

Dedicated to Destiny

A Pursuit of Personal Growth, Prosperity & Purpose

By Angel Carlton

I believe we all have a purpose, a destiny... Sometimes we lose perspective and need a process to remind us who we are and why we're here.

We have never been trained on how to navigate the massive change and chaos happening in the world today... until now. The discovery of the **6 Stages of Transformation** came through me as I prevailed through the toughest time of my life.

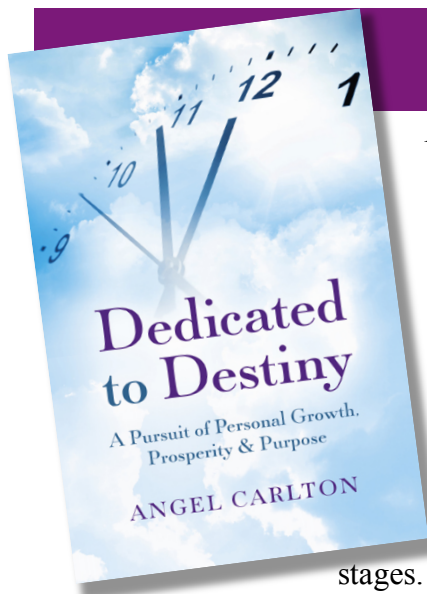
Through meditation and a daily journal routine, the natural process toward obtaining clarity of our purpose was revealed and the book, *Dedicated to Destiny*, was born. I invite you to take a journey to your inner self and uncover the adventure that will set your soul free.

*Live, love, learn & lead,
Angel Carlton*



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Synopsis



Dedicated to Destiny: A Pursuit of Personal Growth, Prosperity & Purpose serves as a guidebook for life's rapidly-changing circumstances and walks you through navigating the 6 stages of transformation so that you may embark on the path to live your destined life.

Studies show that change is doubling each year and how we adapt to change will have a direct impact on our lives and in the world. As a result, 45% of our society is living with extreme stress with little time to adapt to a new normal. We have never been through times like these and therefore need a process to navigate change in a healthy way. The time is now for us all to live the happiest, healthiest and truest version of ourselves. In *Dedicated to Destiny*, leadership coach, Angel Carlton provides strategies of self-discovery in six

stages. These provide the “how-to” for seekers of a more fulfilling life to get where they want to be.

The six stages of transformation are Realize, Release, Rebound, Reinvent, Resurrect and Respond. Awareness of these stages allows readers to understand where they have been, where they are now, and where they are heading. The six stages that are applicable personally or professionally, provide a fresh outlook on life while helping clear the clutter that prevents many people from achieving greatness. Proudly published through Changemakers Books, A John Hunt Publishers Imprint. *To schedule an interview or a speaking appearance at your organization, email Angel@AngelCarlton.com or call 469-904-5049.*

Overview of The 6 Stages of Transformation

1. REALIZE	2. RELEASE	3. REBOUND
<ul style="list-style-type: none"> • Change is in progress • Highest Vision of Self • What transformation feels like • Awareness of the journey • Change is for your own evolution/growth • Change is normal • Accountability/take ownership 	<ul style="list-style-type: none"> • What no longer serves you • Toxic relationships • Patterns of behavior • Old habits • Limiting beliefs • Fears/regrets • Victim mindset • Tears, emotions and anger • Sources of negative energy 	<ul style="list-style-type: none"> • Grieving period • Honor the void/emptiness • Self-care • Solitude for self-reflection • Balance emotions/energy • Self-observe • Prepare for the unknown • Allow time to heal
4. REINVENT	5. RESURRECT	6. RESPOND
<ul style="list-style-type: none"> • Fill the void with positive thoughts • Create a new story • Align behaviors with highest vision • Acknowledge messengers • Acceptance of past • Sense of purpose • Allow the flow of life to guide you • Courage, compassion, character 	<ul style="list-style-type: none"> • Become highest self-vision • Choices align with integrity • Clarity of path & purpose • Creator of your experiences • Rise above fears/limitations • Living through Grace, Beauty, Truth, Goodness 	<ul style="list-style-type: none"> • Pay forward your life lessons • Be generous with your gifts • Help others in need • Positively influence the world • Share your story/message • Create a plan/framework • High creativity • Meaningful lifestyle

