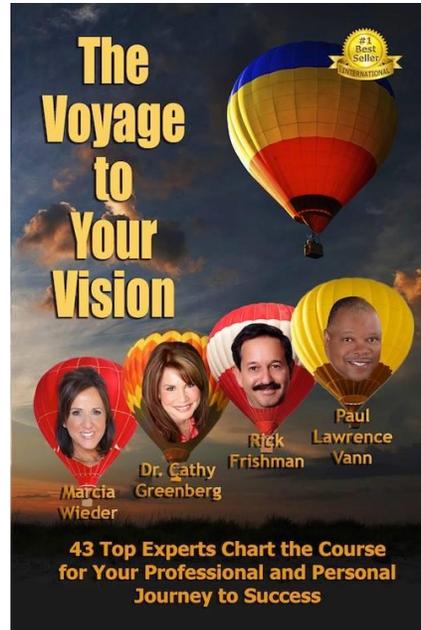


Insight To Align Your Spiritual Quest And Enhance Your Quality of Life

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About The Author



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International BestSelling Author

Motivational Speaker, Certified Spiritual and Professional Life Coach Paul Lawrence Vann works with entrepreneurs, employees and individuals throughout the U.S. and around the world to help them tap into their human potential, entrepreneurs exponentially increase their revenue, employees increase their value in the workplace and achieve balance between their external goals as entrepreneurs and employees and the internal lives they long for. Paul is also the author of *Living on Higher Ground*, and Co-Author of *101 Great Ways To Enhance Your Career*. He is the founder of *Living On Higher Ground Coaching*.

To connect with Paul and access spiritual quest tips, resources and events, visit:

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Book	Book	Certified Coaching

Introduction

Whether you're an experienced entrepreneur, employee or individual or just starting out, you need systems in place to become empowered, motivated and encouraged to perhaps for the first time, explore alternative ways of viewing spirituality and connectedness with the universe.

Whether experienced or just starting out leading a business, working productively with clients and family, business owners seek a spiritual quest enabling them to enhance the quality of their lives, to develop a greater balance between their external goals and the internal lives they long for. It's imperative that you discover how to move toward awareness, inner-peace and serenity, to enhance your quality of life.

There is a myth that entrepreneurs, employees and or individuals can go it alone on their life journey, however this couldn't be further from the truth and reality of one's life. In this eBook, you have access to five powerful, spiritual quest enhancement strategies that can help you gather Insight To Align Your Spiritual Quest And Enhance Your Quality of Life.

As you go through this eBook, highlight pages and makes notes. You have before you a blueprint to take your spiritual quest and take your business, company and person to the next level!

I'd love to hear your results and welcome your questions. You can connect with me on Facebook or by requesting a collection of spiritual quest resources at: <http://www.paulvannspeaks.com>

Here's to you achieving your spiritual quest success!

Paul Lawrence Vann

Align Spiritual Quest Strategy #1 Paradigm Shift To Overcome Limiting Beliefs

When some people embark on their entrepreneurial journey, employment with a company or organization or to live their life, oftentimes they do so in the natural. In the natural means, without prayer, spiritual thought or consideration of a higher power.

Not seeking a higher power and or source is a mistake many people make and if entrepreneurs, employees or individuals started out connecting with source or what they define as their higher power, things would be different. The late James Allen reminds us, “We’re the sum total of all of our thoughts,” with this in mind, some of you come with limiting beliefs from childhood and as young adults and bring it into adulthood.

As entrepreneurs, employees and individuals go about their daily routines, they encounter resistance, life challenges, roadblocks and what I call the quicksand of life. Some people put their health on the back burner and get bad health because they’re trying to find their identity through their business, employer or recognition and popularity from others.

That’s not all, by aligning with life in the natural, sometimes people fall short because of the artificiality of life presented to them. Trying to keep up with the Joneses is another trap people fall into, because of the myth of the American Dream, a house in a gated community, foreign import vehicle and what is called the white picket fence syndrome and limiting beliefs about what a good life is.

Many an entrepreneur fall victim to poor health in mind, body and spirit because they fail to understand their unique spiritual quest and align it with their life purpose. In order to affect positive change in your life, it requires assessing where you are today. For example, what do you believe at this very moment and how do you believe it, as it pertains to your higher power?

