



# *Be the* **Exception**

learn the 7 key steps to  
**BE THE EXCEPTION**





# NOTES



# AGENDA

## TOPICS

**Step 1: Be Honest**

**Step 2: Be Open**

**Break**

**Step 3: Be Healthy**

**Step 4: Be Flexible**

**Lunch**

**Step 5: Be Gentle**

**Step 6: Be Courageous**

**Break**

**Step 7: Be Authentic**

**Review & Questions**



# STEP 1: BE HONEST

➤ **THE STORY...** I don't have one minute to breath or take care of myself

➤ **THE TRUTH...** I am worth taking care of, I need to slow down & breath

➤ **MOVING FORWARD...** I will take a 2 minute break every hour to breath, I am worth taking care of

*Now it's your turn. What area of your life do you need to change? (Work? Relationships? Health?)*

## WORK

➤ **STORY...**

➤ **TRUTH...**

➤ **MOVING FORWARD...**

## RELATIONSHIPS

➤ **STORY...**

➤ **TRUTH...**

➤ **MOVING FORWARD...**

## HEALTH

➤ **STORY...**

➤ **TRUTH...**

➤ **MOVING FORWARD...**



# STEP 1: BE HONEST TRUST CHART

## WHO CAN WE TRUST WITH OUR TRUTH?

**Courtesy & Consideration**

**Shared Stories**

**Soulful Nourishment**

**Commitment & Assured Trust**



# STEP 1: BE HONEST NOTES

**“Quiet can be scary, but that is when the truth seeps in.”  
~ Annie Meehan**



## STEP 2: BE OPEN



0-4



5-7



7-9

Who has mentored you?

Who are your heroes?



9-11



11-13



17-18



13-16

Who have you mentored?



18-20



25-30



21-24

Who lights your path?



30-35

Whose hero are you?



35-40



50+



45-50



40-45



## STEP 2: BE OPEN

### ARE YOU OPEN TO HELP?

Who has been a mentor to you?

Who have you mentored?

Who has been a surprising helping hand?

Who has been the most **IMPACTFUL** Hero, Mentor, or Light in your life?



## **STEP 2: BE OPEN NOTES**

Page 9

**“Many Hands and hearts lessen the load you carry on the  
path to healing.”  
~ Annie Meehan**



## STEP 3: BE HEALTHY

The CANES approach to health: at times we all need a walking stick for support

**C<sup>2</sup>**

**A**

**N**

**E**

- 1.
- 2.
- 3.

**S<sup>4</sup>**



## STEP 3: BE HEALTHY

### WHAT DOES TAKING CARE OF **YOU** LOOK LIKE?

What are three ways you used to play?

What is your favorite way to move your body?

What is one thing you do each day to take care of your...

**Physical Health**

**Mental Health**

**Emotional Health**

**Spiritual Health**

**Financial Health**



## STEP 3: BE HEALTHY NOTES

**“If you don’t like the road you are walking, start paving another one.”  
~ Dolly Parton**



## STEP 4: BE FLEXIBLE

How do you feel about changing direction?

Are you excited or are you resistant to change?

Can you find the silver-lining in the most challenging of changes?

What has been your most challenging change that required you to shift in your life?

- Career
- Relationship
- Health



# STEP 4: BE FLEXIBLE NOTES

Page 14

**“Step out of your history that is holding you back. Step into the new story you are willing to create.”**

**~ Oprah Winfrey**



## STEP 5: BE GENTLE

What do you do when the story changes?

Have your detours made you feel like a failure?

Do your detours derail or **MOTIVATE** you?

What has been a motivating factor?

