

<i>VIA</i>	
	<i>PLAN</i>  <i>Visionaries in Action, Planning for a Better Future.</i>

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**VIA**  
**Visionaries in Action**

Ah, the feeling of a blank slate. Yes--Literally the materials you just received, and yourself.

This is going to be the turning point of your future. Mark my words! All those should haves, and wishes, are now plans that will turn into memories.

The VIA Plan was created specifically for **you**. You appreciate that your life is filled with great people, places, and things. You are grateful for those things, but you also know that you deserve more. This greatness, can and will improve, and so will you.

VIA is laid out in a specific, research based way, that may be intimidating when you first see it. No worries, this Eguide is specifically designed to walk you through each section and make sure you get the most out of VIA Plan.

The main goal of VIA is to create a space for you to express your ideal life, **visualize** yourself living that life, and provide the confidence to break down that dream life into small achievable goals to get you there. We want you to wake up every day energized and radiating positive energy.

VIA is to be used to improve yourself, your career, your family, and your relationships. All these techniques can be applied to each category and have the same positive effect.

All I am asking is for you to trust VIA Plan, and you give this your all!

You already bought this, so i know you're in- but this better not sit on your desk and collect dust. VIA Plan is powerful, you do not want to ignore it. Yes you have to read this EGuide to release the full power of VIA Plan. We have combined the lessons from 30+ self Development books into a simple format. Think of this as the Cliff Notes version, you're welcome!



As you are reading this, get a pen in hand,  
and head over to your VIA Plan.

**We will work simultaneously through this Eguide  
and through the VIA Plan.**

Remember: **Be specific**, get out all of your goals,  
put them in writing. I will tell you everything you  
need to know to make them come to life.

### **Life Before VIA Plan:**

First let's go back to your beginning. When you were younger, you were told that you can be anything when you grow up. Most likely if someone asks you what you do now for a living, chances are you will not say, "I am a Professional Singer/Astronaut/Veterinarian". If I stole the words right out of your mouth, submit an immediate refund and come help us show people how to live their dreams.

The truth is, we hear "No" so many times in our lives, it becomes habitual. These "No's" turn into a negative attitude, that convinces you and everyone around you, that you can not direct your life's path. Most end up getting tunnel vision and can't see the beauty that this world is offering.

We get consumed in the day to day routine, and do enough to just get by. This isn't talking about money either. "Just getting by" is the term when you are not achieving your maximum potential, in any aspect of your life. Even if you have the best job in the world, and are totally crushing it financially...most likely another part of your life is lacking some. This may be in your relationships, family, health, bucket list, or even in your acts of giving kindness. No one is perfect, and the reality is if you are **not getting better**, you are **getting worse**.

Goals do not go away once we land our dream job, achieve our perfect body, find our soulmate, or cross off the last thing on our bucket list. Let's be honest, if you have done all four of those things...you are a damn unicorn and we want your life.

The goal is not to become perfect, but to work everyday at being the best version of yourself in every realm.

Think of this as creating your own story, this is the outline to your autobiography. This will show you all the times you aspired to be something, or have something. This will be a place to look back years from now and see all the struggles you overcame, or realize those "struggles" you thought were big, were actually nothing at all. Better yet, this will be able to show you the exact day and time you achieved your short and long term goals. We want this to be your go to when you have the best day or the worst. Turn your VIA Plan over, cross out the questions, and vent all you want, then after you are done, realize how you can grow from that.

## Me, Myself, and The Law of Attraction

Becoming the best version of yourself, is an inside job. This starts with the way you talk about yourself. Your inner voice has so much power on your everyday interactions. This voice was created by the voices that surround you from the moment you were born. The comments people have been saying about/to you, become how you think of yourself. If all your life, you have been verbally categorized into an adjective...you will embody that and make it come to life. This is true no matter who we are and what we were told our whole lives: ugly, beautiful, funny, stupid, genius, loner, popular, wealthy, poor, athletic, awkward, bookworm, outgoing, etc.

The beauty of this inner voice is, we have the ability to change it if it's negative, or embody it if it's positive. VIA is designed to help you do just that.



You know that pen I told you to have in your hand...well, get that little dude ready!

### Head to page 1 of your VIA Plan

Fill your 'Inner Voice' section with the adjectives anyone has ever described you as (including the adjectives you tell yourself). These will be both positive or negative mantras. Physically cross off the negative ones. You no longer belong to them.

