



**Suzanne Strisower MA, PCC ~ Your Next Step Coach  
 Certified Spiritual, Life & Career Coach**

**[www.AwakenToYourLifePurpose.com](http://www.AwakenToYourLifePurpose.com) ~ [Suzanne@AwakenToYourLifePurpose.com](mailto:Suzanne@AwakenToYourLifePurpose.com)**

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**LIFE PURPOSE, PERSONAL GROWTH & PROFESSIONAL DEVELOPMENT PRESS KIT**

<b>Speaker</b>	<b>Books</b>	<b>Radio</b>	<b>Award winning Workbook</b>	<b>Contributing Author</b>	<b>Channeled Oracles</b>	<b>Television Appearance</b>	<b>Magazines</b>	<b>High School Curriculum</b>

Author of the Award-winning practical, professional & spiritual workbook:

***111 Inspirational Life Purpose Quotes & Exercises to Find Your Purpose in Life***

**[Read a 48 page Excerpt of My Award Winning Life Purpose Workbook](#)**

Book Trailer: <https://www.youtube.com/watch?v=Bz0JiJldCP0>

60 sec. Video: <https://www.youtube.com/watch?v=hvQZN1LOo5g>

What is a Life Purpose Talk (8 min.): <https://www.youtube.com/watch?v=D6Y5oLynyhc>

FACEBOOK: <https://www.facebook.com/pages/111-Inspirational-Life-Purpose-Quotes-Exercises/427063470643643?ref=hl>

**BIO:** [Suzanne Strisower](#) Suzanne Strisower is a Life Purpose Expert and certified Life and Career Coach on the personal, professional and spiritual aspects of our lives. She shows people ways to incorporate their life purpose into their daily lives for personal meaningful and fulfillment. She’s an award winning author of three books including the international book competition award-winning workbook, *111 Inspirational Life Purpose Quotes and Exercises to Find their Purpose in Life*. Academically accomplished, Suzanne has a Master’s degree in Counseling Psychology and numerous specialized trainings. She’s been featured on a National Geographic hit reality television show, National Public Radio book show and numerous radio shows and telesummits. Suzanne has been quoted as an expert in publications by the University of Phoenix and SheKnows.com among many others and she hosts the weekly Living Life on Purpose Radio show on the [Living Well Talk Radio Network](#).. She is listed in the *Who’s Who of American Women*.

**INTERVIEW TITLE –YOUR BLUEPRINT FOR SUCCESS & FULFILLMENT IS IN YOUR LIFE PURPOSE DNA**

**SHOW DESCRIPTION**

Suzanne will share the secrets, strategies and tips for using the “7 Universal Life Purpose Elements™” and how that creates the unique “Life Purpose DNA Blueprint™”. Your audience will learn what exactly a “life purpose” is and how to find theirs and Suzanne can share “Celebrity Life Purposes” of Hilary Rodham Clinton, Oprah, Donald Trump, Steve Jobs and many others.

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## **BOOK INFORMATION**

### **INSPIRATIONAL WORKBOOK WINS BRONZE AWARD AT INTERNATIONAL BOOK COMPETITION...**

111 Inspirational Life Purpose Quotes and Exercises to Find Your Purpose in Life is an international non-fictional/occupational award-winning life purpose workbook that offers a comprehensive mind-body-spirit approach balanced with people's desires to find their ideal job that will lead each person to their own fulfillment. This workbook helps people understand their purpose from seven unique perspectives which create a holistic picture of what you are ideally designed to do in life. Each person will know what their "blueprint for success and fulfillment is.

What people are saying about 111 Life Purpose...

- **Mina Rivera, Reader's Favorite International Book Competition Reviewer:** "111 Inspirational Life Purpose Quotes and Exercises to Find Your Purpose in Life is a workbook that ensures that its readers find their purpose in life. Yes, it can be read in one sitting."
- **Debbie Allen, Actor, Personal Brand Strategist & Best-selling Author:** "This powerful workbook will help you to discover how to make a positive impact on the world around you so that you can LIVE your legacy now. Suzanne Strisower teaches you how to experience the joy, gratitude and heart-felt fulfillment of giving back to others through your life's purpose."
- **Charles T. Franklin, Amazon Top Reviewer:** "Strisower's workbook is a very unique workbook that encourages you to go beyond normal self-help workbooks. In this workbook, I completed activities that analyzed who I think I am, who I thought I was, and who I think I could be at every stage of my life from childhood onward. This approach, which I haven't seen before in other self-help workbooks allowed me the opportunity to view my life comprehensively, to find themes and trends that I might have missed."

