



Your Life
Passion & Vision:



Five Roadblocks to
a Successful Future

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What's Keeping You From Achieving Everything You Want In Life?

In our practice and outside it, we have met talented, bright, articulate people just like you who should be conquering the world. Instead, they're second guessing themselves, running scared, procrastinating, awaiting God's audible voice or the stars to align perfectly. Reacting, instead of responding, to each of the obstacles they face, squashing their dreams. Each and every one of us has been created for a purpose. Each and every one of us has been given the tools to begin achieving. The key is to do just that - begin where you are! In this small book, we will address five of the most common roadblocks to a life that ought to be filled-to-the-brim with God-Given possibility, purpose and productivity.

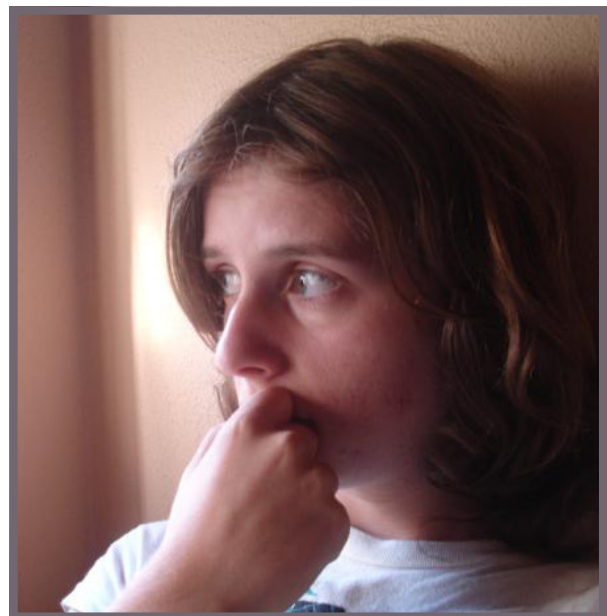
Roadblock #1: Fear

Marianne Williamson's epic ode to possibility says it all:

"My deepest fear is not that I am inadequate. My deepest fear is that I am powerful beyond measure. It is my light, not my darkness, that most frightens me. I ask myself, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who am I not to be? I am a child of God. My playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around me. I am meant to shine, as children do. I was born to make manifest the glory of God that is within me. It's not just in me; it's in everyone. And as I let my light shine, I unconsciously give other people permission to do the same. As I am liberated from my own fear, my presence automatically liberates others."

Common Fears that Extinguish Vision and Purpose

Fear can be a powerful, crippling state that keeps you in submission. Fear comes in so many forms, it's impossible to capture all its lies and abuses. In the next few paragraphs we'll



spotlight examples of its destructive power and show how a mindset of fear binds you to "status quo" reactions and responses.

Fear has a vicious voice, dedicated to confusing or paralyzing its victim each time it speaks. In most cases, the voice of fear is false and misleading. A helpful acronym for inappropriate fear is this: False Evidence Appearing Real (F.E.A.R.). Its core strategy is to keep you in bondage to it, to prevent you from becoming all you can be.

Has fear ever challenged you in the following ways?

1. Fear of what people might think or say about you or your family? Fear can cause you to hide your light and life lessons from others. It can also keep you from challenging yourself to squarely face and conquer whatever it is in your circumstance that keeps you from the success that God has placed before you to win.

2. Fear that whispers, “You’re not good enough, strong enough, attractive enough, smart enough...” The list is endless – and simply false!

3. Fear that tells you, “You don’t deserve anything or anyone good, special, nice or important in your life.” As a child of God, you deserve every good thing that His kingdom offers, including peace that passes all understanding and release from the bondage of F.E.A.R.

4. Fear of the future and what it holds. The Bible assures us: ‘For I know the plans I have for you,’ saith the Lord. “Plans to prosper you and not to harm you; plans to give you hope and a future.” (Jeremiah 29:11)

5. Fear of lack - lack of resources, talents, skills, time and energy. Each of us has 24 hours, each and every day, to pursue goals. Have others done what you want to do? They have the same number of hours you do, not a millisecond more. Does F.E.A.R. ever try to convince you that you’ll never have enough of whatever it takes to allow God to bless you?

6. Fear of change. Change is inevitable. Getting from first to second base takes changing from foot to foot and from breath to breath. “A journey of a thousand miles begins with a single step.” Often taking just a few small steps is all that’s required of you to align yourself with your God-given potential to succeed.