Now in the next 'Confidence Boost' section, rewrite all the positive mantras. The ones that make you feel good and proud of who you are. You want to **embody and rehearse** these adjectives or mantras everyday, believe what you are saying is 100% true and that you are already just that.

For the negative mantras, we will turn them into something positive to rehearse.

Ex: If you were told you were awkward over and over again your whole life. Write, rehearse, and believe, "I am unique and able to have my personality shine through to those who appreciate me the most."

### The Law of Attraction

If you are intrigued by this topic, we can't provide all the greatness that is within 'The Secret by Rhonda Byrne'. Grab yourself a copy and you will not regret it!

But to quickly recap...The Law of Attraction is:

**The world reacting to the energy you are putting out by pulling an equal energy towards you. Positive energy attracts more positive energy. Negative energy attracts more negative energy.**

Everything you see right now was created from an energy. The buildings, furniture, statues, pencils, and even the paper clips, were created by energy. Someone somewhere had an idea, then the desire to make it, they put their energy and efforts into that creation, and over time that evolved into what you are looking at right now.

This happens both in the positive and negative realm.

All the wars, crime, hatred, and debt in this world is also a factor of the law of attraction. The more negative energy that feeds these, the more negative attention they attract.

The greatest thing of all, is that you have that same positive power inside you. **You can change the energy you put out daily, therefore you can change what you are able to create.**

Now it will not change overnight, but when you perfect your daily routine, your mind will follow. VIA Plan will help you all along the way.

Become aware of the way you think, of what you have on your VIA Plan. If you want more money, do you think about how much money you do **not** have? If you want to get healthy, are you putting energy into how out of shape you are?

You are going to have to start talking to yourself like a motivational speaker. "Ugh another bill in the mail...NO, NO, NO, you think of all that money that is **coming** to you. You are basically debt free right now (Not actually but figuratively). Own that self talk, see all the money pouring into your bank account."

VIA is a tool you will use to turn your **ideas into energy**, that will turn into actions, to make the desired creations.

What you write on the VIA, you will focus on, which means your body will put energy into that, and the universe too, will put that same energy into it.

The most important thing is to: be sure you are wording these mantras correctly.

#### Lets Review:

If you want to be happier, you will **not** focus on the sadness you have. You will write, rehearse, and embody all the **greatness** you have around yourself.

If you want a new job, you will not put negative energy into the job you have now. You will write, rehearse, and embody all the new aspects of your dream job you want to have and how your current job will get you there.

**\*Technology Tip:\***

These past few years it has become habitual to scroll through social media, comparing yourself to others. When you see someone doing something envious your first instinct is to become jealous(most likely).. Your mind will automatically try and find the negative thing about their life, in hopes to make *yours* seem better.

Note to self: **GIVE IT UP!**

Comparing yourself to others will literally get you nowhere....unless you take the same steps they took to get there. AHH HAA!! See, you can turn anything into something positive and constructive with the right mindset. I know this may sound crazy...but if you are super envious of their life, ask them how they got there?? Not only will it cure your skepticism, it will boost their confidence and allow you in on the hidden secrets (or lack thereof).

“What We Think, We Become”

-Buddha

“What We **See**, We Become”

-VIA Plan

### Visualization

This seems so simple, you are thinking you can skim read this section. Ahh ahh ahh....slow it down mate. The law of attraction is directly related to **visualization**. Like we just mentioned: How we talk about other people, is how we perceive *ourselves*. The way you hate money, money will hate *you* right back.

To make the law of attraction work at its maximum potential, it needs to be paired with a direct visualization. **Your VIA Plan needs to help you visualize your dream life**. This can be through mantras, that you read everyday to embody those feelings. Or better yet, this can be done through pictures or words to describe your goals.

The power of VIA is the power of visualization, VIA literally stands for **Visionaries In Action**. Your VIA needs to be seen to as much as possible. Be sure to hang somewhere you walk by multiple times a day. If you are more private about it and don't want it out for everyone who comes in your house to see, than that is totally okay. Like we said, this is for you! We find the best spot to have it be seen, is the place you get ready in the morning. If that is the hallway to your bathroom, or a corner of your room where a mirror is, that is ideal. Be sure to check it everyday and every night.

