

# Alyse McConnell

Take your business and life  
to the next level.

BBC 18 December 2015

<http://www.bainbridgebusinessconnection.com/bbc-friday-18-dec-creating-2016-w-alyse-mcconnell/>

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Looking Back. Looking Forward

What are you celebrating from 2015?

**What  
Do You  
*Really*  
Want?**



The inquiry to be in today....

# The Relative Joy Of Entrepreneurship

Aspire for a positive slope!



What you're up to isn't easy...

Aspiration graph from an idea by Scott Belsky ([scottbelsky.com/content](http://scottbelsky.com/content))

I get up every morning  
determined to both  
change the world  
and have one hell  
of a good time.  
Sometimes this makes  
planning my day difficult.

- E. B. White

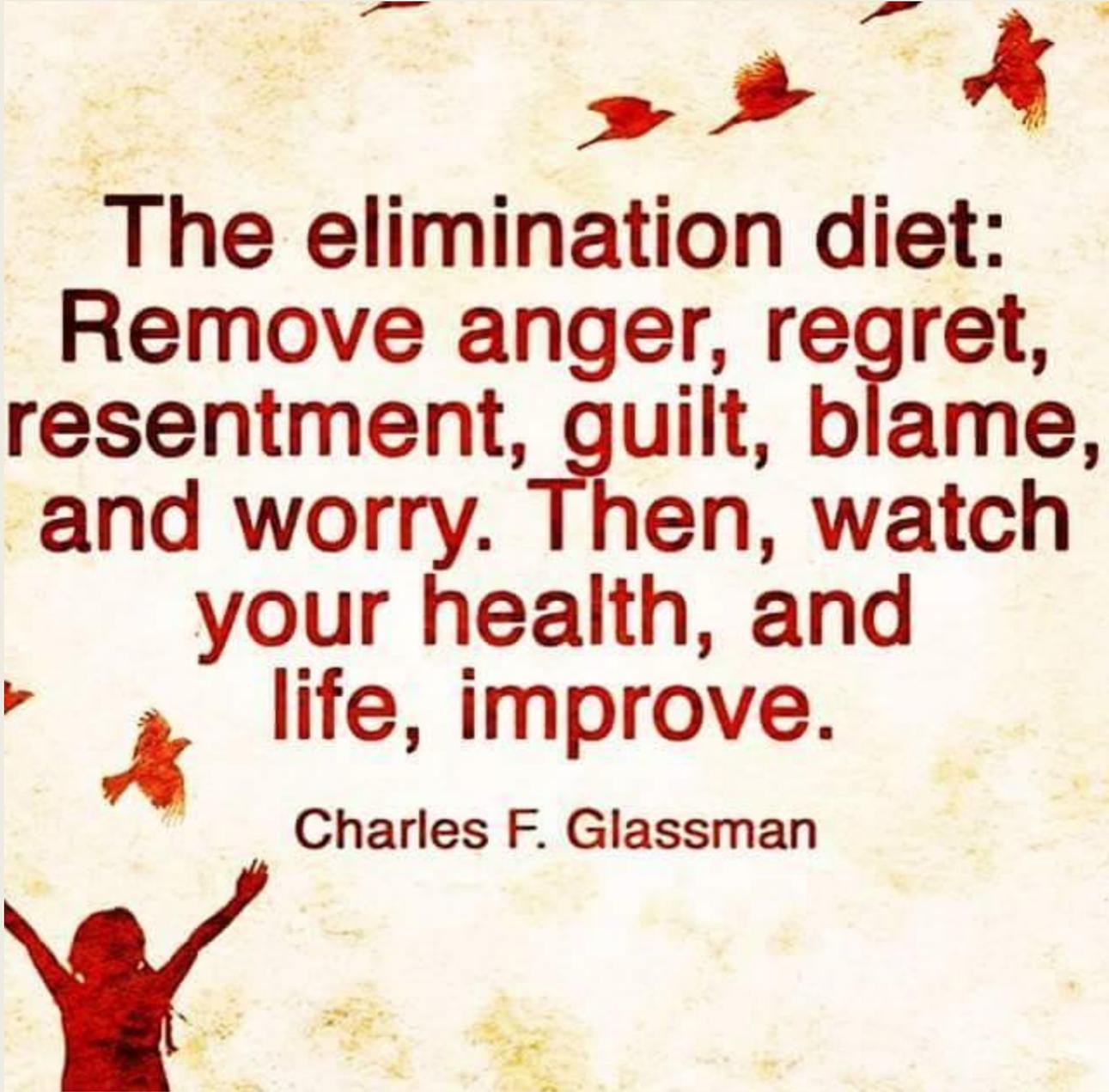
# TOP 5 REGRETS OF THE DYING

FROM THE GUARDIAN NEWS REPORT: TOP FIVE REGRETS OF THE DYING



**What's your story?**

(Source: [theguardian.com/lifeandstyle/2012/feb/01/top-five-regrets-of-the-dying](http://theguardian.com/lifeandstyle/2012/feb/01/top-five-regrets-of-the-dying))



