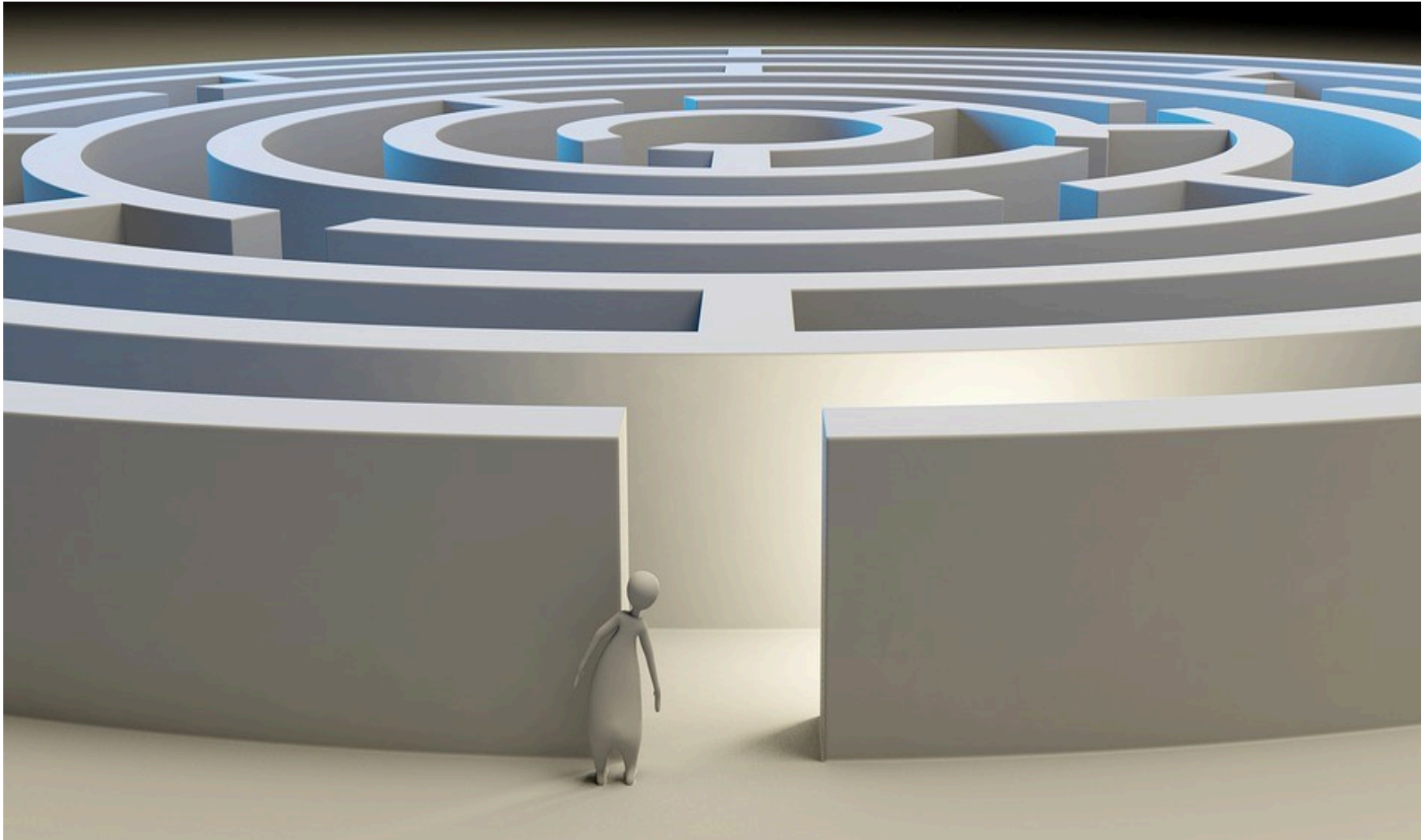


**YOU CAN FIND YOUR PURPOSE IN LIFE  
AND AWAKEN THE HERO WITHIN,  
WHEN YOU ARE READY!**



# INTRODUCTION

*I had been searching for a long time for something to fulfill my heart. I replayed gratitude often that my husband and kids, and I are healthy. But this yearning I had was beyond keeping my family happy and safe; it was beyond any THING that I even wanted. I had been searching for a deeper purpose in life. I was searching for something within myself. Reconnecting with Irene came at the best time. I jumped at the opportunity to enroll in Irene's program. I didn't know what to expect, but throughout the courses, my life began to shift and transform immensely. My awareness was heightened, and my perspective of the world was unveiled. I am currently recreating my life from a vantage point, to be as I imagine it. I am truly stepping into my power. Most importantly, I found what I was looking for... ME! [Tina Yang, Elementary School Teacher]*

*Before coaching with Irene Salazar, I was taking anti-depression medicine called fluoxetine. In 2014, I was 24 years old and found out I was in depression my whole life. In 2015 I was going to a psychiatrist, and I felt a little different but not a lot was improving in my life. After three years had passed, it was 2018, all the emotions that I had built up, started to come up. Later, Irene started working with me in my area of life. I decided to get off my medicine and have not been taking it since then. If you need help in improving areas in your life, I recommend Irene Salazar; she has helped me improve a lot and I am proud of meeting her in my path. If I had not taken her NLP course, I would still be in the same situation I was before in my life! [Jose Cabrera Jr, Software Developer]*

*Irene's skills, passion for her work, and intuitive gift helped me root out the deepest and most unconscious attitudes, beliefs, behaviors, and unproductive states that were holding me back from living a fuller life. Irene's genuine care comes from the heart. She is one of the most understanding and loving people I have met. I strongly recommend her coaching services. You will be happy with the results she brings and positive changes she can help you achieve in your life. [Raul R., Business Coach]*