You might have noticed that there is a new VIA Plan for each month of 2018. This is for a specific reason, you need to see how much you accomplished each month, and how you aim to do even better next month.

Think of when you study for tests, teachers often have you write the definitions over and over again. Human brains learn from writing and visually seeing the words over and over again. This is the same theory for VIA. Re writing your goals monthly will keep them fresh in your head and available to be changed accordingly.

The goal of visualization is to embody all of these goals, and believe that you already have the ability to live them out right now. Back to the law of attraction, if you fully believe you have these things, the universe will listen and pull them towards you more and more.

VIA Plan's main goal is to have you living a happy, positive, and fulfilling life. So be sure you are doing something every day that makes you happy. if that means pursuing your passion on the side while working a job you hate, that is exactly what we encourage you to do.

**Side Note About Money:**

Don't feel bad writing "I want a lot of money", on your VIA Plan. Money is a common VIA Plan objective, because we want to be compensated for our hard work and great talents.

Financial stability is needed to live a great life. I know you're thinking that money doesn't buy happiness, but let me tell you another little secret. That is false, and you are just telling yourself that because you wish you had more of it. Think of all the great things you will be able to do when you have all those extra zeros in your bank account! Donate to charity, go on vacations with family, give the gifts you love giving, and even be able to treat yourself to nice things! We learned about this in more detail by reading "You Are A Badass At Making Money". This book is filled with greatness, so do you and your bank account a favor and pick it up. Trust us, you will not regret it and combined with VIA, you will become rich!\*

## Get Ready!

Now that you understand the importance of a VIA Plan, you are ready to jump on into your own VIA Plan!!



It's time to get cracking, pick up your pen, or color coordinated markers, and work through your VIA with us.

Remember: Your VIA Plan is to be filled with positivity, affirmations, and inspiration. You are unique, therefore your VIA Plan should look different than anyone else's. This Eguide will give you examples and questions, but go off of your own thoughts. Whatever will help you the most, that is exactly what we want. We aren't providing any visual examples of what ours looked like completed, but would love to see yours by posting on Instagram #VIAPlan.

VIA Plan is broken into four important quadrants: **Now, Soon, Future, and Motivation.**

We know this is abnormal, but trust us and work **counter clockwise**: from *Motivation*, to *Future*, then *Soon*, ending with *Now*.

1 January	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly To Do	Monthly Goals
	6	7	8	9	10	11	12		-
	13	14	15	16	17	18	19		-
	20	21	22	23	24	25	26		-
27	28	29	30					-	
Now	Quarterly Goals						Lotto Life		Soon
Jan-Mar:	-								
Apr-Jun:	-								
Jul-Sep:	-								
Oct-Dec:	-								
Future									Motivation

**Step 4** ← **Step 3**

**Step 2** ← **Step 1**

## Motivation:

This section is dedicated to expressing the passion that fuels your soul, and the faith you have to achieve that. This is where you write the reason you purchased VIA Plan, and why you keep doing it month to month. What makes you get up every morning, striving to be someone better than the day before.



Head to page 2 of your VIA and use the extra space to write about your motivators. These may change on your monthly pages, but this allows you to see in writing why you are working at becoming a better version of yourself.

This needs to **be specific**. Saying you want to be rich is not the real motivator.

- What aspect of wealth makes you want to be wealthy? Is it the freedom they have, or the materialistic things they have?
- Do you see the joy that family, friends, or people around you have, and want that same joy for yourself?
  - Do you want to prove the naysayers wrong?
- Do you have someone else relying on your success? A child, an elderly parent, or a spouse.

This is your canvas, explode your creativity onto this page as much or little as wanted/needed. Specific pictures are helpful to keep here, so you stay on track to why you are working so hard.



Once you have them all out and organized, head to the January calendar and fill them into the Motivation section. It is good to have them in the beginning of VIA so you can see where your mind was at when you first started. Like we said these may change month to month.

### **Future: Lotto Life**

VIA Plan wasn't created to have you achieve the most mediocre lifestyle. VIA has a way to push yourself every day, week, month, and year to work towards the goals that make up your "Lotto Life".

We use the term "Lotto Life" to describe that obscure life you imagine when you win the Mega Ball \$500Million lottery. Write down what your day would look like if you could wake up and do what you love everyday, without being hindered by money. Sift through that list, and truly ask yourself if that would bring you the most joy.

