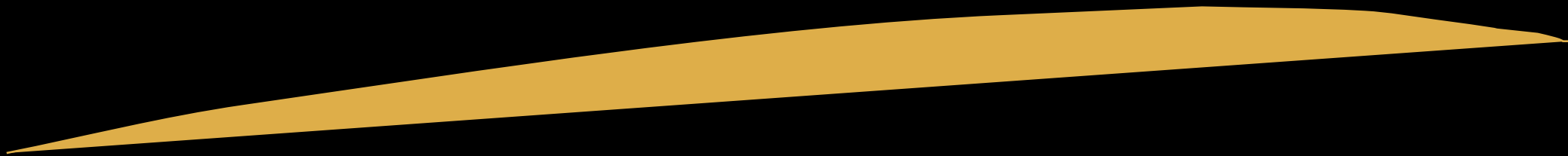
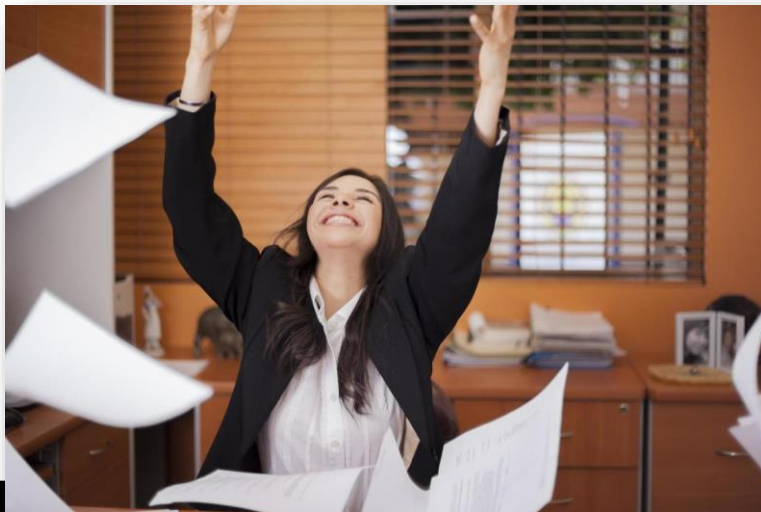
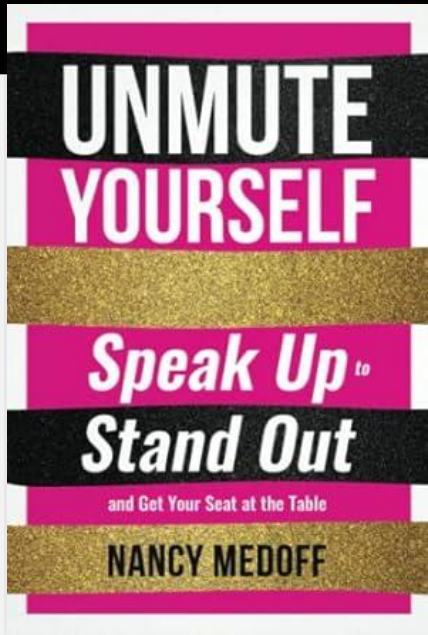


Do. The. Thing.



**We all have
that one thing....**





Today we peel back the curtain

- What is **YOUR** thing
- Why you **CAN** do the thing
- How you **WILL** do the thing



Think about the life that is waiting
for you on
the other side of your fear



DOING THE THING IS THE ULTIMATE FLEX

You're true to your own personality, values, and spirit, regardless of the pressure that you are under to conform.

Your values, ideals and actions align.




Authentic

“True to your own personality, values and spirit, regardless of the pressure you’re under to act otherwise.”



AUTHENCITY = FREEDOM



A close-up, profile view of a woman with blonde hair looking out a window. Her hand is resting against her face, with her fingers near her eye and cheek. The background is a blurred view of a snowy landscape seen through a window.

“You either walk inside your story and own it, or you stand outside your story and hustle for the worthiness.”

Brene Brown



A woman with long brown hair, wearing a blue long-sleeved shirt and black pants, is sitting cross-legged on a sand dune. She is looking out over a vast, undulating desert landscape of sand dunes under a warm, golden sunset sky. The dunes are illuminated by the low sun, creating soft shadows and highlights. In the distance, a range of mountains is visible against the horizon.

