



ENRICH

5 STEPS TO
FIND
GREATER
MEANING

LIFE

TALENT



1

ACKNOWLEDGE YOUR ENORMOUS POTENTIAL

Have you ever been in a situation where you felt that you were not using your full potential? Frankly speaking the worldwide employee engagement is only at a staggering 15%. Just imagine how much true potential is being held captive and eventually spoilt.

So, there is one question I would like to ask yourself: When you acknowledge that you have got much more potential in you than you are currently using, then what is stopping you from taking it to the next level?

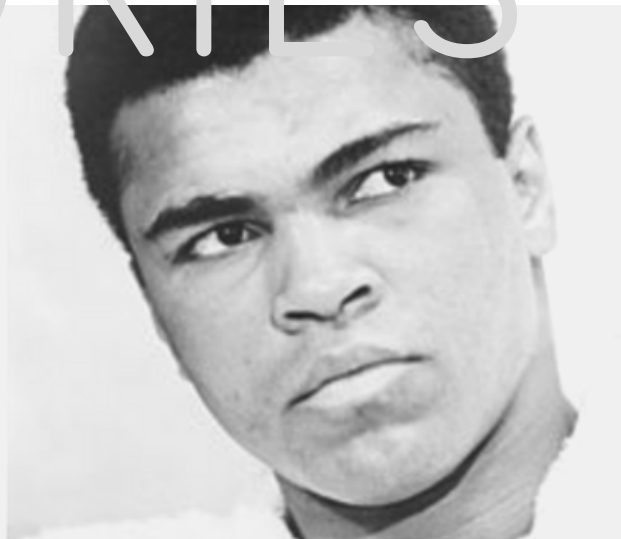
2

STOP BINGING NETFLIX, START READING REAL-LIFE STORIES

When you are stuck in the corporate routine, the Monday to Friday, the 9 to 5, perhaps you kind of feel like after that you deserve a break from everything. So you come home and you seek the things that would give you a break from

what you are doing, as opposed to enriching yourself. Do you spend hours on social media or bing-watch Netflix? Pick up a book and start reading real-life stories of people who made a change.

STORIES



INVEST IN YOUR PERSONAL DEVELOPMENT

Investing in your personal development is definitely a no-brainer if you want to become the best version of yourself. Nowadays you can literally find anything to jump start your journey. Think about podcasts, books or even free online courses.



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VISITING EVENTS

If you want to go deeper or next level, then I recommend booking live events. Some of my best memories are from traveling around the world, when I participated for example in events such as Mindvalley University (in Tallinn and Pula) or Tony Robbins' famous "Unleash The Power Within" that I visited in Los Angeles.

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HABITS



4

PICK UP A DAILY HABIT TO CALM YOUR MIND

We are all busy. You probably live 90% of the time in your head. Sometimes, it might even be that you simply forget your body. If you want to beat stress, get out of your head, and go from overthinking or overwhelm to making the right decisions and actions, then pick up a habit to activate your body and calm your mind.

You could for example think about implementing a daily morning routine. I start my days with yoga, meditation and a walk in nature. It calms my mind, completely recharges my energy and it clearly improves my performance. I suggest that you really pick up a habit that works for yourself though!

5

SURROUND YOURSELF WITH LIKE-MINDED PEOPLE

They often say that "you are the average of the 5 people that you spend most time with". When you think about that, with who do you actually spend most of your time? Is there anything that you would like to change in your social relationships?

Here 3 tips to help you get in touch with like-minded peers:

1) Join events that match your interests, see e.g.

www.meetup.com.

2) Join a Mastermind. I have joined several personal development and business masterminds to kick off my personal transformation.

PEERS



5

SURROUND YOURSELF WITH LIKE-MINDED PEOPLE

This peer-to-peer setup has been proven time and time again to me; to build friendships and partnerships, opportunities to co-create and much more. Be sure to join a group or network that feels right to you, where you can safely express your deepest beliefs and ideas. That is key.

3) Create you own Mastermind.

Ideas to start: make sure people have common interests and are roughly at the same level of growth. Think about the intention and objective of your mastermind. Create a safe environment. Have fun!