In the Lotto Life section, you may state the big Bucket List items you have. What are the crazy adventures you want? What kind of family do you aspire to have? What would make you and your family have more joy?

Visualize how you will act, feel, and be when you have all of these. Embody them and remind yourself daily that you are capable of achieving them.

Be so specific you can fully visualize this life. Remember when we visualize, the laws of attraction work in our favor and the universe will conspire to make them true (along with the work it takes to get there).



Head to page 2 of your VIA and use the extra space to write about your 'Lotto Life'. After your list is complete, transfer these to the January VIA. Seeing these everyday will remind you why you are working hard every day!

### **Future: Quarterly Goals**

From that Lotto Life, which goals do you want to accomplish during this year? Break these down into what you can accomplish each quarter. Most likely, you will not be able to achieve your lotto life in one fiscal year. If you can, no offense but your Lotto Life is pretty weak. Think hard and dream big!!

Now break those goals into the small quarterly tasks that will get you closer to that goal.

For example: If your lotto life includes a dream home on the beach. Break that goal into this year visiting the beach you want to live on, and schedule real estate viewings while you are there to get refocused on the dream.

If you want to have \$10 million dollars in your savings, start off this year by investing \$50 a month into a savings bond to gain residual income.

People do not become amazing overnight. It takes times and effort, so be sure to remember that. These quarterly goals should be accomplishable, but not so easy you didn't have to change your routine to achieve them. A lot can happen in three months, those same three months can fly by and you still haven't hit one mile on the treadmill. Like we said before, VIA is powerful...when used correctly!



Head to page 3 of your VIA and use the extra space to write about your Long, Short and 2018 Goals. After your list is complete, transfer them to the January VIA. Choose which ones you are going to work on/towards this month!

### Soon: Monthly Goals

These are the quarterly goals broken down monthly. These are the ones you strive to accomplish short term, that come from your Lotto Life/Bucket list. This might sound mundane, but let us give you an example. Is it easier to run a marathon, or 2 miles 3x per week for a whole month? Most, would say the two miles at a time. The fact is, the miles are the same and the same feet are running them...but its broken up into small accomplishable tasks.

It just feels good accomplishing goals and crossing them off your list, plain and simple!

However, these short term goals should progressively get harder. Like we said before, if you **aren't getting better...you are getting worse**. Challenge yourself, push your body, mind, and spirit harder each and every day. Be the person you aspire to be.



Head to the January page and break down the Long and Short term goals. These are the small steps it would take to accomplish your large goals.

### Soon: Weekly To Do

As you might have predicted, the Weekly To Do's are the monthly goals broken down into weekly accomplishable tasks. This is **not** a place for the tedious to do lists that you write for the grocery store. Save that for a small handy journal, or your phone's to do list. The only way those honey do lists make it to the weekly list is if your short term goal is to have a more organized house, then yes add in organizing one room a week into your weekly goals.

This is a place to hold you accountable for those monthly goals, make that a priority. We all know days and weeks fly by, but for some reason we think a month is a long time. That's why we feel ambitious writing the monthly goals, then life gets in the way, and before you know it showering and cleaning the house are weirdly more important than you living a bomb life?!?



We think you are getting the hang of this. Head on over to January and work your magic.

## NOW: Daily Habits

Ahh, last but most **definitely** not least!

This is a section filled with the daily habits that break up your short term goals. These tasks may seem mundane...that is perfect! **These tasks may be easy to do once, the hard thing is doing them daily.** This section is where compound interest is our best friend. That five-ten minutes we waste during the day, over time adds up. Respectively, spending those five-ten minutes doing these habits over time, will add up and significantly impact your life. We have carefully and thoughtfully selected the five most important daily habits, combined from the most popular self development books out there, and interviews with successful people(aka my Gramma). Just kidding, but I am sure she definitely does her act of kindness each day!

**Daily Gratitude** is one we cannot stress enough. If you are interested in diving deeper in your daily gratitude, we highly suggest "The Five Minute Journal". All it takes is five minutes each day and you will see significant behavior changes, very quickly. If not, simply keeping a journal next to your bed and writing three things you are grateful for each morning, and then three great things that have happened, it will be life changing. It forces you so start and end your day positively, and realize even on the bad days, it could always be worse.

