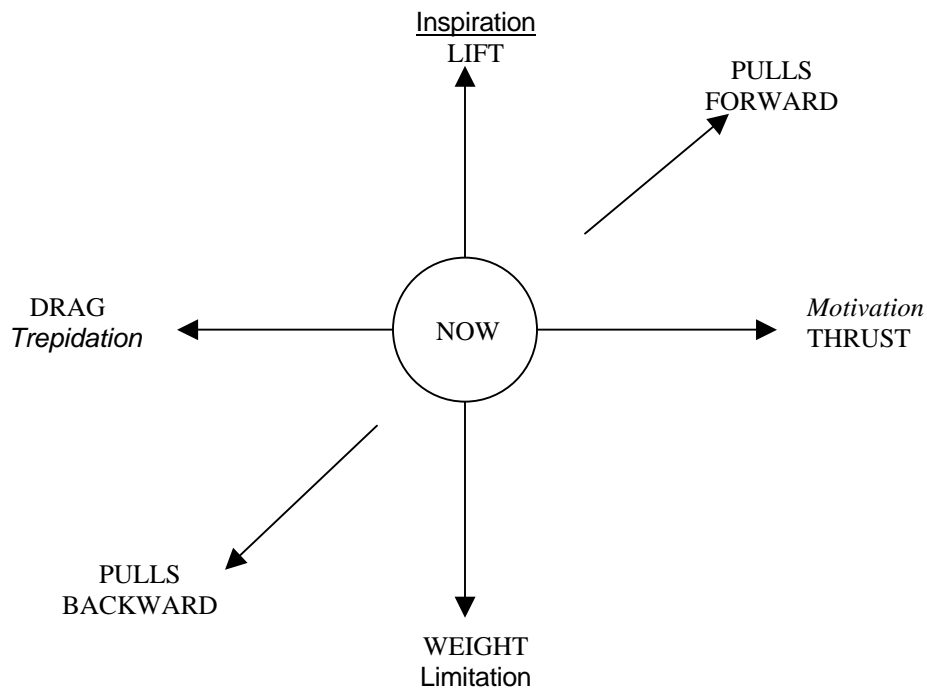
Life in Flight

This simple model, created by Lloyd Raines, provides a powerful way to see where you stand in relation to making positive change in your life. Imagine yourself in the center circle labeled NOW. To actually pull forward from NOW, you need both Motivation and Inspiration AND you need to minimize Limitation and Trepidation. A simple equation to flight!

The next time you feel stuck, ask yourself:

1. What is restricting me?
2. What am I afraid will happen?
3. What is exciting and fun about this?
4. What will keep me interested and working hard?

Life In Flight: Four Forces That Shape Our Paths



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