



**Don't Just Go Through Your Challenge.**

July 21, 2013

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**Grow Through It.**



The Rebirth of Soul is a process developed out of Tami's personal experience living through tremendous challenges. I developed the ability to grow through every challenge and create a system that anyone can follow.

Both practical and inspirational, Tami has revolutionized the way people experience unexpected crises. The Rebirth of Soul is a 4-phase process that returns power to those who feel powerless as they go through their challenges by reminding them that "the context that we give our experiences is ultimately our defining story."

# Tami's Rebirth of Soul Experiences

## Career

- Experienced isms  
Tried to fire  
I sued and won

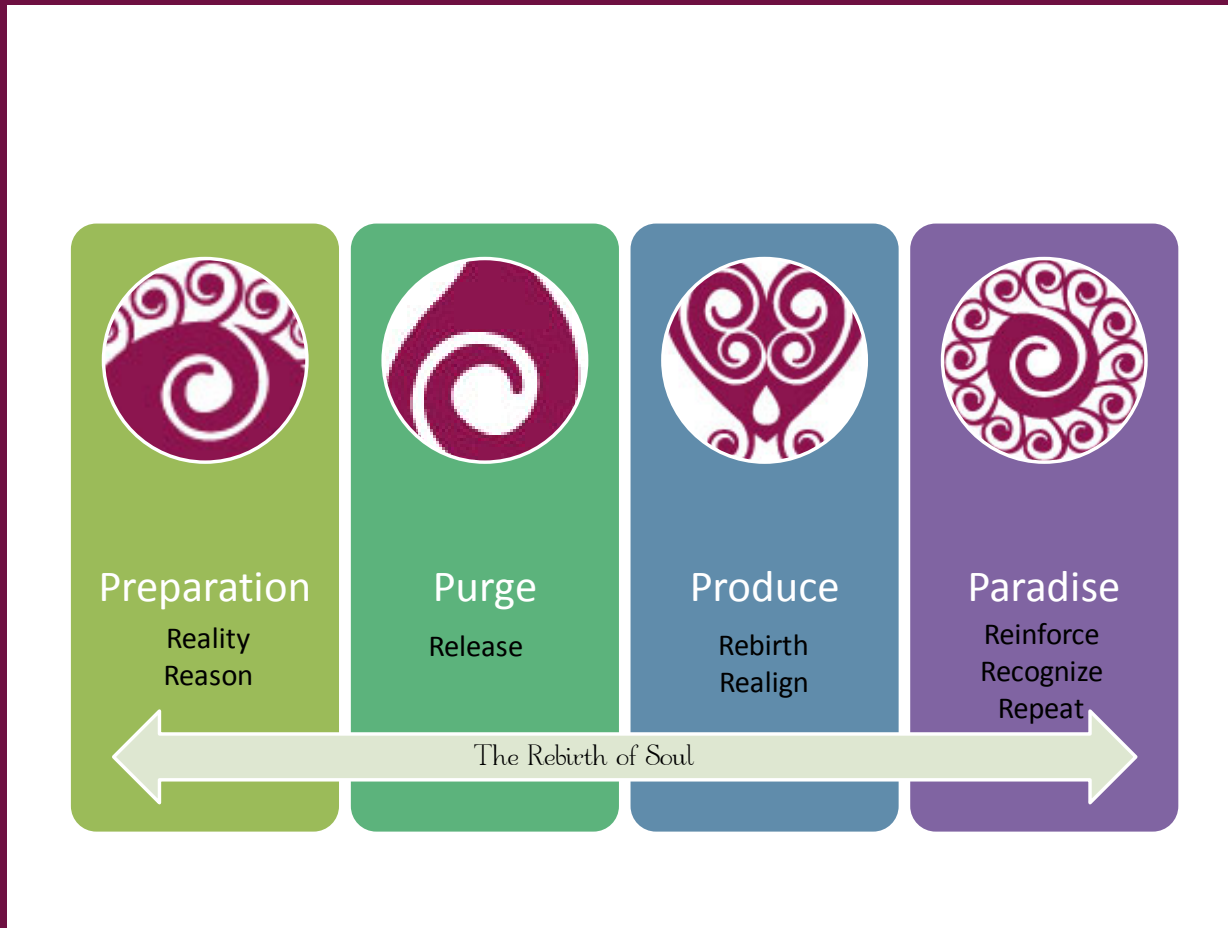
## Started Own Business

- Challenges of start-up  
Lost everything

## Personal Crisis

- Divorce  
Bedrest  
Premature Twins  
Frustrating Family

*“We never know how much power we have within us until we’ve gone through something, that before, we could never conceive of getting through.” -- Tami Gaines*





# Preparation

# Preparation Phase

## Reality

- Acknowledge situation  
Take 100% responsibility for situation  
Reach understanding about situation



## Reason

- Learn how to move with challenge  
rather than fight against it





# Purge

# Purge Phase

## Purge

- Release expectations of how things should have been  
Release things, thoughts, perspectives that don't serve you  
Release relationships that don't serve you







Production

# Production Phase

## Rebirth

- Create a vision for the other side of your challenge



## Realign

- Develop new thoughts and habits that are in alignment with your new vision





# Paradise

# Paradise Phase

## Reinforce

- Reinforce new habits so you can keep moving forward

## Recognize

- Celebrate all victories!