**10 pages per day**-This could be of a great book or 10-15 minutes of an inspirational or informative podcast/audiobook. Audiobooks and podcasts are great ways to fit in educational learning, during tasks you already do. IE: Driving to work, getting ready in the morning, or cooking dinner. Flick on a great podcast and you will see just how much you learned by a simple 10-15 minutes or pages per day.

**Exercise**- This one speaks for itself and you know why it is important. But the most important part of this, is knowing exercise can be counted when you are doing something fun. Try out a new hobby with a friend. Take a walk during lunch. Start to jog at the end of your walk and build up to a run. This is where compound interest is seen in the flesh. It is so easy to walk up a flight of stairs, the hard thing is doing it everyday no matter how rainy and crappy it is. Our body needs love and attention, we only have one body given to us, don't take it for granted.

**Act of Kindness**- No matter how little, an act of kindness never goes unnoticed. The universe can't always give, if it doesn't receive. Take the extra seconds out of your day and smile to someone, have a quick but genuine conversation. This does not have to involve money, but the act of giving your kindness. This is essential to not only being successful, but being a contributing part of this society. You never know what someone is going through, your act could go further than the eye can see.

**Mindfulness**- This is something our society as a whole puts on the backburner. Take time out of your day and sit in silence. Give your body and mind a break from the stress and hecticness of the world. Lay or sit in a comfortable position, and just breathe. Let your mind clear and appreciate the silence. If you have never done this, or need help, there is a great app called "Calm" that will provide you verbal guides to mindfulness. This is one of the most prominent aspects of successful peoples routine, yet it goes untaught for many years. "Anywhere you go, there you are."

This will be a lot to take in all at once, and the best way to master these routines, is to do them one at a time. Cross out four and focus on one you want to achieve each month. Once they become mundane, then add another, until you can then add more from your weekly goals broken down. As we have stressed before, this will take time. There is no magic number of days you need to complete to be successful. Consistent hard work is the only answer. If you have bad habits that are blocking you from reaching your goals, substitute the bad habit for a good habit. Write it down and keep pushing through your list.

### **Now: Monthly Calendar**

It is proven that visually seeing the X on the days where you completed your goals, makes you more likely to complete them the next day. I mean come on, we are all a little OCD and hate to break a good X streak!

The calendar is a place to record your successful days, and notice what makes a day unsuccessful. Feel free to add in important dates you need to remember, but be sure to cross off the successful days with a big red X. Trust us, it will feel amazing to see weeks compile up and motivate you to keep going.



For the Now section, there is nothing to do but wait for tomorrow. Be conscious of your routine, and add in the Daily Habits as you master them.

### **Back of VIA: Reflection Journal**

This is your journal to write in at the end of each month, and whenever needed in between. This will be used as a self reflection every month, to make sure you are accomplishing what you set out to do. Ask yourself questions to keep your mind thinking of the big picture.

Examples: “Did I achieve everything I wanted this month? If not, what got in the way?”

How do I become better next month? Am I pushing myself harder and harder each day?

We encourage you to save every month, and look back on the answers from time to time. You **will** become all that you aspire to be, just believe in yourself, and work hard everyday!

Your first VIA Plan should be all filled out by now, and hung up in a spot where you can see frequently. We are so excited to help you through this journey, and see you grow along the way. Please feel free to continue reading about VIA’s Why, and ‘The Books To Read’. If you have any questions, we are here to help at: [kaylee.viaplan@gmail.com](mailto:kaylee.viaplan@gmail.com). Don’t forget to follow us on Instagram and connect with Visionaries around the world!

## VIA's Why?

Kaylee Sherwin here, and I first wanted to thank you so much for believing in VIA Plan and taking the steps to become a better you. I feel it is important to know that this isn't just a transactional business, and this is my personal story as to why I created VIA Plan for people just like you. I too am a Visionary with a plan to help as many people possible. I hope you enjoy!

I grew up in a helping family, with the core being my Gramma. Since the day I was born, I saw her loving devotion to my Grandpa, who suffered a stroke that left him a quadriplegic with Locked-In Syndrome. Our families admiration to her, led to us all to have the helping bone in our body. No matter who or what it was, my family would always lend an extra hand to those in need. I was beyond lucky to be born my mother's daughter, but even luckier to have both sides of my family be the same way. My Dad gets the nickname 'Andy Claus' due to the fact he just shows up and gives to strangers at random times (anyone who grew up in our house, has gotten a random \$20 or \$100 handed to them, which you learned to never refuse). I remember going shopping at Aeropostale and picking out all the matching sweatshirt/sweatpant sets I could carry, to look over and see 'Andy Claus' paying for a woman's whole purchase, just because. He never brags, and rarely sticks around long enough for them to thank him, he just does it. We seriously couldn't count the people he has helped, just because 99% of them go without being said.