7. Fear of dreaming too big. As Marianne Williamson so brilliantly reminds us, “playing

small does not serve the earth.” If you aim for the stars and miss, you don’t fail. Instead, you’ll likely find a beautiful cloud to call home, or you’ll learn how to adjust your aim so that the next time you try, you’ll reach a star! Barbara J. Winter puts it this way: “When you come to the edge of all you know, and are about to step off into the darkness of the unknown, faith is knowing that one of two things will happen: There will be something solid to stand on – or you will be taught how to fly!



Fears are so prevalent in human beings that hundreds of clinical names have been devised to describe them, from Achluphobia (fear of darkness) to Zoophobia (fear of animals).

As you look at your life and at what you want, fear has the potential to blind and paralyze you, keeping you from achieving your God-given potential.

As the Director and Founder of **Nurturing Life Concepts, LLC**, I have shared publicly that

fear crippled me for a long time. When I was in high school (a very long time ago) I was so shy, I almost never spoke. And in undergraduate college I had a difficult time doing oral reports. My voice would crack and my body would visibly shake from the fear and stress I felt. After college, something changed. I decided I could no longer be an unwilling captive of knee-knocking, goal-crippling fear. I became frustrated with other people, who were profiting from my best ideas simply because I was too afraid to create a plan to activate them myself. My God-given aptitude as a visionary and successful entrepreneur was being diverted, day by day, by fear.

Then one day, I decided enough was enough! I began a series of life-enhancing efforts which have given me tremendous joy and peace about who I am and what I can accomplish. My reliance on God - in putting



into action the talents, skills, resources and strengths He has divinely bestowed on me - has transformed me. I've conquered my fears, run successful businesses, authored numerous articles, and I regularly make presentations at large functions. I teach at a local university and never turn down a challenge. Whenever I recognize the all-too-familiar feeling of fear rising up inside, I immediately go to work on the challenge that wants to defeat me, and I defeat it, instead!

I'll be the first to tell you that conquering your fear is not easy, but it's worth it. Conquering fear is where real blessings begin. I'll also tell you that my victory against fear didn't come overnight. It took time and small, incremental steps to reach the place I am now. I started my battle against fear by doing one small thing a week that scared me. By doing this I embarked on a journey that has changed my life and allowed me to realize my God-given life's purpose with a clear vision.

My practice, **Nurturing Life Concepts, LLC**, can help you achieve victory over your fears, too. We'll encourage you to start small, be safe and sensible, and to do something every week that counteracts the fear that has been holding you down.

Remember: "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." - 2 Timothy 1:7

Reason Two: Consequence Amnesia

Another big vision killer is moving through life without considering the long-term consequences of the actions you take. Here's the reality: Every choice you make and every action you take creates a consequence - good or bad - in your life. Let's take a look at two common issues - finances and weight loss - and break them down to reveal an unambiguous picture of what consequence amnesia produces:

- **Finance amnesia.** You have a heart-felt desire to retire from your job at age sixty. The plan: Spend lots of time after sixty volunteering and helping those in need.
- **Reality check.** Your heart is in the right place and the goal is reasonable. But here's the rub: You never get around to creating the budget or the saving plan it takes to reach the goal, nor do you consult with a specialist about retirement planning. So when you're presented with an invitation to go on a cruise with friends, your vision of enjoying a two-week vacation abroad becomes more compelling than does your goal of retiring in twenty years with enough financial cushion to make your senior years stress-free and filled with your stated vision for life-after-sixty. Next thing you know, you're using your charge card to reserve for an expensive cruise and all its amenities. Short term pleasures you allow yourself can trump the desire you have for your future.
- **Weight Wars.** Weight loss, too, requires thought before action. If you aspire to weigh less, and you have a wardrobe of clothes in smaller sizes (to be employed as the pounds drop off), you have a plan and you're part-way there, as are many others: you've internalized

and externalized the vision. You're ready to roll!

But today – several times today- you'll face a choice. And it can be a daunting choice to anyone struggling with weight, lack of self-esteem, and other psychological or physical factors which can combine to keep you overweight and feeling out of control.

Choice #1 (Preferred by folks from coast to coast)

You can continue eating unhealthy foods and decide that you don't have time to exercise today. Putting it off just one more day is a choice. But what will be the consequences of



your actions? You'll keep wishing you were a smaller, healthier size. Of course. And your delay in getting underway may predispose you to ill health, perhaps causing you to need medications. Saddest of all, going with this choice will keep you from seeing and doing everything your heart and mind love and yearn to do.