- **Relationships**
- **Learning**
- **Indulgences**



# STEP 5: BE GENTLE NOTES

Page 16

**“It’s one of the greatest gifts you can give yourself, to forgive. Forgive everybody.”  
~ Mayo Angelou**



## STEP 6: BE COURAGEOUS

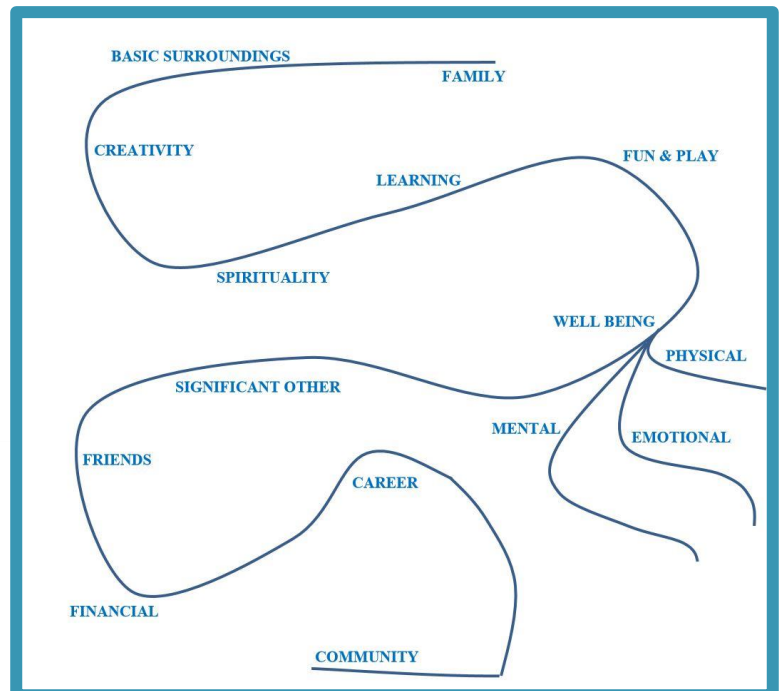
What is the most courageous Goal you achieved?

Do you get up in the morning **BOLD** and inspired for the day?

When is the last time you felt uncomfortable and pushed through anyway?

How does acting courageous positivity effect those around you?

- Friends
- Co-workers
- Family





# STEP 6: BE COURAGEOUS NOTES

**“It takes as much energy to wish as it does to plan.”  
~ Eleanor Roosevelt**



# STEP 6: BE COURAGEOUS WHEEL

## FIRST STEP TO COURAGEOUS CHANGE





## STEP 7: BE AUTHENTIC

**What does it mean to like yourself?**

**What would need to change to become the real version of yourself?**

**What role model do you compare yourself to?**

**Who are you?**

- **How would you define yourself in 3 words?**
- **What are the 3 words others would use to define you?**
- **Ask 2 people...what are their words for you?**



## STEP 7: BE AUTHENTIC EXAMPLE

I am an amazing speaker. I am a sought-after, insightful coach. I am a loving wife. I am a supportive and nurturing mother. I live my life to the fullest every day and I invite others to do the same. I love my coaching room, where I guide people to live their best life. I am healthy and energized every day.

**“Believe it, become it, be the exception!”**  
**~ Annie Meehan**



## STEP 7: BE AUTHENTIC EXAMPLE

It is okay to break some rules

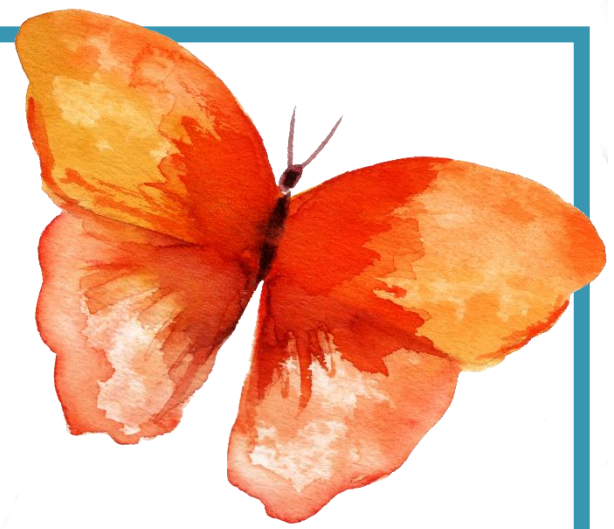
BE THE  
**EXCEPTION,**  
NOT THE  
RULE!



# STEP 7: BE AUTHENTIC EXAMPLE

The image shows the front cover of the book 'Be The Exception: Your 7 Steps to Transformation' by Annie Meehan. The cover has a blue and green background with a large orange and red butterfly. The title 'Be The Exception' is written in a mix of blue and red fonts, with 'Your 7 Steps to Transformation' in blue below it. The author's name 'Annie Meehan' is at the bottom. The book is shown at a slight angle with a reflection below it. Surrounding the book are six empty thought bubbles, three on each side, connected by small circles, intended for taking notes.

We can't all be the Expert,  
but we can all Be the Exception



# Be the **Exception**

Adding these 7 principles into your daily life will offer you a more intentional, authentic, and fulfilled life!  
Thank you for sharing your day with me.

Speaker • Trainer • Author

**Annie Meehan**  
*Be the Exception*

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