

Healing Yourself IS the Way to Heal Your Family.

*Join the TODAY's ChangeMaker Phenomenon*

We are a worldwide movement of sincere, determined men and women whose lives have been touched by the disruptive *ripple effects* of divorce, mistreatment, addiction or abuse in ourselves or anywhere in our family or family lines. We're committed to creating positive change --in spite of any negative circumstances in our past.

### **The Three Guiding Purposes of TODAY's ChangeMakers**

Glean wisdom from the past—rather than staying stuck in it.  
Be happy and live a purpose-filled life TODAY—as TODAY's ChangeMaker  
Prepare courageously and confidently for the future—come what may.

### **The TODAY's ChangeMaker Commitment**

#### **I Choose...**

**to live by choice, not by chance;  
to make changes, not excuses;  
to be motivated, not manipulated;  
to be useful, not used;  
to excel, not compete.**

**I choose self-worth, not self-pity.  
I choose to listen to my inner voice,  
not the random opinion of others.**

-- Author Unknown

#### **As part of the TODAY's ChangeMaker Phenomenon**

I accept my best efforts, however faltering,  
as I make present-moment choices to rise to the best that is in me while I  
TURN heartache to happiness,  
TURN conflict to connection  
and TURN pain into purpose  
within myself and in my most meaningful relationships.

By doing so, I find joy in my present moments  
and experience increased happiness and peace of mind  
while filling my highest priorities with full purpose of heart.  
I turn stress, anxious-thinking, anger and dysfunction to  
hope, direction, happiness and peace.

I am committed to doing my very best to create positive change  
in myself, my family and my family lines.  
I invite others to do the same.

To leave your life story as good or better than you found it,  
Join the TODAY's ChangeMaker Phenomenon TODAY by Joining the Quest  
to help, and not hurt, yourself and others at  
[www.FamilyTreeQuest.com](http://www.FamilyTreeQuest.com) !  
You'll receive notifications of what we're doing, so you can decide for yourself.