To make a positive paradigm shift, you have to take ownership of the entire process. In order to overcome limiting beliefs, it takes work and a strong will to never give up on your spiritual quest.

The course of action to take is to conduct research to find a certified spiritual coach to assist you in understanding how to overcome limiting beliefs. Why? I’m glad you asked, about finding a spiritual coach and or spiritual quest expert to assist you with overcoming limiting beliefs.

The question I will ask you is this, “If you and I were speaking 12 months from now, what would need to happen so that you felt completely happy and satisfied with your results after contacting me to help you achieve greater balance between your external goals (entrepreneur, employee) and the internal life (mind, body, spirit) you long for?”

In order to shift your paradigm, you must make up your mind and take massive action. The time is now for your positive shift leading to divine inner peace during your spiritual quest.

Align Spiritual Quest Strategy #2 Invest In The Process On Your Spiritual Quest

It's imperative to understand most people aren't aware of resources to help them on their spiritual quest. Some people attend church, fellowship, attend bible study, pray and or meditate and all of these play an important role in life, however through coaching and or training, you can discover a lot more about your spiritual quest and enhance your quality of life.

Taking a deeper dive as a client of a spiritual coach will help you understand concepts to explore that will help you move to greater awareness, inner-peace and serenity.

After you make the decision to invest in yourself spiritually by hiring a certified spiritual coach, it's important to operate from a position of an open mind to unlimited possibilities. The first step in the process as a spiritual coach is to provide you with an interview that will help you get on your path to greater awareness.

For example, I will ask a client the following:

- As your spiritual coach what is your objective in working with me?
- Tell me what achieving this spiritual quest means to you?
- What evidence will you have when you achieve this spiritual quest?

These are but a few of the questions I will ask you as your spiritual coach, there are many more questions I will ask of you, however it requires more time during the actual interview.

My question to you at this time reads as follows: What challenges and obstacles are preventing you from reaching your spiritual quest and goals associated with it? Please provide your responses below.

Of the items you've provided above, what is your greatest challenge or obstacle?

Any change that occurs in your life is the direct result of your will power and conviction to see it through. Facing your life challenges and your commitment to address them is imperative to positioning you to once and for all, get on and stay the course as it pertains to your spiritual quest, resulting in you enhancing your quality of life.

Align Spiritual Quest Strategy #3 Develop Greater Balance Between External Goals and Internal Lives

Small Business Administration (SBA) statistics inform you that half of all new businesses survive at least five years and one-third survive ten years or more. What this lets you know is, solopreneurs and small business owners, along with consumers must all work harder and smarter to sustain and maintain their business, assist their employer and become savvy consumers.

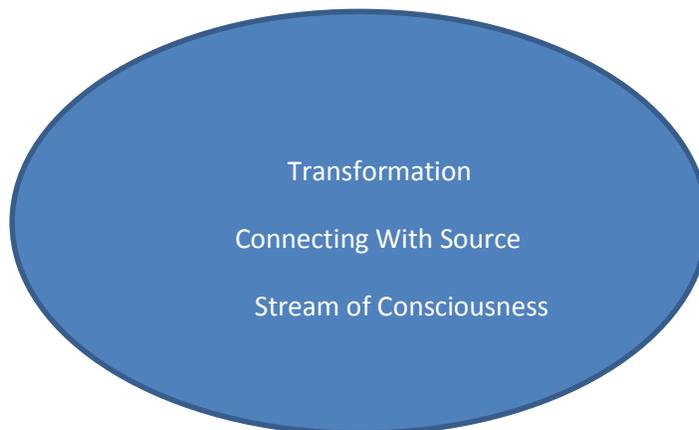
After investing in your spiritual quest you will acquire knowledge, discover strategies, tools and techniques to assist you in developing greater balance between your external goals and internal life. You will work mutually with your spiritual coach and after you complete the interview questions, you will receive a follow up call that will consist of the following:

- You receive your vision statement relaxation session
- Your personalized vision statement will be read to you
- You will receive a post relaxation session
- You will receive a copy of your personalized vision statement

Your spiritual coach will schedule a follow up session with you to help you identify your Circle of Spiritual Perspective (CSP). This exercise consists of you narrowing down what your interview and personalized vision statement says about you.