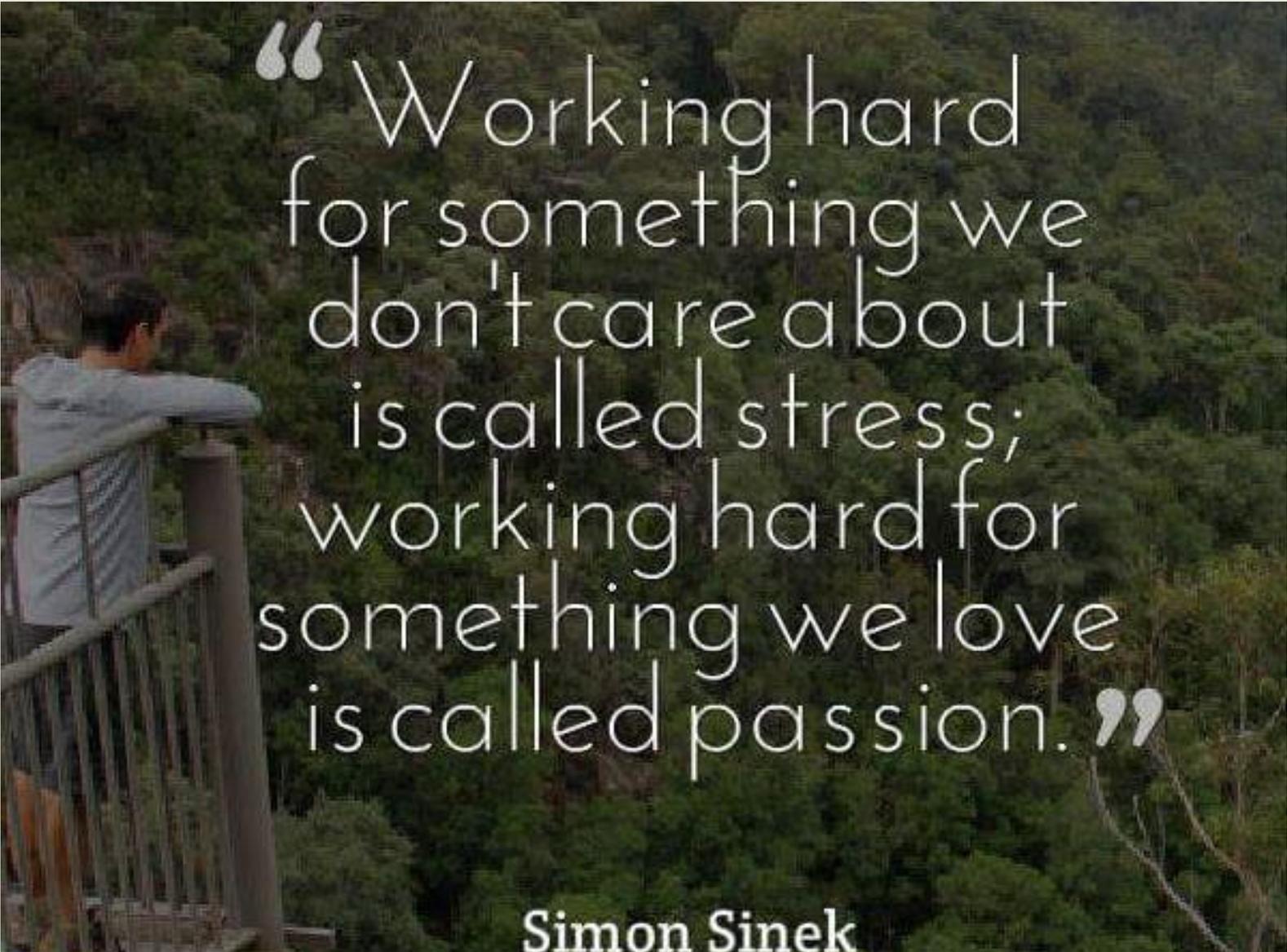
**The elimination diet:  
Remove anger, regret,  
resentment, guilt, blame,  
and worry. Then, watch  
your health, and  
life, improve.**

Charles F. Glassman

Ships  
dont sink Because  
of the water Around them

Ships sink Because of  
the water that gets IN them

- Dont let whats happening  
around you get inside you  
+ weigh you down  
#StayUp

A person in a light blue shirt is seen from the back, leaning on a wooden railing and looking out over a vast, dense green forest. The scene is captured in a slightly desaturated, naturalistic style. The quote is overlaid in white text on the right side of the image.

“ Working hard  
for something we  
don't care about  
is called stress;  
working hard for  
something we love  
is called passion. ”

**Simon Sinek**

# What's in store for 2016

- What projects are calling you forth?
- What operational pieces are you missing?
- What is the plan?
- How will you follow the plan?
- What will you do when you get stuck?
- Who is on your team?
- Where can you create more connection?

# Helpful Notes

- If it's not on the **CALENDAR** it doesn't exist.
- To create something different, something must be **DIFFERENT**.
- Growth is **RISKY**.
- The status quo is **RISKIER!**

Everything you want is **outside**  
your comfort zone.

Your next level of success, new  
possibilities, deeper relationships,  
greater intimacy.

Everything **inside** you wants to  
keep you in your comfort zone.  
It's easy to run in place.

Text me your name for a  
complimentary 30 minute  
coaching session

Take your business and life  
to the next level.

206.920.4426



THANK YOU

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