I thought this was all normal. Everyone knows to be nice to other, not to judge someone by the tubes hooked up to them, and laugh uncontrollably at any good poop story. I also thought it was normal to communicate with my Grandpa through a letter board, my Gramma had made. We would read through each column and row of letters to spell out the words, his eyes going up meant 'yes', and down meant 'no'. I quickly caught on and at 2 years old, as soon as he came up that ramp to stay home for the weekend, the first thing I would ask, in my speech impediment raspy voice "Gwampa wanna beyah(beer)". No need for a message board to understand that!

When it came time to pick a career path, it was a given that I should be a Speech Pathologist. I mean technically, I was one the moment I started talking to my Grampa. My two older cousins already had their Speech Pathology Degree, so they guided me to the best college. I spent four years learning how to help people. It was absolutely amazing and I really felt like I could make a difference in this world. I was on the track to helping people like my Grampa and myself as a young child, connecting their thoughts and feelings through an expressive common ground. Then to find out, I was not accepted into the Graduate program. I was crushed beyond belief, and felt as if I just wasted four years of my life, not to mention \$100k in student loans.

I trusted God's plans and determined I could help people without having 8 extra letters next to my signature. I jumped from job to job, not settling for anything shy of amazing. It has left me with a resume longer than most short novels, friends in every occupation imaginable, and the knowledge of what I am set out to do in this world. At one point I truly thought the only option was to be a 'Stay-at-home Girlfriend', with the Joanna Gaines novel leading my life and Pinterest firing my soul. Come to find out, I am too independent and self motivated to not

put my efforts into something more than taking a great Instagram with tea and a bubble bath in the background.

I then packed up and did what the other 35,000 people in 2016 did, moved to Nashville, TN. I was like a goldfish growing only enough to fill the little town I grew up in. I needed more space and more opportunities to see what else this crazy world had in store for me. Well little did I know the world had more for me than I knew I could handle. First, God knew I couldn't handle what was going to get thrown on my plate by myself, so he gave me my soulmate. I literally couldn't have hand crafted a more perfect human than the one I met within the first two weeks of being in Nashville. I mean who doesn't dream of a 6ft+, dark haired, hazel eyed, muscular, and charming man. Even when my Aunt Sue saw him for the first time, she literally said "Whoah he is handsome" ...and she was lesbian.

The first four months together was pretty much dedicated to checking off our Nashville Bucket List, to find out that 95% of it was places I heard to eat at. Gaining a few extra lbs, and falling in love more and more each day.

On the fifth month in Nashville, I got a call that changed my life forever. My all time best friend who was traveling the world with her soulmate, got in a motorbike accident and died. I now realized that I went through each step of grief almost exactly. First, I did not believe it. I literally just talked with her less than 12 hours ago. Not, Kenzie. The girl I was just with 9 months ago in Australia, jumping out of a plane next to. She was the most fit person I have ever known. She definitely is just scratched up and will be doing squats again tomorrow. It was true, she died. I didn't know a human could cry so much, that week I cried more tears than I have in my entire life combined. Once she made her way home from Lao, in the most perfect unique Laotian casket, it was finally real. Still to this day I think she is going to come skipping into my house, being like 'Whoah, what a trip that was'.

Kenzie and I were best friends since the first day of 5th grade. We did practically everything together. I could write a whole book about her, and our 'Shannon and Peggy' (our lesbian names for each other because we were so in love) adventures. If I wrote all of the good qualities about Kenz, you would honestly think I was lying, a human can not be THAT awesome. But you're wrong, Kenzie was by far the best friend anyone could ever have. She never missed a birthday card, moving into a new house present, she would literally drop off my mom's favorite ice cream in the middle of the night...every week they had her favorite flavor at the shop she worked at. No matter who you ask, Kenzie was like no one they have ever met before. Her screaming voice, high energy, contagious laugh, and big hair, was just so Kenzie. The world lost a beautiful person inside and out, but her spirit most definitely lives on, inside everyone she has ever encountered.

