

Charting Your Th'River Journey:

A Framework for Inspired Living

THE PAST: YOUR GREATEST TEACHER



THE NOW: WHERE CHOICES HAPPEN

The Past Informs, The Future Inspires

Your present choices become powerful when guided by past wisdom and future aspirations.

THE FUTURE: YOUR INSPIRING HORIZON

Define Your "Enduring Future"

Envision what must happen for you to feel you've made meaningful contributions.



Reflect on Significant Experiences

Identify key positive and challenging moments from your life that hold potential for learning.



Extract Actionable Wisdom

For each experience, distill the core lesson you learned to inform your present actions.

The 3 Steps to Action in the Now



1. Begin with Gratitude



2. Make a Choice



3. Get into Motion



Build Momentum by "Stacking Moments"

Consistently making small, inspired choices creates powerful momentum towards your goals.



Structure Your Vision with 4 Quadrants



Let Your Future Inspire You

A clear vision of where you're going provides the motivation for your choices today.

Visualize on Your Time Map

Plot achievements, setbacks, and milestones on a timeline to see your journey clearly.