Choice #2 (Achieved by millions, coast-to-coast)

This choice is scary, fraught with emotional and physical challenges, and requires planning and a different way of living. You decide you'll get up earlier to work out, create a food journal, stop eating foods that have little or no nutritional value, and join a support group to keep your weight loss plan on track. The choice promises you improving health, a lively sense of self-esteem and increased energy, along with the definite use and enjoyment of the smaller sizes that beckon you from inside your closet!

With this choice, you have reviewed your options and chosen an appropriate course of action. You have control of your life and emotions and seek what's best for yourself and others around you.

Nurturing Life Concepts, LLC challenges you today to make a list of things you are currently doing and write the consequences of each action. If the consequences are not what you want, call us and we will help you create new, more optimistic plans!



“Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.” - Joshua 1:9

Reason Three: Lack of Planning

How often do you find yourself delaying a cherished and necessary goal with a simple, comforting thought: "I can start on this tomorrow. There is really no rush". Instead of honoring - with forward motivation and dedication - a cherished and wise vision, some of us find ourselves daydreaming.

A plan or course of action is necessary to sustain change and reach a goal. Slow yourself down. Take inventory of where you are. Get a strong picture of where you want to be. The time it takes to go through this process, deeply committing yourself to the future you want, is time well-spent. If you're not sure how to take this inventory, or you can't see the picture, we at **Nurturing Life Concepts, LLC** can help. We want to help you discern your life's purpose and to show you ways to fulfill it.

To achieve any worthwhile goal, you need to "own" your strengths, your skills, and your talents. You also need to come face-to-face with obstacles and with your own God-given aptitude for overcoming them.

Here's a very common example. Many parents want to experience less stress and enjoy more quality time with their children. How can a parent make this vision into a reality?

Start by taking inventory: When are you busiest? When do you have down time? What tasks, activities and options can be scaled back or removed? Are the actions and energies you are expending bringing you the consequences you desire? Just these few brief questions can help you take stock of the many different options you may have.

When the inventory is complete, you can plan



how to manipulate it. Start with a clear picture in your mind of what "more time with your children" looks like. Since the picture is your end goal, keep it in your head throughout the day.

Of course, your plan must be realistic for you and your family's life style. When you have developed a viable plan, stick to your guns! Don't check emails, read the mail, return phone calls, or do anything else that clutters your time. Be present with your children. Help them with homework, play a game with them, take them for a walk, read with them. Do "whatever it is" and have fun, uninterrupted by other "shoulds." You will develop peace of mind in this way, knowing that your family is happier and that you are happier. And you can be proud because you created a realistic and specific plan that didn't allow the hustle and bustle of the day to deter you from it. Your initiative brings you and your family joy, peace and contentment. You are a person of power with brilliant ideas, plans and goals.

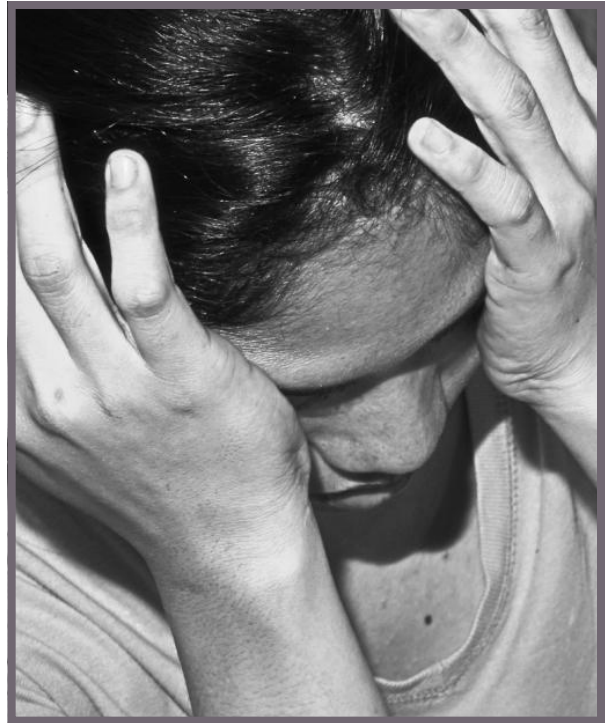
Nurturing Life Concepts, LLC challenges you today to make a plan! Or call us to help you make a unique, individualized plan which can bring you to the next level of greatness in your life!