This workbook makes a great gift and it is designed for adults of all ages – young adults to seniors. The discovery of life purpose can be completed easily in four hours or less!

## **10 TAKE AWAYS FOR YOUR AUDIENCE**

- **DEFINITIONS:** How you are always living your life on purpose whether you know it or not
- **MIND-BODY-SPIRIT:** Being multidimensional, balancing the mind-body-spirit purposefully
- **LIVING PURPOSEFULLY:** Know how your life purpose positively impacts you personally, professionally and spiritually
- **LIFE PURPOSE:** Learn the 7 Universal Life Purpose Elements & how to use them for personal growth
- **CHANGE:** Make friends with change, tips on how to use transitions to positively reassess your life
- **THE PROCESS:** Walk through the 5 step process to finding & expressing your true purpose in life
- **MISSION STATEMENT:** Learn the tips to Create your own Life Purpose or Personal Mission Statement
- **RELATIONSHIPS:** Understand how to be compatible with your love interest using your purpose
- **IDEAL JOB:** Strategies using your life purpose to point you towards your ideal job or career
- **YOUNG ADULTS/HIGH SCHOOL STUDENTS:** Help young adults create a meaningful career path and plan for their lives

## **SUZANNE'S INTRODUCTION – Suzanne Strisower (pronounced Stri-sour)**

Suzanne Strisower is a true renaissance woman and visionary change agent who for the past 35 years has been a certified life and career coach, social worker, mentor and spiritual guide for thousands of people.

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She was on featured National Geographic's hit reality TV show Doomsday Prepper giving the world a view of how to live life on purpose in a sustainable, positive and life affirming way.

Academically, Suzanne has a master's degree in counseling psychology with an emphasis in dreamwork. She has many certifications including clinical hypnotherapy, coaching, conflict resolution and permaculture, among many others.

The award-winning author of three books, Suzanne created a comprehensive life purpose workbook, **111 Inspirational Life Purpose Quotes and Exercises to Find Your Purpose in Life** that guides people through a five step process to understand their unique "Life Purpose DNA" and "Personal WHY," which she turned into a yearlong curriculum for high school students.

Suzanne's vision led her to found the **Living Well Talk Radio Network**, where she hosts several internet radio shows including **Living Life on Purpose**, where she has interviewed over 300 people who are making a difference on the planet in the areas of spirituality, sustainability, optimal health and well being, personal growth and fulfillment and inspirational new authors, musicians and entertainers.

Discover your Personal WHY to make decisions easily and find your ideal life and career by having a mind-body-spirit connection. So...get ready to Awaken to Your Passion and Purpose with Suzanne Strisower

#### **A Quote from Suzanne Strisower**

*"Your Life Purpose DNA is a blueprint that gives you a roadmap for life that never changes, only its expressions do," Suzanne says.*

#### **TALKING POINTS/ QUESTIONS**

**Q1. What exactly is a life purpose? Give us a definition that applies to everyone.**

**Answer:** It is the "aim or intention of what you put your life force energy into." Each person has reasons they do the things they do – each of those reasons is an expression of your life purpose. The key is to know what the "underlying reason" or "Your Personal WHY" is. This will show you exactly why you do the things you do and what you are wanting to accomplish or fulfill as part of your true purpose in life.

**Q2. Give me an example of some people's life purposes.**

**Answer:** Attorney story, personal purpose

**Q3. What do you mean that we are multidimensional & how can we balance ourselves mind-body & spirit?**

**Answer:** We exist multi-dimensionally, but we are most used to our 3/4/5D aspects of ourselves. The 3D is our doing, 4D is our knowing and 5D is our being. Our jobs are to bring all of these aspects of ourselves consciously together so that we can live a balanced and harmonious life.