## Repeat

- Life will give you more challenges...guaranteed!



# Applying The Process

Think of a challenge that you are currently having OR

Think of a challenge that you haven't gotten over

Make it real

Work through the phases



# Remember...

There is no time limit

The process is unconscious made conscious

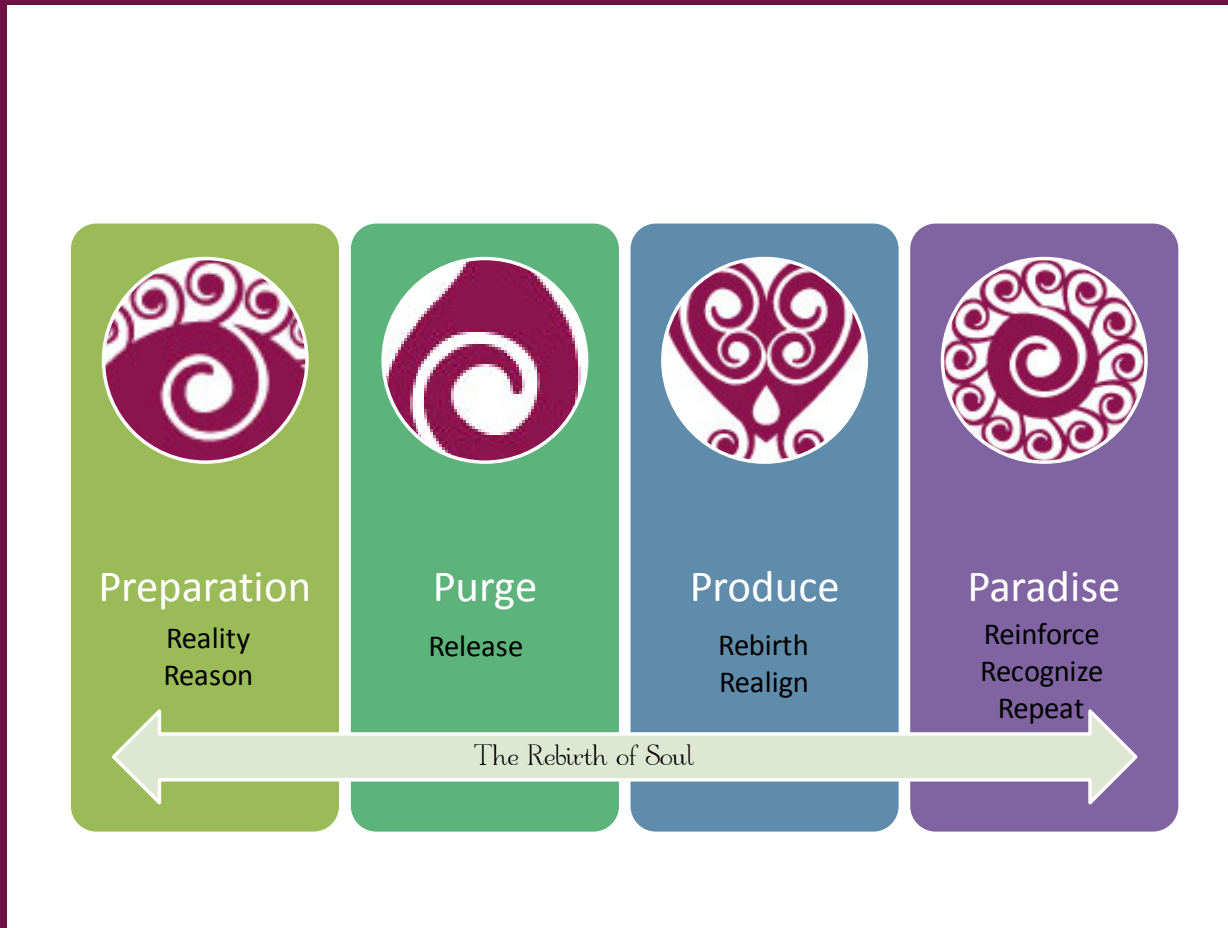
If you feel stuck, you are stuck

Your challenge is uniquely yours





# Follow The Leader Learning From My Rebirth of Soul Experience







# Let's Work Through Your Challenge

*Using Self-Assessment Questions*





Listen to Rebirth of Soul Radio

[www.tamigaines.com/radio](http://www.tamigaines.com/radio)

Wednesdays, 10am-11am EST



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To schedule a live event with Tami C. Gaines, to join her community or purchase her products, visit [www.tamigaines.com](http://www.tamigaines.com).

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