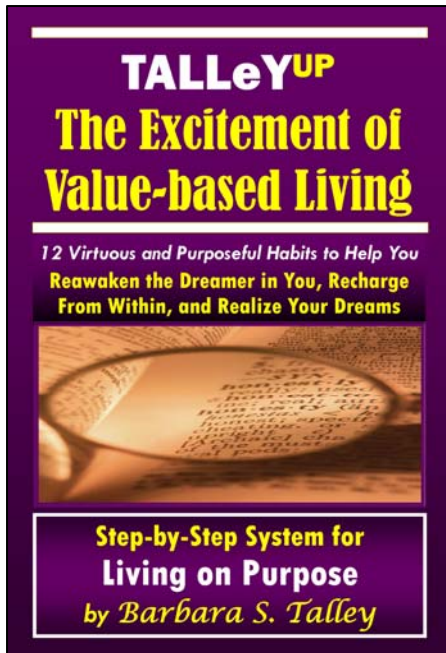
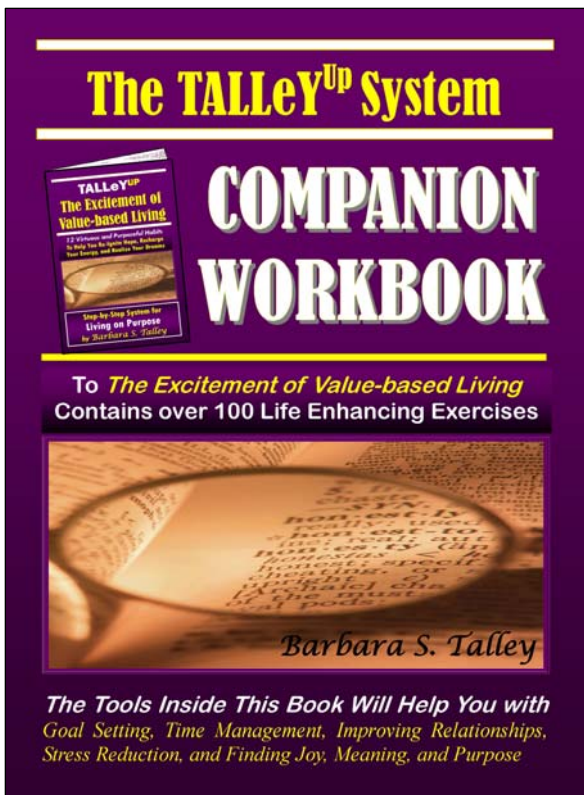


# TALLeY<sup>UP</sup>: The Excitement of Value-Based Living by Barbara S. Talley



*The Excitement of Value-based Living*, *The TALLeYUP System Companion Workbook*, and the keynote or workshop on the same topic offer twelve virtuous and purposeful habits to help you re-awaken the dreamer in you, recharge from within, and realize your dreams. Just as we need a routine for our spiritual and physical well-being, we also need a mental routine for guiding and harnessing the power of our thoughts and our energy. The TALLeYUP System is a systematic tool that does just that. Thoughts precede our goals, our accomplishments, and our actions. Thoughts also influence our moods, our attitudes, and our feelings. We must learn to use our thoughts to create a life of joy and meaning. Many people spend an entire journey seeking and being distracted by objects and obstacles on their paths that have nothing to do with their intended purpose. They waste years watching others seek and realize their dreams. The guilt, frustration, and anxiety associated with not being fulfilled can be overwhelming. But it doesn't have to be that way. There is something in your soul that is burning with unrest. It has been revealed to you in your dreams, your visions, and your thoughts. It won't go away, but your sustained positive thoughts, coupled with faith, courage, and action can ultimately bring it into reality.

The dictionary defines purpose as the, "object for which one exists". One of the most important criteria for happiness, balance, and business or personal success is learning how to live on purpose. Each of us was created with unique strengths, abilities, and a distinct purpose or reason for existing. I believe the purpose of our lives is to live according to a values-based system. This workshop will discuss the power of priorities, promises, and perspective, of understanding our uniqueness, of learning to relax, and respect others and ourselves. It discusses the importance of planning, of looking for and capitalizing on opportunities, of being of service, and the natural enthusiasm that is created when our expectations exceed the mundane and routine. This interactive, highly energetic, and inspirational workshop will leave you empowered, focused, excited, and with God's help, "on purpose." You will learn how to become more productive, more efficient, more disciplined and in control. Join Barbara if you are serious about making life-altering changes to your life and managing your business and personal life more effectively right NOW!.



The Excitement of Value-based Living Book- \$17.95- Companion Workbook \$21.95