**Q4. How do you help people accomplish being multidimensional, balanced and fulfilled?**

**Answer:** Each person has a unique way that they relate to the world and my job as their coach is to help make them conscious of that process and to expand the areas where they are not so connected. For instance, some people have no idea how to connect with their intuition or higher self and my job is to help them open up to listening to their spirit through whatever means they are most comfortable with. In contrast, people who are woo-woo, the job is to help them "get grounded" and to connect with things happening down here.

**Q5. How can knowing your life purpose help people through tough times of change in their lives?**

**Answer:** Every time we have a major change or transition in our lives it gives us the opportunity to review, reassess and reinvent ourselves. For instance, if we have just lost our jobs or become ill, we get to look at what is important to us again with fresh eyes. Using our life purpose can then help guide us to the next place where we'll feel inspired and will give us a direction to live our best lives.

**Q6. What is our Life Purpose DNA and how do you discover your unique pattern?**

**Answer:** Our "Life Purpose DNA™" is the unique pattern of purpose that we have for this lifetime, which is made up of some combination of the "7 Universal Life Purpose Elements™" include our:

- Natal Purpose – things that we were born with, that you can know more about with your name, birth date, etc
- Developmental Purpose – Maslow defined a "Hierarchy of Needs" and each one of them relates to a time and mindset of that phase of life for us to master
- Psychological Purpose – this comes from our preferences and how we prefer to function, like being an introvert or extrovert
- Professional Purpose – the skills, gifts and talents that each person has
- Spiritual Purpose – what your higher calling or inner knowing guides you to do
- Mystical Purpose – what your being resonates with
- Transitional Purpose – using times of change to reassess and reinvent yourself to reflect who you are now

**Q7. Share with us an example of a person who you have done this process with or how it works.**

**Answer:** Oprah and Steve Jobs examples

**Q8. What is the 5 step process that you use with clients to help them get clarity about their true purpose in life?**

**Answer:** The five step process walks people first thru the 7 Universal Life Purpose Elements, then helps them craft their own life purpose statement, followed by a "Life Purpose Retrospective™", then consulting with your inner guidance to know what your path of the present and future should be and finally, aligning your life to live it purposefully.

**Q9. I understand that you have an award-winning life purpose workbook and also a life purpose curriculum for high school students and young adults. How do they work?**

**Answer:** In both cases people are walked through the five step process I just mentioned, which I also have a self guided course which people can do that takes less than four hours to complete. The workbook helps you clearly understand what your life purpose is and then you get to decide what to do with that information. The high school life purpose course is called *Your Purpose and Plan for College, Career and Beyond*, and is offered during the regular school day or as an afterschool program for sophomores, juniors and seniors. It takes them through some of the life purpose elements, then helps them look at the possible career paths and jobs that would suit them and their purpose, then the second semester they explore what kind of school – vocational or college or a hybrid approach will help them achieve their goals and how to apply for those schools and get funding to attend.

**Q10. How can people use their astrological Sun sign to know their purpose and if their partner will relate to them harmoniously?**

**Answer:** Every person according to Linda Goodman, is either a Leader, Organizer or Communicator which tells what each person's primary purpose is. Then you and the elements – Earth, Air, Fire and Water and that "flavor" and color how you will express that purpose in the world. For instance, a Leo is an Organizer with Fire, so they like the limelight and making things happen, they make great event producers, whereas, Taurus is an Organizer with Earth, so they like to make sure that everything gets done, that they know where it is and they are methodical about the process. These are two very different ways to look at the world, yet doing the same thing, so for relationships to work well people need to have an understanding and insight about what is important to their partner and how they best function in the world.

**Q11. Do you have anything that your listeners can get started with to find their true purpose in life?**

**Answer:** Yes, I have different free opportunities on both of my websites for your listeners: I have a free guidebook that they can sign up for called **7 Steps to Living a More Purposeful Life: Awaken to Your Life Purpose** on my website [www.AwakenToYourLifePurpose.com](http://www.AwakenToYourLifePurpose.com) and I have a [FREE 48 page excerpt](#) from my workbook, **111 Inspirational Life Purpose Quotes and Exercises to Find Your Purpose in Life**, available from my store at [www>YourNextStepCoach.com](http://www>YourNextStepCoach.com)

