

*Envision Greatness, LLC*  
*Granny Lou's Bed & Breakfast Inn*

Presents...

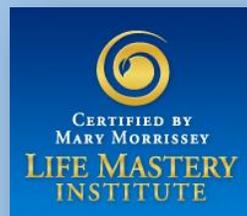


***True-Living for Retirees***  
***Retreat & Workshop***

With

***Mary Ann Pack***

**Certified Dream Builder Life Coach**



<http://True-Living.net>

*Welcome to ...*

## *True-Living for Retirees Retreat!*

This program is designed for living your fullest, expanded potential throughout your retirement years! If you nearing retirement or are already retired, this program will help you design and create an amazing retirement that will fulfill your soul's purpose.

A few questions to consider....

*Have I been LOVING the life I'm living?*

*Do I look forward to each moment, passionately loving, living with vibrant health, and living in financial prosperity?*

*Am I a bit bored with retirement and KNOW there is something I'd love to do with my time, but either don't know how to implement my ideas or just don't know where to start?*

*How much of my bucket list have I accomplished?*

*What would I put on my bucket list?*

*So many friends are excited about retiring, but I'm not looking forward to it at all, because I don't know what in the world to do with myself?*

*Life has gotten meaningless during my retirement. When I was working I knew I was giving my time and making a difference. Now, what will I do to make a difference?*

*What would I love to do? What would fulfill my life?*

We all want our lives to count for something good! To be able to say at the end of life, "Wow! That was quite an exciting ride! It is well with my soul."

As a retiree or someone nearing retirement, you have experienced much in your life and have gained great wisdom that needs be shared with the world around you! Your community, congregation,

charity or social group needs to hear the wisdom that only YOU can offer. Because we are individuals, each of us has a message from our life experiences that must be delivered by each individual. No one else has gained the exact same knowledge and wisdom your years have taught.

**It's so important that each one of us live life to the fullest expression and from our highest calling. The world is waiting to hear your message!**

Are you ready to live your wisdom years with purpose and live out the dreams you've always wanted to achieve? We all know life can become a rut doing the same things, day in and day out.

**It may be time to step back and ask yourself what will fulfill YOU during your retirement years.** Do you want to continue living the same year over and over, or do you want to live a brand new year, each and every year?

If you are a bit discontented with your prospect of retirement years and long for a fulfilling life, consider this as YOUR invitation to your retirement dream life!



*Mary Ann Pack & Mary Morrissey*

Mary Ann Pack's mentor and life coach, Mary Morrissey, and founder of Life Mastery Institute says, *"Do what you can, with what you have, where you are now!"*

Maybe you'd like to see yourself living a richer, more fulfilling life while giving back to the world. Maybe you'd like to be more productive, creative, spiritual, compassionate, and financially sound. If so, you are in a perfect position to build your dream retirement life!

### *What is True-Living for Retirees?*

This is a small-group retreat experience that will assist retirees to live fulfilling, productive and giving lives. You know you have dreams and desires to have a delightful retirement. You know you have wisdom and knowledge from life experiences. You know you want your life to be counted for good in the world. And, you know you want it to be fun!

This program will help you discover what is important for your retirement years and what you'd like to accomplish. You will be asked to look inward and find your dream that would fulfill you, as well as, giving to others.

We've all heard of bucket lists, but how many folks have had the courage to achieve the goals listed? This program will help you find that creative energy, allow you to imagine doing something wonderful and actually take the steps to follow through with living that true life of your highest calling. Most of all, it will be fun!!

The venue is the at the beautifully restored Victorian home owned by Jennifer Self, Granny Lou's Bed & Breakfast Inn, of historical Bonham, Texas. Visit <http://grannylou.com> to view the accommodations and the 3-acre grounds.

*"A Perfect Pairing"*

*True-Living for Retirees & Granny Lou's B & B Inn*



Allow yourself to be pampered in the luxurious surroundings of Granny Lou's Bed and Breakfast Inn. You will be provided with everything you need. The gourmet meals will tantalize your taste-buds while your mind is refreshed during our sessions.

We have even planned a great party for Saturday night! Yes, we will incorporate fun while we are learning to create our perfect retirement.

We will use the vision workshop, True-Living for Retirees, which has been proven for over 30 years with great success. We will have group sessions where we will share new insights, lend support to our fellow retirees of the group, have question and answer sessions and get to know one another in the process. Meeting people and developing new friendships may become your favorite part!

Presented in an intimate small-group retreat will allow participants (up to 8) to have ample time to for open discussion during the sessions and at meals. This would be a perfect retreat setting if a group of retirees would like to sign up together—such as a group of friends, club or Sunday school class. We are specifically holding the attendance low, so that we have more one-on-one coaching time.

Allow me to take a moment and introduce you to True-Living for Retiree Dream Building program that we will base our study on during our True-Living for Retirees Retreat sessions.

*True-Living for Retiree Dream Building* is an interactive workshop to help you discover your true dream or purpose.

During the workshop we will learn to eliminate fear, doubt, and worry and move toward your goals with confidence. The tools you learn this weekend will help you achieve greater results with less effort.

