

ALIGNING WHO  
YOU BE WITH  
WHAT YOU DO



A MIND BODY APPROACH TO  
**BUSINESS  
GROWTH**

**Story found** inside Apprenticeship to Legacy as the consistent thread that runs through it all.

**Audience found** inside Life Lessons 1-5

**Solution pulled** from all 5 Life Lessons

**Value Proposition** emerges out of Solution

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**SHANNON  
EASTMAN**