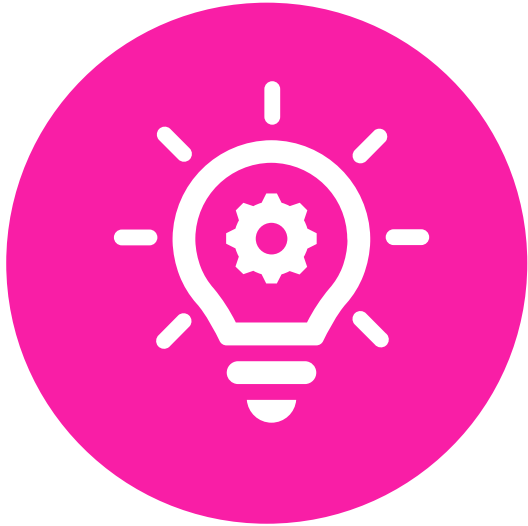
It's not always easy



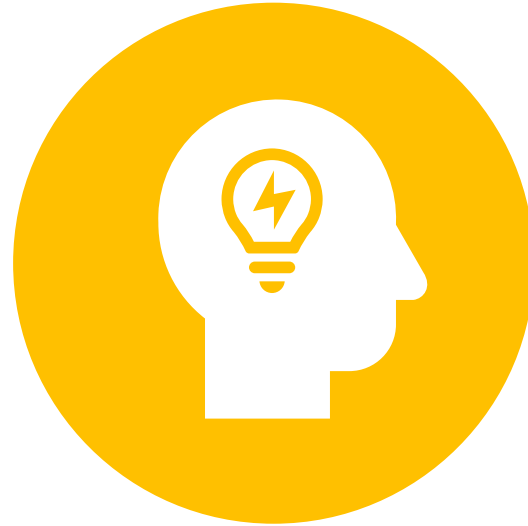
And it's always worth it



D-O-I-T process



DECIDE



OWN



INVEST



TACTICS



DECIDE



OWN YOUR WHY







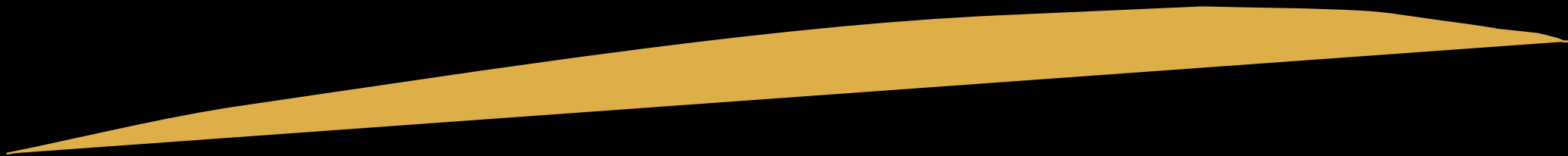
INVEST



TACTICAL PLAN



LET'S GOOOOO!



2028



Who you have been is not who you will always be



A portrait of Oprah Winfrey with her signature voluminous curly hair, wearing a bright red top and large hoop earrings. She is smiling broadly and clapping her hands. The background is a solid blue-grey color.

WHY NOT YOU?



**What's *your* EPIC
outcome?**



Focusing on
one word **WILL**
completely
CHANGE YOUR
LIFE





COMMUNITY

Nancy Medoff: “A reality check”

