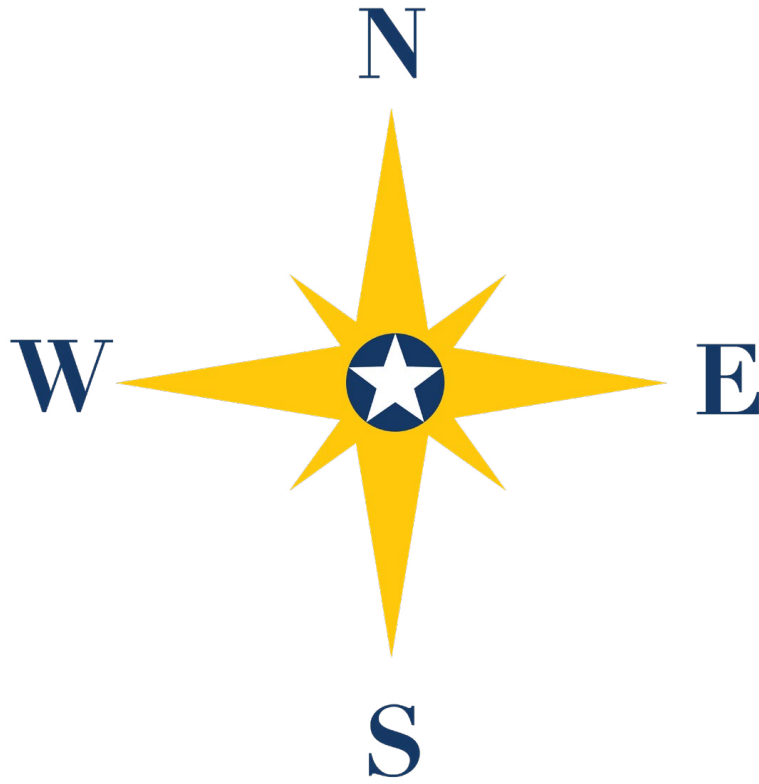


INSIGHTS



Who Should Buy This Work Book?

Parents, grandparents, aunts, uncles, godparents and mentors:

This keepsake gift can be personalized! It will be cherished forever. You'll have the ability to reflect upon your own insights gained over the years and add to or modify those in the book – and then pass it along to those you love. It is a wonderful conversation starter to have discussions, share perspectives, and convey your life's lessons In the four core areas that make up one's unique self personal, professional, financial and spiritual.

Young adults:

High school upperclassmen, college students and working adults who are in the early years of their careers. This is a wonderful way for you to reflect on the four core areas that make up one's unique self personal, professional, financial and spiritual. It is an excellent way to begin building YOUR personal compass. This will be a conversation starter – enabling you to engage your parents, grandparents, relatives or mentors in your life and allowing you to have conversations into their key insights.

Dedication



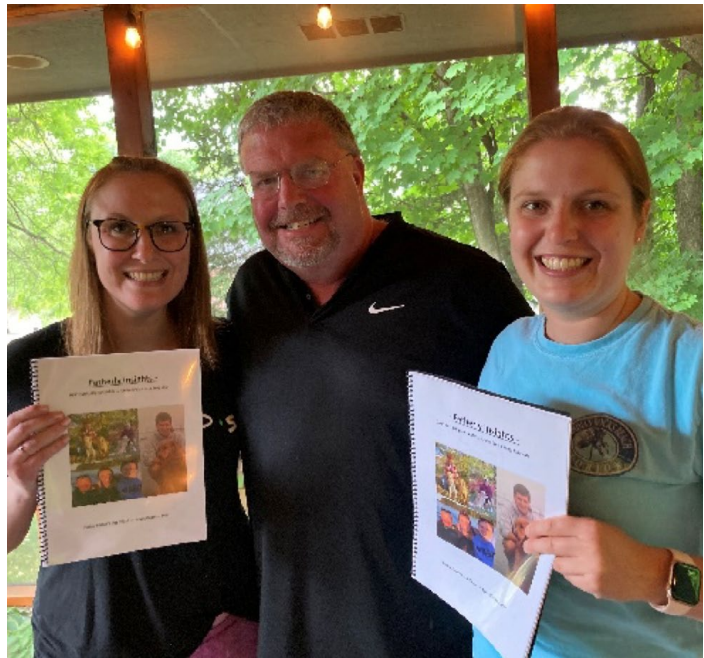
To my parents Mick & Bernice for providing me their insights Not so I would always follow their insights, but so I would have a solid foundation to build my own.

To my wife Jenny and daughters Allie and Abby for helping me get my compass back on my true north when blown off course by life's personal and professional challenges.



Why This Book?

On occasion, my daughters, Allie or Abby, would engage me in discussion on a topic and ask for my opinion on an issue or what I thought on a subject. I would share my insights, not so much hoping they would take whatever I said & run with it (they wouldn't!), but hoping that whatever I had to offer would stir deeper thought and reflection so they could form an opinion or make their own decision.



Why Now?

One of my best friends, who is an avid runner and in awesome shape, damn near died while running a couple years back. As luck would have it after having flat-lined on the side of the road for well over a minute, his guardian angel – a cardiac nurse of all people – arrived, performed CPR, called paramedics, and saved his life. Not only did this event reinforce my own beliefs - that it is too dangerous to run - but it got me thinking that one never knows when the ace of spades may turn up in the deck of life cards. Therefore, I decided to share my insights as a Father's Day Gift for Allie & Abby while I'm still on earth.

Why Share My Insights With You?

With overwhelming encouragement from family and friends stating there is a need to share this information with our next generation, and my personal desire to have future leaders to be both focused and well-grounded, I have decided to share my insights so you can add your own to share with those you love OR use it to reflect upon and develop your life's compass.



DEVELOP SELF TO LEAD & SUCCEED IN LIFE...
 ONE MUST UNDERSTAND SELF BEFORE LEADING OTHERS.

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Insights & Words of Wisdom

Including things they should have taught U in School

My Gift To You:

Allie & Abby,

I wanted to share my thoughts, insights, beliefs and observations with you NOT because mine are right, NOT so you will have the same thoughts & beliefs as me ---- but so that YOU may reflect upon mine and develop YOUR OWN. My intent is to stir your own thoughts and reflections in 4 core areas of self: financial, personal, professional and spiritual so you can develop an overall compass for YOUR life.

As you go through life, hopefully you can add your own insights, wisdom and reflections Pass this and your additions along to the next generation so their life can be richer by having more insights and wisdom to reflect upon as they develop their compass to guide their lives.

Love Always ... Dad