*When I first started with Irene, I was afraid to put myself out there because of a history I was unable to let go of. All I wanted for my business and myself was to shine with confidence, share my story, and help other women. But I was so afraid of being vulnerable that I stopped myself every single time. Within the first two weeks of working with Irene, I saw a dramatic change in myself. I woke up happy and started putting myself out there online, live, and in videos sharing my story. Even when it wasn't perfect, even when I wasn't sure what to say. Today, my history no longer haunts me, I show up every single day for myself and my business, I'm seeing major results in my business, and I am a happier person and mother. All thanks to investing in myself and the service Irene offers. [Angela Turpin, Transformational Coach]*

*My time with Irene Salazar was a success for two reasons: 1) her skill, and 2) my willingness. In the past, various therapies to deal with childhood trauma always helped. Yet, I knew my subconscious mind held memories that impacted daily life in a limiting way but never knew how to access it. The mystery of what was hidden subconsciously unraveled as Irene skillfully navigated the 'whole me' through her process. Today, I wake up with joy and expectation instead of doubt and angst. The usual triggers experienced with others are gone. Each day is a revelation of positive change; positive change I expect will continue. Healing happened for me because of Irene's wisdom, intuition, and compassion to integrate what I knew, what was hidden and desires for my life. My authentic self has emerged. I am deeply grateful to Irene Salazar. Now, for the first time, I am truly free. [Tracey M., Business Consultant and Coach]*



# INTRODUCTION

I'm Irene Salazar. All my life I've struggled to find my calling and have traveled many roads leading to dead ends. Although the experience I gained was sometimes good and sometimes bad, I am grateful I never gave up seeking for my real path.

My struggles began by following the belief I was told; that getting a degree and a good job would prepare me for life. I did graduate with a Business degree BUT got a job that had nothing to do with my college degree. Imagine that!

Then, I got married, and stopped working after I gave birth to my first son. I chose to not work in a traditional job again to stay home and care for our four sons. I am so grateful that I had the opportunity to homeschool through High School.

While raising my sons, I joined numerous direct sales businesses from wellness to cookies, insurance to selling solar insulation, even Pranic Healing to massage. None of these brought the satisfaction or purpose to my life which I was seeking.

I knew I wanted to do something with my life, but what? I had all this experience, and I still did not know what to do. I was VERY frustrated.