About the Author, Angel Carlton

"I help people navigate change so that they transform into the next greatest version of themselves. I am here to serve as a guide to bring you key life skills so that you may better adapt to life's rapid tides of change and live a more productive, purposeful and passionate life." ~Angel Carlton

With over 20 years in the people empowerment business, Angel is certified leadership facilitator and transformation coach. Angel's experience has proven to make a positive impact in the lives of individuals, youth, families as well as inspiring worthwhile change in educational and corporate cultures.

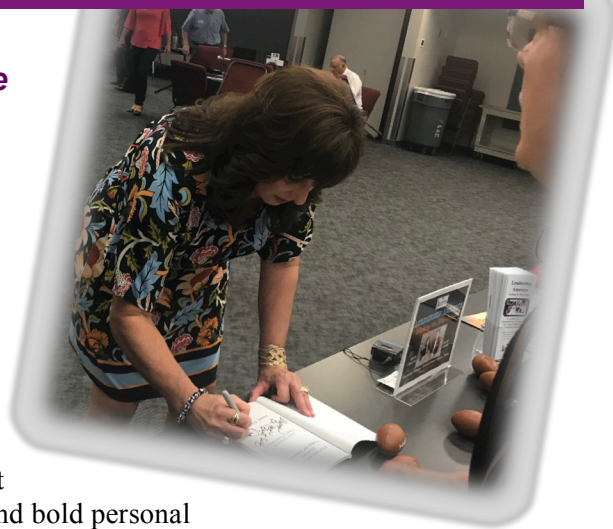
Angel is the Founder of Power Up People! Inc., a people empowerment organization specializing in progressive corporate leadership training and bold personal development coaching. Angel connects leaders with their deeper intelligence, which builds co-creative cultures that lay a solid foundation for today's shifting organizational and family structures.

As a seasoned public speaker, Angel shares her timely message of how to navigate change to audiences worldwide. She is a co-host of a weekly podcast entitled *Leading the Way Today* where she converses with some of the world's top CEOs and influential leaders. She is the author of *Staying Afloat During Tides of Change* and Co-Founder of Leadership America, a program that Creates Champions of Change and a Culture of Civility Through Courage, Commitment, Character, Compassion and Conversation.

Her philanthropic passion grew through her experience as a professional NBA cheerleader for the Chicago Bulls (The squad known as the "LuvaBulls") during the exciting Michael Jordan era. Angel strongly believes in the importance of community involvement and actively volunteers on a regular basis. She currently serves on the Advisory Board for Best Buddies, an international initiative to promote inclusion. She also serves on the Board of Directors of the School of the New Spirituality, founded by Neale Donald Walsch, NY Times Bestselling Author of the *Conversations with God* book series.

Angel's primary goal, and strongest passion, is to create awareness of human spirit intelligence, remind people of their highest potential and empower humanity to act in a way so that we may all encounter a more peaceful coexistence.

Angel's inspiration to write this book stemmed from her own personal life experience. When she asked for a more fulfilling life and was thrown a curve ball, which forced her out of her comfort zone and into the unknown. She was faced with a life-altering choice, stay victimized at "rock bottom" or muster up the courage to live the life she was destined to live. The principles outlined in her book are what pulled her through her darkest days allowing her to bravely embrace change and boldly dedicate her life to living out her destiny.



Reviews & Testimonials

"The hope, the honesty, and soul bearing examples throughout the book illustrate beautifully just how one goes about transforming and becoming the butterfly that effortlessly rides the winds of change." ~Alecia Rice, Renowned Ask Alecia Advisory Column

"There seemed to be no rainbow with a pot of gold at the end...UNTIL NOW!" ~Less D., Frisco, TX

"Answers to the many questions and challenges we all face everyday" ~Louise K., Dallas, TX

"Inspires you to take a look at your past, present and future" ~Linda S., Schaumburg, IL

"An AHA moment in every chapter" ~Mary H., Santa Fe, New Mexico

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