"Fix your eyes on Jesus, the author and finisher of our faith." - Hebrews 12:2

Reason Four: Throwing in the Towel Too Soon

Wow! You have made it this far already: You have created some specific goals, conquered various fears, and created a game plan dedicated to reaching your goals. You're on your way, when suddenly you begin to hear a tenacious voice in your head advising caution (or quitting!) as unplanned obstacles, enemies, time and budget constraints introduce themselves into the equation. This familiar voice - full of negativity, worry, misery and doubt - begins to insist, more loudly each time you listen to it, that "This is too hard and will take too long", "It's not worth it", "I have no support to accomplish this", or worse, indicating that you can't do what you have planned to do. Ignore the voice! You can achieve your goals!

The reality is that even God-given vision, purposes and intentions will be fraught with obstacles and challenges. These battles come because, in many instances, God's enemies are trying to thwart you or God is trying to get you to rely more on Him. God can be counted on each time life throws you a little curve ball. Life has its seasons; all are meant to be survived. You just need the right survival equipment. The people at **Nurturing Life Concepts, LLC** are here to help you build your survival kit.



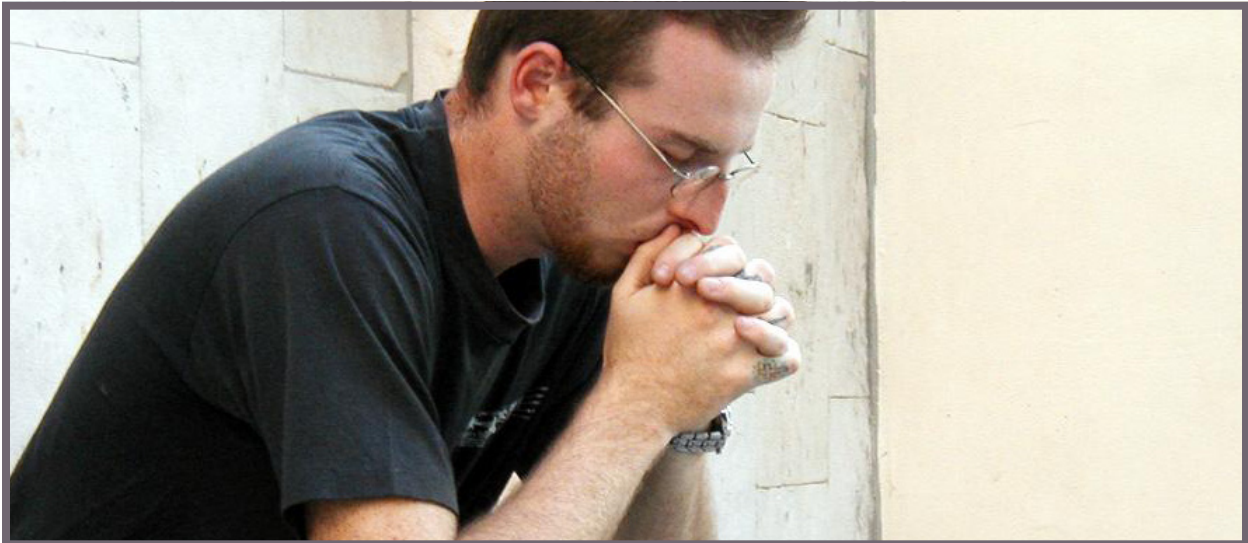
Nurturing Life Concepts, LLC encourages and challenges you to never give up on your dreams, desires, vision and purpose. Let us help you through times of ambivalence, indifference, frustration and pain.

"Greater is He who is in you than He who is in the world." - 1 John 4:4

Reason Five: Not Letting God Direct Your Path

God has created a vision for your life. You just need to take time to listen to Him and discover what it is. Well-meaning people may try to force their vision for your life into your vision for your life. We've all heard the stories of loving parents pushing their adult children into careers they didn't want because mom and dad seemed to know "what's best".

Contrary to the way it sounds, giving up your will to God doesn't mean you'll be enslaved. It means that now God can work in your life to make manifest all the potential he has placed inside of you. Submitting to God will bring you the greatest joy imaginable. When you begin to do what God has planned for your life, you are lining up your values, passions, desires, skills



Go ahead and seek advice from people you respect, but if what they tell you goes against your "inner knowing", what they tell you may not be of God. You'll know for sure by seeking God's face and spending time with him in prayer.

Do not allow other people, the busyness of life, or your own feelings to destroy your passions and desires. Take time daily to pray and listen to God. Ask him specifically what course of action He has for you. Submit your will to God and allow Him to use you.

and talents to accomplish great blessing, as well as emotional, physical, mental, spiritual and financial prosperity in your own life and in the lives of those around you.

