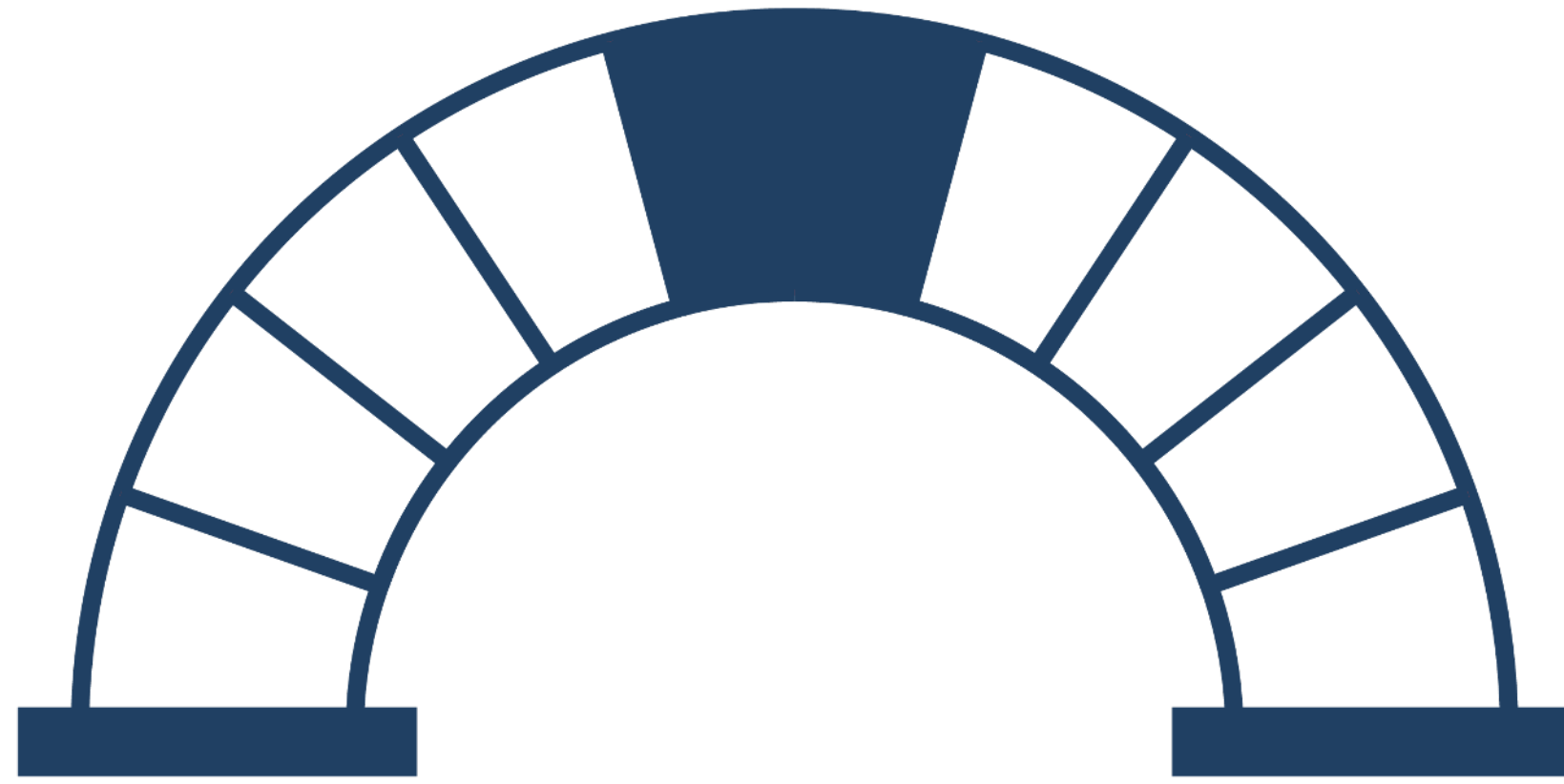


THE ARCH

A Framework for Leadership and life



Your life is an arch. Build it strong for yourself and for those you lead.

Prioritize Your Stones with LOVE

LOVED ONES: The most important loved ones in your life should be at the top of your arch. These include spouses, significant others, children, parents, siblings, and other members of your immediate and extended family. *Family is king.*

OTHER IMPORTANT PEOPLE: These include mentors and friends. They have your best interest at heart. They listen, guide, and offer constructive feedback. They always bring a smile to your face and a warm feeling to your heart. They support you, push you, and watch your six.

VALUE: These people and things add further value and comfort to your life: your job, house, transportation, vacations, and entertainment, neighbors, fellow volunteers, a pastor, counselor, fellow support group members, clients, and close work colleagues.

EDUCATION: Seek opportunities for personal development and growth. Make time for hobbies and an exercise regimen. Read, watch educational videos, learn a new language, learn how to dance, attend training courses, teach, pray, or meditate. These activities keep you curious about yourself and others.

FREE

Five Arch Presentation Videos
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