It wasn't until I became aware of how my past experiences colored my present choices and life outcomes. Did this awareness give me the answers to be able to find my purpose in life? NO, not even close! I still didn't know what it was!

I asked myself the question, "What in my life is blinding me from seeing or is absent from my understanding to help me discern my purpose in life?" This is when my seeking to discover began through reading, and reading, until I got an understanding of what "Living a Purpose-Driven Life" was all about.

To connect with my true purpose in life, I had to overcome my thoughts, beliefs, fears, and behaviors of my past. This is how this eBook came into existence.

I'm excited to share how experiences in life, which dictate our present reality, can be simple yet complex in nature. On completing this eBook, you will have the opportunity to schedule a complimentary purpose-driven session with me to give you clarity about what it will take to find your purpose in life.

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# Gate 1: Whose Myth Am I Really Living?



I know that by this time in your life you have come to realize that your experiences in life embody who you are today. It doesn't matter who your parents are, they taught you how to do the things you do, to say the things you say, and to think the things you think.

Knowing this, it is up to you to decide whether you want to accept their perception of who you should be, do, and have, or you can choose to step out in faith and believe wholeheartedly that you can recreate the stories you have been told about yourself to what you want to be true for you today instead.

Ask yourself, "Are their stories about what they believe about me a myth or a fact?" If you feel that they are a myth, then you can act and determine what you need to do to find your true purpose in life and begin living a life of deeper meaning. It is up to you!



# Gate 2: Allow Your Dreams to Guide

I bet you were one imaginative and creative child. Maybe you took everything apart to see how it worked and your parents got mad at you. Maybe you loved putting things together, or creating things, or maybe you spent most of your time pretending being the star of your story that you got lost in your worlds of make believe! Whatever the case, you had your own dream world, right?

No one can blame us. That's just the nature of childhood life!

THEN.....we grow up and we begin hearing, 'Quit wasting your time!' "Why don't you grow up!" "You better \_\_\_\_\_....!" "Why didn't you do what I said?" "You're going to be a doctor, lawyer, etc. one day whether you like it or not!" "Look at Johnny, follow his example!" "You're not going to amount to anything!" and so many others. Sound familiar?

It is no wonder so many of us stop following our dreams and lose sight of our potential in life? Do you remember wondering, "Now what, what did I do wrong?" We tried so hard to do things right.

Remember how 'everybody' else knew exactly what you needed without asking for your input because they said you were too young, not enough experience to know what was best for you!

**RIGHT**



**WRONG**



# Gate 3: Becoming Self-Aware



Then you grew up, and do you remember how badly you wanted to become independent of your parents? You believed that you had the answer to your happiness and that your parents and everything outside of you were your problems.

What you did know was that you were sick and tired of hearing what you were 'supposed' to be doing and because of this pressure you felt, you may have decided to move out and make a life of 'your own'. You wanted to prove that you were a capable individual. You don't need your mommy and daddy to tell you what to do! You could be 'successful' in your own way.

You didn't care if you made mistakes, no one was going to find out anyway and you certainly weren't going to volunteer the information, were you?

What you may have found out is that the more you tried to avoid doing what your parents wanted you to do, the more you moved towards it.

Ever wonder why? Well, the universal law says that the more we focus on what we don't want the more it expands. This is insanity!

# Gate 4: Are You Ready to Journey into The Unknown?

Remember how they told you who you were going to be? No matter if you said, “No I am not.” It didn’t matter because they knew best and they had more “life experience”, right? You might have gone, as far as to saying, “I don’t want to be like my parents.”

Remember how you would talk about what they said, and you could feel it in the pit of your stomach every single time? All you knew was that they were wrong about you, and you were going to prove them wrong. You were going to be what you knew you could be, right?



Remember how hard you tried? You sometimes succeeded and sometimes you didn’t, and nothing really brought fulfillment.

Why did this happen? Because. . . .

Remember thinking, ‘Why me? Why can’t I be so and so?’ You thought everyone else were the lucky ones until you found out it was the total opposite.