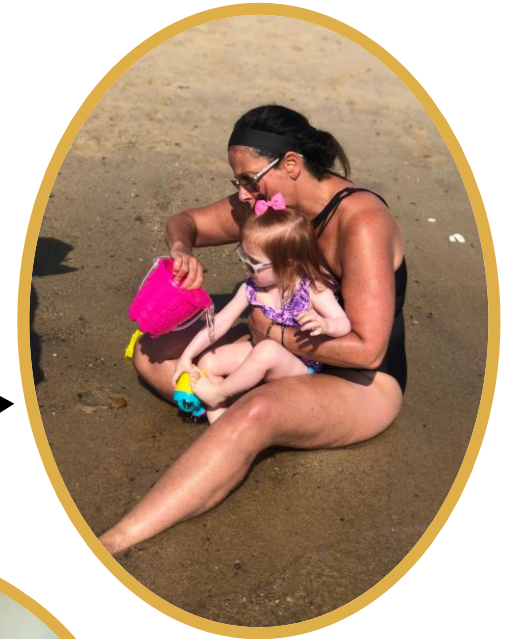
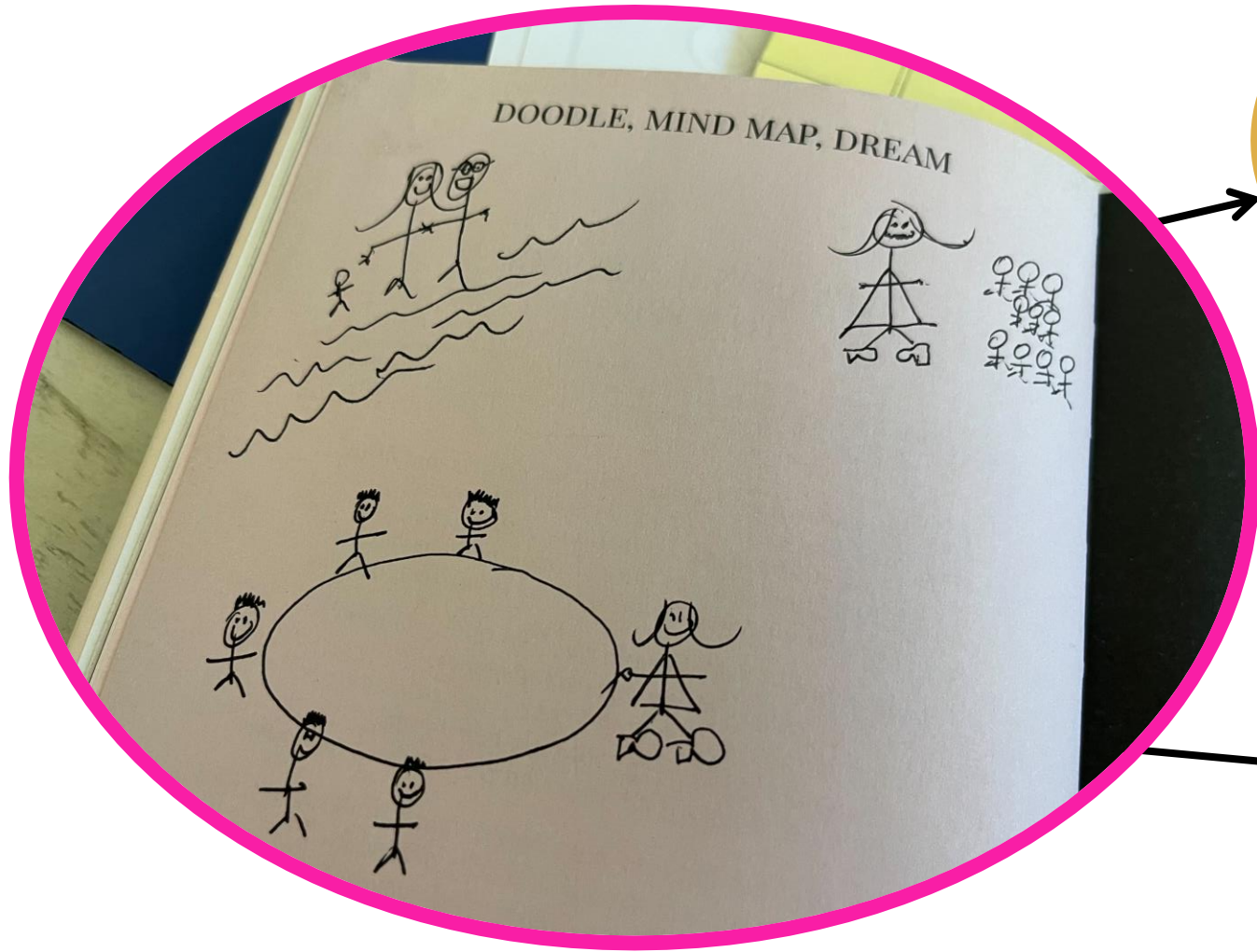
A reality check. Drop the unrealistic expectations you put on yourself. Know that you can't get it all done. Make strategic decisions for your career and your life, then allow yourself the grace to honor those decisions. You do not have as many hours in the day as Beyonce, so stop trying to have it [...]

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By [Ming S. Zhao](#), CEO of PROVEN



Still skeptical?



Ready go!

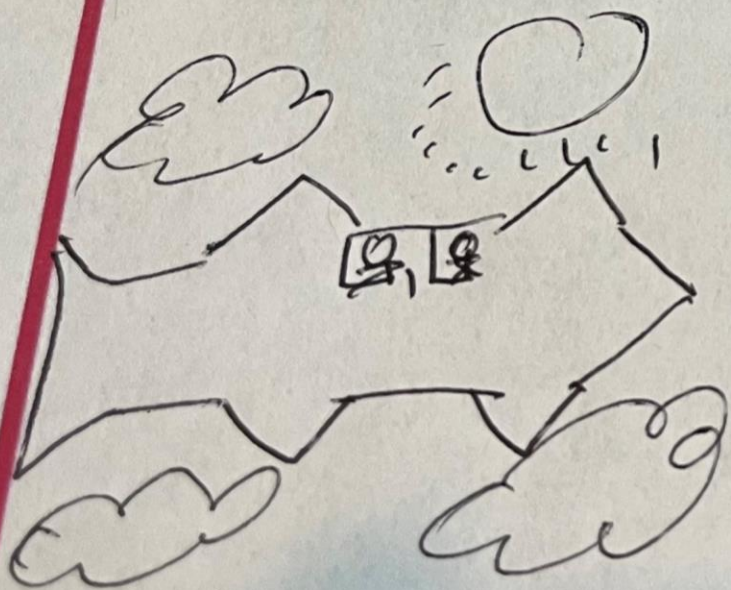
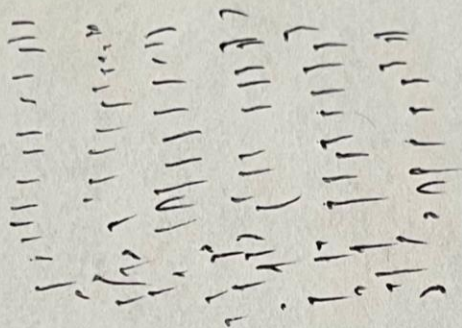