If these issues resonate with you, then you are going to LOVE this retreat workshop!

In the dream building workshop we will address the three keys to accelerate your results by:

- 1) Vision - creating a clear vision of what you want,
- 2) Mindset - align your self-image with your vision by overcoming paradigms, and
- 3) Support Structure - get support to overcome those paradigms and sustain movement in the direction of your dream.

In 1853, Henry David Thoreau wrote a famous essay called, "Walden", in which he included a hidden code for prosperous living. During this dynamic dream building workshop you will unlock this code so that you can harness your life's purpose and the prosperity you deserve—in every area of your life!

### *You will learn:*

- Two essential keys for tuning into your purpose.
  - Notice your longing and discontentment.
- A 5-point test for determining whether your dream is right for you.
  - Does it give me life? Is it aligned with my core values? Does it cause me to grow? Does it require a higher power bigger than me? Does it have some good in it for others?

- Simple thinking-strategies that will guard you from fear, doubt and worry.
  - “Make a date with your doubt”. Press the internal pause button on your fear and say I’m going to think about you at a later date.
  - Recognize the truth in the presence of facts. What is in you is greater than anything in your circumstances.
- What wealthy people do that creates sustained success.
  - Envision their vision – and become emotionally involved with their vision on a daily basis. Like putting on the dream.
  - Ask the question – If I believed it was possible what one step could I take?
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
  - Comparison Despair – comparing results to other people.
  - Remember the Law of Gender
  - Power thought – “What if this is what it looks like while my dream is happening?”
- A proven method for dissolving resistance you may have to prosperity so you can attract higher levels of results and abundance.
  - Empowering a mastermind to support you as you move toward your dream.
  - Connecting to a higher level of consciousness than your own on a consistent weekly basis.
  - The Law of Proximity – hanging out with people who are more successful than you.
- The one critical thing you must give up in order to reach your dream.
  - The long ranger syndrome – the need to do it alone.
- Three powerful words that can override any negative belief.
  - Up Until Now

- Two strategies to discover the next best step towards your dream.
  - If my future self could speak to me right now, what would he/she say is the next best step?
  - What one step can I take today that will move me in the direction of my dream?
- And much more!

*Participating in this program is where the adventurous retiree begins to transform their lives into the life they would love to live!*



Many times we think we should be able to accomplish our dreams all on our own. **But in reality, how many times do we actually succeed in living our dream life all on our own?**

If you could accomplish all this on your own, wouldn't you already be doing so? Sometimes we all need a little extra help realizing our dream life or what it will look like. We need some guidance to find our own answers and direction to navigate that huge gap of where we are now and where we'd like to be in the future. We need accountability and support, too. Folks who will believe in us when we don't believe in ourselves. Encouragement is a huge part of success!

**Every day we invest in our lives in some way or another**—taking care of our bodies, feeding ourselves, maintaining our personal hygiene, learning new things from others or books that makes our

lives more fulfilling, asking advice from dear friends or family, exercising or hiring a trainer, learning advanced skills to increase our value at work, learning hobbies, going to religious gatherings to grow spiritually, or organizing groups that meet a need in our communities, etc.



*“A weekend retreat for transformation that lasts a lifetime!” ~Mary Ann Pack*

We address all four domains of life—health, relationships, career or our creative expression, and time and money freedoms. You will learn to test your dreams to make sure that they are aligned with each domain and your life’s purpose.

By increasing your sense of deserving you will allow increasing amounts of good in your life. Giving and receiving is an important life lesson.

Sometimes we experience fear and anxiety when we approach the unknown or something totally new to us. That’s perfectly normal, but you’ll learn to befriend fear—learn of its source and how to transform it into motivation, even when you’re afraid. You will learn to welcome a greater flow of abundance and evolve perception patterning.

You will learn to listen to the still small voice, harness the power of believing and turn failure into stepping stones. Napoleon Hill states

in his book Think and Grow Rich, “Every adversity brings with it the seed of an equivalent advantage.” You will begin to be able to see obstacles as opportunities! Failures as feedback.

***The real gift of DREAM BUILDING is who YOU become in the process!***

*What you choose to put into life is what you will receive in return! Make your Retirement exceptional!*

This retreat workshop experience will be as successful for you as you decide to make it. I promise to give my time and attention to you, my client, and intend to make every effort as I commit myself to your dream retirement. It will take effort and full commitment on your part, also.

**Is your dream retirement important enough for you to commit to a weekend retreat program?** As you begin to see positive changes in your life and circumstances, your enthusiasm will grow. There may be times that you just want to quit. You start to feel discouraged, or that it is just too hard and painful to continue, but that’s exactly the time you’re ready to take a giant leap forward towards your retirement dream life!

