



## Seeking Change: Making a Difference

### Find Joy Through Personal Growth

Do you ever find yourself looking for something *more* in life?

In a world where 1 in every 4 adults report feeling *very* or *fairly lonely*, many seek genuine connection.

Excess noise, unresolved issues, and life's distractions make it hard to hear, think, and even feel clearly.

Even in a space full of people, it's easy to feel as though they aren't living up to their potential or having meaningful interactions. And the more you wander, the more prone you are to feeling lost.

Until now...

Feed your mind, body, and soul for the better by being a *SO LArMAR SEEKER*.

Ask yourself...

*Who am I at my core?*

*What is my life's purpose?*

*Is my purpose to be a SEEKER?*

It could be...

Seeking intentional personal growth and making a difference will help guide you in your life journey.

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Based in south Austin, SO LArMAR is developing a hub to connect change-oriented individuals with personal growth opportunities.




Research shows that intentional growth can improve a person's physical and mental health over time. *SEEKERS* are uniquely known as *SO LArMAR SEEKERS*. They have access to discussion-based personal growth programs. The following series of focus questions is an example to help you get started.

Learn more at [solarmar.net](https://solarmar.net)









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	<p><b>Where Does Your Time Go?</b></p> <p>Conduct A Time Audit</p> <p>We all have 24 hours in a day. Aside from your job, family, and other commitments, you still have power over how you spend your remaining time. So, where does it all go? A rough estimate will do!</p>	
	<p><b>How Are You...Really?</b></p> <p>Take Inventory of Yourself</p> <p>Record your physical, emotional, and mental status as it is right now. If you struggle with depression, anxiety, addiction, or similar emotions, <i>it's okay to be honest</i> about those feelings.</p>	
	<p><b>What Drains Your Energy?</b></p> <p>Remove 1 Energy Sucker</p> <p>Think of 3-5 things that drain your overall energy. Stressors like a toxic relationship, dating apps, and doomscrolling can impact you more than you realize. Choose 1 of these energy suckers to eliminate and make small changes to get started.</p>	




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	<p><b>What Fuels Your Purpose?</b></p> <p>Add 1 Energy Supplier</p> <p>Come up with a few small changes you can make to boost your sense of self. It could look like...Mapping out your clean energy goals, practicing healthier eating habits, or making more time to garden – it's your choice!</p>	
 	<p><b>What Encourages Your Creative Side?</b></p> <p>Tap Into Your Creativity</p> <p>Jot down what you like to do to be creative. From painting and sculpting to viewing and studying various artists, intellectual and artistic growth is key to self-discovery.</p>	
	<p><b>What Fills Your Heart?</b></p> <p>Find Your Social Good Experience</p> <p>If an opportunity (no fees necessary) exists for you to have a good time while giving back to your community, these are the 1-3 causes you would feel <i>most passionate</i> about:</p>	



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	<p><b>Want To Simply Belong?</b></p> <p>Connect &amp; Find Your Community</p> <p>Name the 1 thing you can't wait to enjoy when you find your people and community through person growth and volunteering...</p>

### Next step - Become a **SEEKER** in the SO LArMAR Cosmos.

We have many opportunities to get involved in personal growth via Prototyping Teams. These are small teams of 2-5 people who are interested in a development area. Some development areas are:

Advertising/Attraction  
Architecture  
Arts/Culture/Music  
Branding  
Clean Energy Options  
Coffee Shop  
Conference Center  
Community Outreach  
Coworking  
External Marketing  
Financial Services  
Food/Food Trucks  
Fundraising  
Gift Shops  
Hydroponics

Housing Innovation  
Idea Socialization  
Information Systems  
Internal Marketing  
Investor Team  
Mighty Good Collaboration  
Office Space Options  
Personal Growth Programs  
Recording Studio  
Sculpture Garden  
Social Media  
Solar Equipment  
Space Design  
Space Programming  
Story Branding

That's it – no catch, fake promises, fees, or objective other than offering tools to combine giving back with finding your life journey. Ready to inspire personal change and ignite a transformation within yourself?

Please contact us at ([www.solarmar.net/contact](http://www.solarmar.net/contact)) with us to get started on your journey!