5 minutes

2028



2027



Australia

Bahamas

Positano

Maroccos





Thinking is not Enough




Let's go!





5 minutes

2028

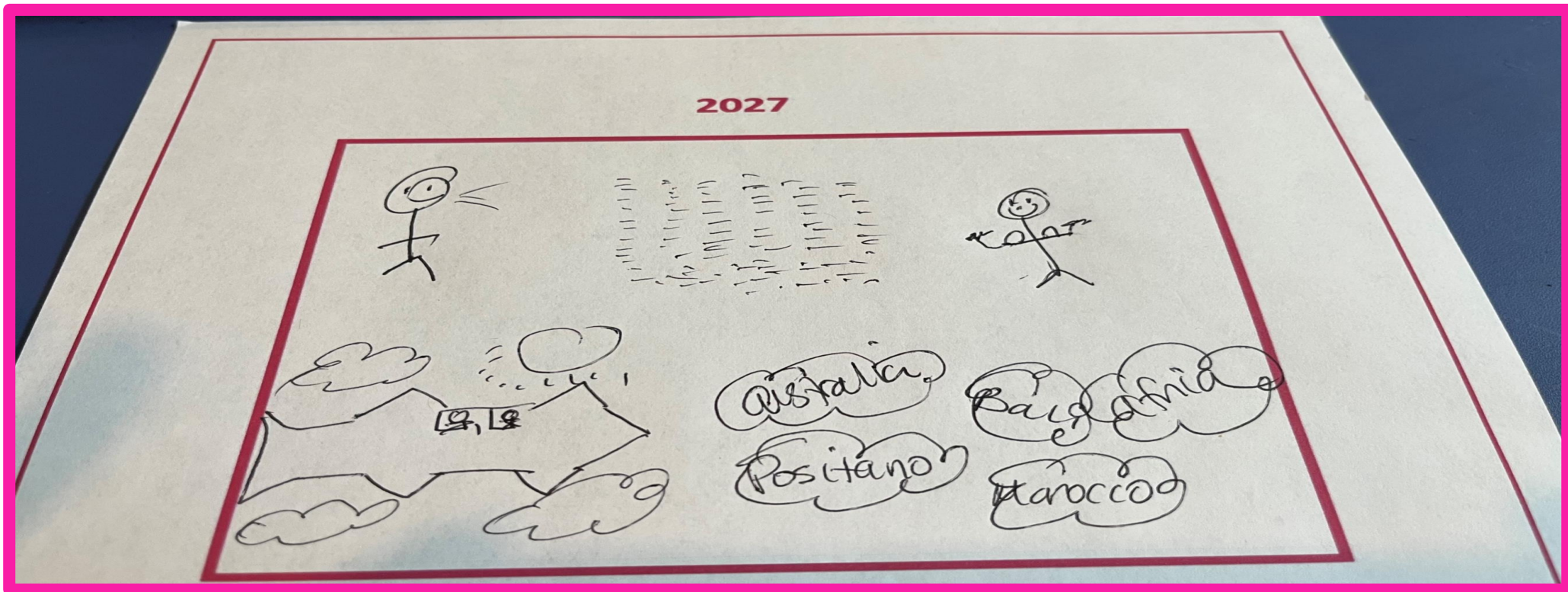


My epic outcome:




2028 Nancy

I'm a healthy, thriving and highly sought after public speaker who splits her time between Cape Cod and Florida while traveling the world with my husband to all of my bucket list places.



You WILL be tested...





“I want to be in the arena. I want to
be brave with my life.

We can choose courage, or we can
choose comfort, but we can't have
both.

Not at the same time.”

- Brene Brown



Who is ready to DO
THE THING?



Nancy_Medoff



Ask me anything!

Type something....



Thank You!



Mom