*What will the retreat include?*

The following is the tentative schedule for the retreat weekend:

**FRIDAY**

3:00p.m. – 6:00p.m. Arrival and Meet & Greet

6:00p.m. – 7:30p.m. Dinner and Dreaming

7:30p.m. – 9:15p.m. Session

**SATURDAY**

8:00a.m. – 9:00a.m. Breakfast of Champion Retirees

9:00a.m. – 11:00a.m. Session

11:00a.m. – Noon Workbook

Noon – 1:00p.m. Lunch and Learn

1:00p.m. – 3:30p.m. Session

3:30p.m. – 6:00p.m Workbook/Breakout Session/Prepare for Dinner

6:00p.m. – 7:30p.m. Dinner and Discussion

7:30p.m. - ? Party on the Patio or Party in the House

## *SUNDAY*

7:30a.m. – 8:30a.m. Spiritual Lesson and Meditation

9:00a.m. – 11:00a.m. Brunch of New Beginnings

Noon: Thank you for Attending & Check-out

## *How do I attend True-Living for Retirees Retreat?*

1. Send an email to [maryann@true-living.net](mailto:maryann@true-living.net) and request your reservations e-brochure for the weekend. This will have all the pricing and exactly what is included. Be sure to include your phone number. You will be sent to an e-checkout form to pay for the retreat. You are also welcome to mail a check.
2. You may email [maryann@true-living.net](mailto:maryann@true-living.net) anytime with questions.
3. You may, also, call Mary Ann at **(903) 227-0273**. If unavailable, be sure to leave a message for a return call as she may be in a coaching session.
4. Forward this email brochure to friends and family members!
5. Once you have registered for the retreat, you will be invited to join our private Facebook group for retirees! It is great place

to get answers to your questions, support and encouragement from all the members.

### *Contact & Scheduling Information:*

If you would like to book Mary Ann for a speaking engagement or a Vision Workshop presented to your group, please contact her by email at [maryann@true-living.net](mailto:maryann@true-living.net) or by phone **(903) 227-0273** (please be so kind as to leave a message as she may be attending a coaching session).

### *You are invited to visit her websites:*

<http://maryannpack.lifemasteryinstitute.com>

(This site gives in-depth information on the Dream Builder Course used for private, one-on-one and group coaching. Be sure to take advantage of the Free Dream Builder Tool Kit!!)

<http://true-living.net>

(This site gives much more details about the upcoming classes and retreat availability. Please remember to sign up for our e-newsletter. Rest assured that we protect your privacy—we never sell, rent or loan our email lists to anyone.)

### *For Mary Ann's videos, please visit her YouTube Channel:*

<http://www.youtube.com/maryannpack>

## About Mary Ann Pack



Since 2006, Mary Ann has been working in the life coaching and natural wellness industry helping people create richer, more fulfilling and healthy lives.

Mary Ann is a certified Dream Builder Life Coach, holds a degree in Biblical Studies, with certifications for practitioner of the Law of Attraction and Psych-K. She is a published author, professional speaker and trainer. Mary Ann's *True-Living* columns have been published in newspapers in print and online.

As an author, she loves to share her messages of hope and healing. Her passion has been utilizing alternative healing arts and has been an herbal practitioner for over 20 years when she began the journey of healing her dis-eased body and mindset. She now lives her dream life with her husband, Randy, in rural Texas.

Mary Ann has two grown sons whom she home educated through high school graduation. When she and Randy married in February 2012 she was blessed with four bonus children as they blended the two families.

Mary Ann is a trainer and workshop facilitator for clubs, businesses, hospitals and churches bringing an inspiring message of creating lives worthy of the participants' soul's purpose. She offers interactive

workshops to inspire, motivate and challenge. Her audiences learn to identify their dream, test if it's right for them, how to sustain success, dissolve resistance to prosperity, override negative beliefs and so much more.

As a life coach offering private and group coaching, Mary Ann utilizes proven in-depth coaching programs that evoke transformation for clients to achieve new heights of success, fulfillment and spiritual awareness.

She understands that people may experience a feeling of being stuck in life. As they experience discontentment with where they are now and where they would like to be, this is the perfect opportunity for creating the life they would love to live. Many have experienced a measure of success in their lives, but there's a longing for something more--something better. Mary Ann supports them to bridge that gap and navigate from the old paradigms (beliefs) into the new as the building of their dream life comes into reality.

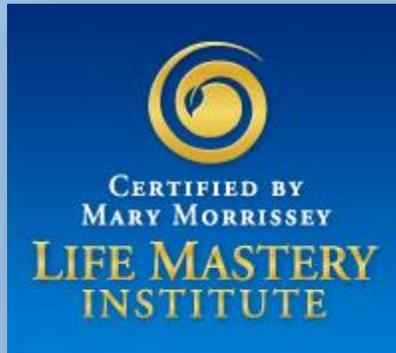
Her vision is to assist those who have experienced success in business, but now, want to take their lives to greater service in the world. Many desire to grow their businesses into the next level or start a new business venture.

She assists those who are facing retirement or are already in retirement who long for a fulfilling retirement for themselves and, at the same time, serving others with their wisdom, resources and time freedom.

Mary Ann loves to see young people in high school and college experience the Dream Builder course so they take charge of charting their life's course. She believes each generation should surpass the previous generation!

The Talmud say each of us has an angel whispering in our ears, "Grow, grow, grow!" Mary Ann would encourage each of us to listen with the intent to understand and grow.

*Dream - Grow - Live!*



*Envision Greatness, LLC*  
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