PEERS



MEET JOCHEM



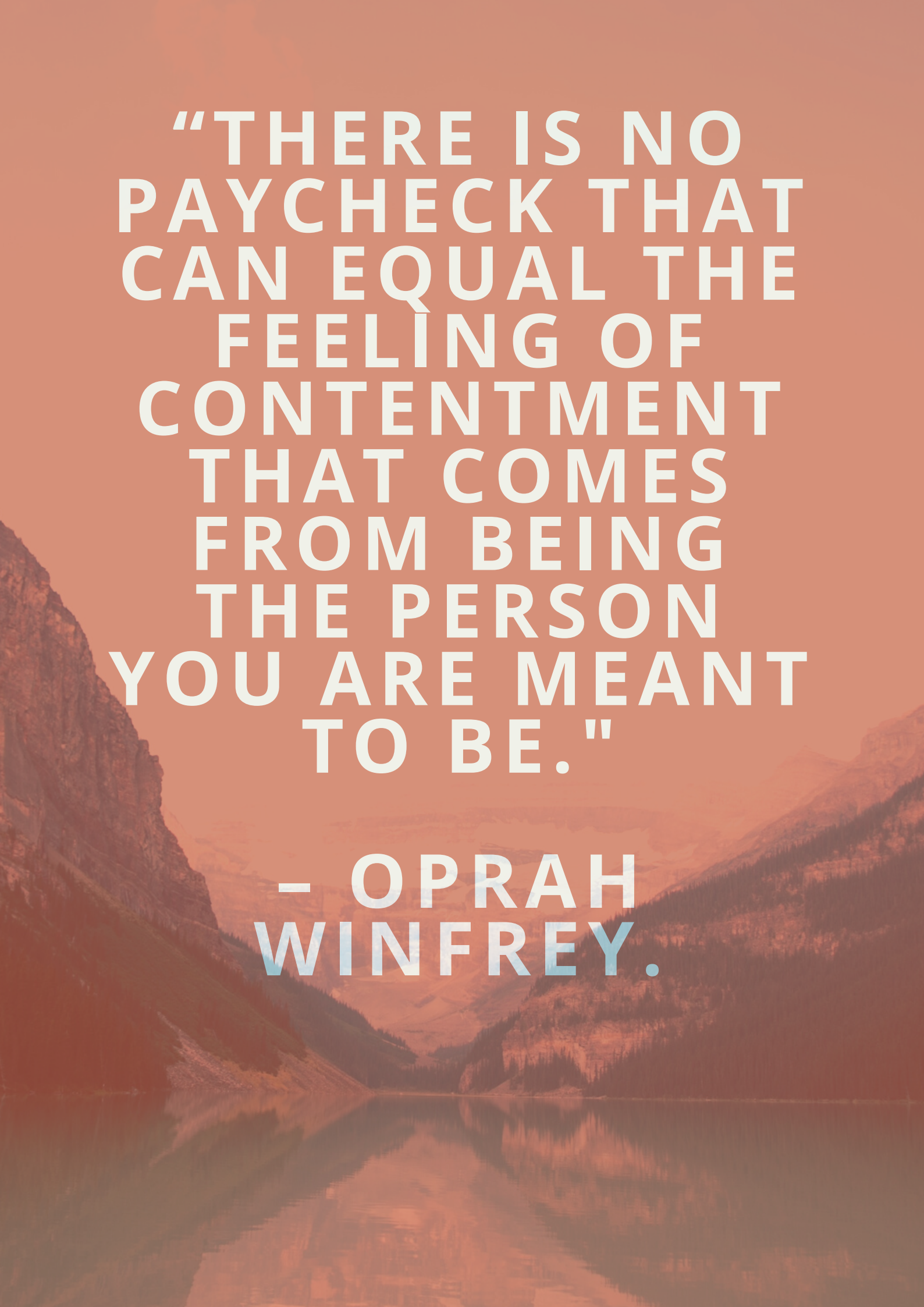
NOW LET'S TALK ABOUT PUTTING THIS ALL INTO PRACTICE!

Hi, I'm Jochem Doolaard. As a personal leadership expert I guide purpose-driven professionals and entrepreneurs to get from being stuck in the hamster wheel to live out what truly matters to them. I think that is important because when you dare to live out your purpose and express your talents, you will have tons of energy, wake up with a smile on your face and build a legacy that you are proud of. Every. Single. Day.

Do you want to put this all into practice?

There are two ways that you can work with me:

- 1) Book [here](#) a FREE 30-min Discovery Call.
- 2) Click [here](#) to join our FREE monthly and online Inspirational Talks & Networking Events.

The background of the image is a scenic landscape featuring a calm lake in the foreground, reflecting the surrounding mountains and sky. The mountains are rugged and covered in dense evergreen forests. The sky is a soft, hazy blue. The entire image is overlaid with a semi-transparent orange-red gradient, which serves as a backdrop for the white text.

**"THERE IS NO
PAYCHECK THAT
CAN EQUAL THE
FEELING OF
CONTENTMENT
THAT COMES
FROM BEING
THE PERSON
YOU ARE MEANT
TO BE."**

**– OPRAH
WINFREY.**