Nurturing Life Concepts, LLC challenges you today to pray and listen to God. Ask God what he desires for you, and ask him to place his vision for your life in your heart and spirit.

"For I know the plans I have for you" declares the Lord, "plans to prosper you and not harm you, plans to give you hope and a future". - Jeremiah 29:11

Frequently Asked Questions

Nurturing Life Concepts, LLC also provides counseling. What is the difference?

Life coaching deals with your present circumstances and aptitude as it guides you toward your future. It does not dwell on the past. By contrast, counseling helps people heal from past wounds and issues or current crisis, grief and trauma which are causing them emotional, spiritual or mental pain so they can live more freely in the present and move toward a future filled with hope, joy and love.

Who has Nurturing Life Concepts, LLC worked with?

We have coached stay-at-home moms, supervisors, real estate agents, small business owners, college students, teenagers, artists,

teachers, doctors, financial advisors, lawyers, consultants, graduate students, bank executives, armed forces personnel, pastors, and other types of individuals. Working with a coach is easy because ninety nine percent of it can be done over the phone. Proximity has no bearing on its effectiveness.

How long does coaching take?

Coaching is always tailored to meet the needs of the individual, so the time it takes to achieve its full potential can vary greatly. You can expect to stay in coaching from three to six months or longer to maintain an appropriate level of change, growth and sustainability. Individualized packages are available to meet the needs of everyone who seeks coaching.

What are your coaching specialties at Nurturing Life Concepts, LLC?

We are experts in working with individuals with Attention Deficit/Hyperactivity disorder, Boundary Setting, Career Issues, Christian Life, Communication Skills, Decision Making, Finances, Finding and Living One's Passion and Purpose, Foster Parenting and Adoption, Life Balance, Life Mission, Personal Growth and Identity, Stress Management and Prevention, Time Management, Single Parenting, Weight Loss, Integration of Values into One's Life and Workplace, Small Business Start Up and Development, Career Change, Business Relationships, Goal Setting, etc.

Nurturing Life Concepts, LLC Can Help You Achieve Your God-Given Life Purpose & Vision

Allow **Nurturing Life Concepts, LLC** to partner with you so you can achieve fulfilling results in your personal and professional life. We are here to listen, observe and customize a successful approach to meet your needs. We will support you. Most importantly, we want to encourage you and let you know that we believe in you.

You should expect **Nurturing Life Concepts, LLC** to be ethical and professional at all times, holding your information in the strictest of confidence. We're experts in communication, relationships, and the facilitation of vision and purpose in your life.

We will help create self-awareness, planning and goal setting and will manage progress and accountability to ensure that everything you set in place will become manifest in your life.

Coaching is right for you if you are unhappy with where you are now and need assistance, accountability and a sounding board to take you to the next level. If you would like to be healthier, happier, and more financially stable, and achieve balance and less stress in your life along with more time to do what you enjoy, or if you're contemplating starting or growing a small business, **Nurturing Life Concepts, LLC** is the right place to call



Vision Statement

“Leading people of all ages, throughout the world, to realize their life’s passion, purpose and vision.”

Mission Statement

“To educate, equip, motivate and collaborate with individuals of all ages, throughout the world, so they may develop, perfect and accomplish their life’s passion and vision.”

Three Ways To Reach Us

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Don't forget to sign up for our free newsletter, The Nurturing Life Networker.
It is filled with valuable healing stories and information!

Your Life Purpose and Vision: Five Roadblocks to a Successful Future

In this small but powerful book, Licensed Clinical Social Worker Wendy A West Pidkaminy takes the reader on a guided tour of five of the most-common obstacles each of us encounters as we step out on our unique, one-of-a-kind journey to be all we can be.

Even though, as young children, we intuitively “knew” what we were capable of (from becoming a hero in our neighborhood and world to reaching the moon), challenging circumstances and unconscious personalities may have since combined forces to sidetrack and discourage us, leaving many of us feeling confused, breathless, and afraid. Instead of the powerful, capable, and amazing people we truly are, many of us feel condemned to a life of mediocrity, fear or apathy, looking for ways (usually unhealthy) to survive what Henry David Thoreau called “lives of quiet desperation.”

Spend just a few minutes reading this timely tome to realize, to the depth of your being, that God doesn't make junk and that He is just waiting, with arms outspread, to welcome you into a Kingdom so overflowing with the possibility of YOU that you will hardly recognize yourself!

Nurturing Life Concepts LLC is dedicated to revealing to you the you that God made in His image — a powerhouse of possibility, a giver of His love, and a light in a very dark world.