**Q12. Are there events that you are doing that my listeners can find and get involved in or learn more about your coaching programs?**

**Answer:** Yes, people can go to my website, [www.AwakenToYourLifePurpose.com](http://www.AwakenToYourLifePurpose.com) and check out my events page, I also offer 3 different coaching packages for people to find and express their true purpose:

- **Personal Program**, one month long which helps people go thru the 5 steps to find and understand their purpose,
- **Professional Program** which is 3 months and has people find their life purpose, then what careers will be ideal for them and then helping them do a resume to actually get the job,
- **Spiritual Program** lasting 6 months for Lightworkers or people who want to develop their spiritual side, then use that in some way to serve the planet, then I help them find careers and jobs aligned with who they truly are and the work they are here to do.

**Q13. What are 4 tips listeners can use today regarding their life purpose:**

- 1.) Don't beat yourself up if you don't know your purpose, because you are either being or becoming – you are always living on purpose, you are just not conscious of how.
- 2.) Deepak Chopra has 3 criteria for success – know what your life purpose, skills, gifts and talents are, put them in service to something bigger than yourself, like your higher calling and have it benefit people and the planet & you'll always be successful.
- 3.) In these changing and turbulent times, knowing your life purpose is crucial, particularly your higher calling and it will always provide for you and keep you moving in a direction that flows harmoniously with the changes on the planet.
- 4.) Your life purpose never changes, so once you know it, you'll know if for life, then all that changes is your expression of it, which is what makes life fun – you get to look for new opportunities of expression for your purpose. A great example of this is actors in Hollywood, first they just want to act, then once they are proficient with acting, many of them move onto directing – being behind the camera and finally once they have a measure of success doing that they become a producer to make the pictures their being wants to see made.

**Q14. You have a couple of other books that you've written, tell me about them.**

**Answer:** I wrote a tweet book about all things life purpose called, **111 Tweetable Life Purpose Quotes and Exercises: A Book of Original Thoughts**. Then give a quote example. The second is a new age rune oracle for people who want to develop their intuition and get answers to the questions that are puzzling them. People can get free rune readings from my website [www.InsightfulRunes.com](http://www.InsightfulRunes.com) and it gives specific information for financial, relationship, spiritual and other questions.

**Long Bio (247 word)**

Suzanne Strisower is a true renaissance woman and visionary change agent, who for the past 35 years she has had many diverse careers helping people. She's been a healthcare facilities designer who created "environments that heal", foster parent, psychic and social worker, author to sustainable land developer and now is a speaker, workshop facilitator, coach and mentor.

Academically, Suzanne has a master's degree in counseling psychology with an emphasis in dreamwork. She has many certifications including clinical hypnotherapy, coaching, conflict resolution and permaculture, among many others.



National Geographic featured Suzanne as a “Lifestyle Prepper” in a segment of their hit reality television show **Doomsday Prepper** as someone who is “prepared, not scared.”

The award-winning author of three books, Suzanne created a comprehensive life purpose workbook, **111 Inspirational Life Purpose Quotes and Exercises to Find Your Purpose in Life** that guides people through a five step process to understand their unique “Life Purpose DNA” and “Personal WHY.” She has just completed a yearlong curriculum for high school students to learn what their life’s purpose is while still in high school.

Suzanne is committed to promoting conscious lifestyles and sustainable living. This vision led her to found the **Living Well Talk Radio Network**, where she hosts several internet radio shows including **Living Life on Purpose**, where she interviews people who are making a difference on the planet in the areas of spirituality, sustainability, optimal health and well being, personal growth and fulfillment and inspirational new authors, musicians and entertainers.

**Short Bio (67 word)**

Suzanne’s shares her integration of her professional, spiritual and real life experiences as a nationally recognized coach, speaker and trainer on life purpose, professional reinvention, career change, personal fulfillment and “Lifestyle Prepping.” She has a Master’s degree in Counseling Psychology, specializing in Dreamwork, an author of 3 books including the award-winning life purpose workbook, **111 Inspirational Life Purpose Quotes and Exercises to Find Your Purpose in Life**.

**PICTURES**



**AWARD-WINNING WORKBOOK & OTHER BOOKS FROM SUZANNE STRISOWER**



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