How this all connects is...she was the one who encouraged me to move to Nashville. Once I had the idea, she had the full plan laid out. Her boyfriend's brother was already there, so I could make friends with him and live happily ever after. She told me that I had to get out of our home town and see what else the world has to offer. I mean if Kenz could move to Australia for a year and a half, by herself... I would be pretty lame if I couldn't move 800 miles away.

As I was home for her services, then Christmas, I extended my stay to spend quality time with my Aunt Sue who was battling cancer for the past two years. I was planning my day with her, and it started out with hanging while she got a blood transfusion, then head out to eat somewhere after. I arrived just in time to get her all comfortable in her chair, a juice in hand, and ready to just hang and talk. Something just wasn't right, she didn't have much energy and her bright smile wasn't fully there. It seems like all in 5 minutes, we were moved into a small secluded room for her to lay down, have the doctor tell her she had a bad infection, and was not going to be going home. Defeat just consumed her body and she knew this was not good. We sat there and had the talk, the do not resuscitate talk, that ended with a signature from Aunt Sue and mine being the witness. She looked at me with such scared eyes and said she did not want to die, she still never got to use her grill we just got her. I held her hand so tight and said to not worry and that she *will* be there when we all have a family cookout and use it this summer. Family started to pour in and she was moved to her own room to manage the pain. We all sat with her while the morphine was consuming her, and God was finally ready to take her home.

I can still hear her voice, feel her hugs, and see her smile. She lived life like nobody else I have ever known. Her friends from kindergarten still got a big hug every time they she saw her, and her smile was the most contagious thing I have ever seen. She was known to rock a karaoke night, and never say no to a picture. Aunt Sue pursued every dream she ever had, from rocking the heck out of her drums in a band, to crushing culinary school while working full time, even dated Miss Virginia once. She went to the beat of her own drum and did not care who was watching, the more the merrier. She was by far the best Aunt I could have ever asked for. From sitting on the sidelines cheering me on for whichever sport I was "playing" (aka picking daisies in the field), to buying me a good knife set to move into my first apartment with (because you can't cook without a good set of knives), to Facetiming with me every day I was in Nashville to make me feel at home.

The reason I tell these stories is to show you how I came up with this company. Every little thing that God has put in my path, was to direct me to where I am right now and what I am aspiring to be. I am the caretaker like my Gramma is, the communicator my Grampa needed, the helping hand my Dad lends, the risk taker/great friend Kenzie was, and the energetic spirit of my Aunt Sue. All of this has led me to creating a tool that can help everyone figure their path in this crazy world. To encourage people to listen to the universe, and go full force following their intuition. I have never found my dream job, so I am creating it. Instead of helping people talk with others, I want to help people communicate with themselves.

I am creating VIA Plan to help people do what they say they want to do, and turn their dreams into a reality. To realize that the dreams they have, can and will come true. Hurdles are meant to knock you down, but not break you enough to stop fighting for your dreams. I am on a mission to help 1 million people be a better them. VIA Plan is a place for positivity and encouraging outlooks on life, no matter what hand you get dealt. I want to hear everyone's stories, and help encourage those who need it. I want everyone to feel a part of something bigger than just them, and this is just that. VIA Plan connects people and creates a movement to make this world a better place. You have no idea how thankful and grateful I am for your support. I can already tell y'all are the best!

### **Books To Read**

- The Alchemist- Paulo Coelho
- The Slight Edge- Jeff Olson
- You are a Badass- Jen Sincero
- You are a Badass at Making Money- Jen Sincero
- The Power of Now- Eckhart Tolle
- The Five Minute Journal: A Happier You in 5 Minutes a day
- Drive: The Surprising Truth about what motivates us- Daniel H. Pink
- The Subtle Art of Not Giving a F\*ck- Mark Manson
- The Compound Effect- Darren Hardy
- A Whole New Mind- Daniel H. Pink
- Think and Grow Rich- Napoleon Hill
- The Last Lecture- Randy Pausch
- The Secret- Rhonda Byrne
- Start Something That Matters- Blake Mycoskie
- Heart Talk: Poetic Wisdom For a Better Life- Cleo Wade

Podcast-

TED Radio Hour- Getting Organized

If you are the citation  
police:  
Please don't arrest me, it  
will all be in the final  
version!