Think about how we always believe that everyone’s life is always better, everyone’s marriage is better, everyone’s job is better, and everyone else’s choice is better than ours. They probably believe the same about you!

You have two choices, accept the past as a gift or as a curse. If you accept it as a gift, you have the opportunity to choose your own story about who you truly are, but if you choose a curse, you will continue your struggles.



# Gate 5: Like Rainbows, Opportunities Don't Linger

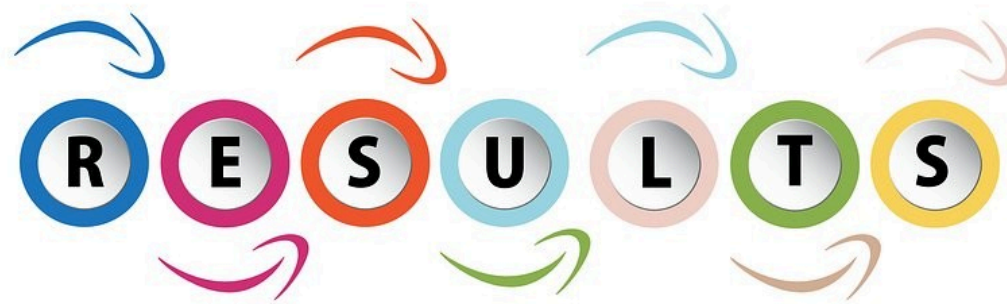
Assuming you have chosen your past to be a gift, be prepared to welcome opportunities that will challenge you deep down into your soul to pull out the best in you.

Now you have two choices: act or make excuses. Achievers take action towards their purpose; non-achievers take non-action away from their purpose!

You are the only one that can change your life.  
You are the only one that will be rewarded for your efforts.

You are the only one who will *deeply* appreciate your strength, perseverance, and willingness to design a life that you want. You are the only one who knows how to achieve that, and nobody else cares what you choose!

Choose ACTION that fuels you towards one or many of your purposes in life and celebrate your results!



# Gate 6: The One That Stands Out Is the One That Leads the Way

If you are still reading, I know you decided to take action to make things happen! You have put up with everything that life can throw your way, and you have made it through.

Remember that this is your life, and it doesn't matter what anybody else thinks. Now allow yourself to do what is necessary for your life. You have nothing to prove to anyone. No one is going to live in your shoes except you! You may doubt but I want you to think about how many times you have chosen to be comfortable with the uncomfortable, and how many times you have failed and not given up. You are strong, you are intelligent, you possess the strengths of a gold medalist who never gives up no matter how hard the road to victory appears.

So now, are you ready to stop believing the stories of "You can't do it", "You'll never make it in life"? Look at this man in the picture, I'm sure many limiting thoughts ran through his mind when one day he had legs, and the next day they were gone!



I say, "Go for it, you have already proven to be victorious in life's struggles!"

Remember, problems in your life will never stop. YOU decide to make them stop because life respects no one. Choose to play hard and focus on what you want instead! Become a winner in life!

HE DID!!

# Gate 7: The Path to Personal



This is the path to personal excellence, and no two individuals have the same experience while discovering who they are at their best. We are all unique!

I have climbed that personal Everest over time and have the scars to show for it. I am free to be a better me instead of lingering lost in my past life.

It is your decision to live life on your own terms. To deeply understand what's best for you free of what everyone else says who you are or what you should do!

Imagine waking up each day with the clarity and confidence of what you are going to accomplish and who you want to serve. Set goals for your health, business, or to be a more effective parent or spouse. Whatever you desire!

Imagine rediscovering your inner strengths, awakening new talents, and revisiting your amazing childhood imagination to open your world to infinite possibilities!



Nothing can hold you back, except you! Get off the “hamster wheel of the past” and take your next step into the life you want by scheduling a complimentary discovery call with me.

Your choice: either a complimentary 1-hour discovery call or another 3-5 years doing the same thing expecting different results. Are you ready to accept your reality?

Together, let's discover and awaken the hero within you! [Irene@IreneSalazar.com](mailto:Irene@IreneSalazar.com) or Text 559-709-1000.