Here are a few examples of what your CSP may consist of based on your coaching experience:

Circle of Spiritual Perspective



It's through the knowledge and wisdom of your spiritual coach and your own personal efforts that will be the source for you developing greater balance between your external goals and the internal life you long for. As the CSP reflects above, the paradigm shift is taking place.

Align Spiritual Quest Strategy #4 Becoming An Enlightened Entrepreneur/Employee

At this juncture of your spiritual coaching experience, you're becoming an enlightened entrepreneur, employee and individual. There is no luck involved when it comes to doing the work required to identify, develop and embrace your divine path to inner peace.

A client of mine named Alayna was working hard leading her virtual assistant business. Before Alayna signed on for my spiritual training she was experiencing overwhelmed and was heading towards burnout due to stress.

But now, Alayna's business is thriving and she has a new lease on her personal life and her business, as a result of investing in herself. This highlights the importance of making a commitment to the process of your spiritual quest.

After Alayna reached out to me, I scheduled her for my spiritual coaching program and now, she's doing great, leading her business, balancing her business schedule, the clients she has and her family life.

Today Alayna assist others to identify their divine path to inner peace and she's taking on more clients and she will be in business for years to come and it's because of the solution based spiritual coaching she invested in.



The bottom line is, today more and more people are beginning to understand and acknowledge that happiness, contentment and peace dwell from within. When you come to know your authentic self and act in accordance with your higher purpose, you become more of who you were purposed to be in life.

As an enlightened entrepreneur or employee you will be transformed to look through a new set of lens to know exactly what your life purpose is. You will no longer live in the past, rather you will live in the now because you're connecting with source and is empowered to lead through excellence.

Align Spiritual Quest Strategy #5 Being Who You Where Purposed To Be



After entrepreneurs, employees and individuals increase their spiritual consciousness they begin to enhance their belief system and leverage it to operate from the inside, listening to the small still voice that consist of divine power.

One of the last exercises clients process is the Client Spiritual Self Discovery (CSSD) Form. The CSSD form provide clients with one of the most crucial exercises of all, because it is specifically focused to the client.

Here are a couple of questions on the form clients answer and after completing the form, the spiritual coach reviews them during a coaching session:

1. What have I learned so far in my journey toward spiritual discovery?
2. What spiritual concepts intrigue me-inviting me to continually study on my journey?

As you're observing the picture above, entrepreneurs, employees and individuals alike deserve work life balance. This aspect of the spiritual quest assist clients in understanding their journey.

By completing the CSSD clients discover they have a new attitude, they've learned to let go. Most importantly clients are able to forgive themselves and others. Spiritual coaching clients have spiritual resources upon which they can call on and now that they have the skills, they're better positioned to obtain greater spiritual wisdom.

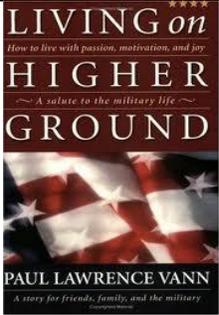
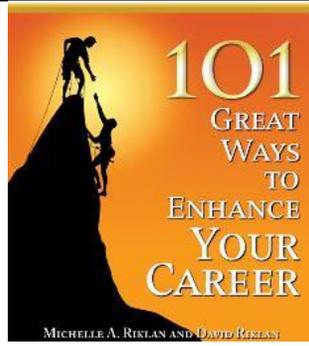
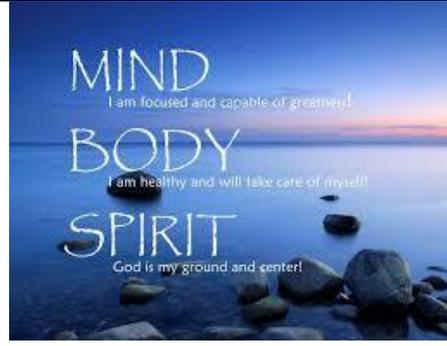
Conclusion

The time is now for identifying, developing and embracing your divine path to inner peace. Ensure you review your notes and highlight specific passages and take action on three to four areas per week. By focusing on a few things at a time, you'll be able to develop a vibrant online presence while developing your author platform.

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