



an
UNSTOPPABLE
LIFE
now

It's time to start living again

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Resilient people not only live to tell the tale...

THEY CREATE NEW LIVES!



Amrita Rose

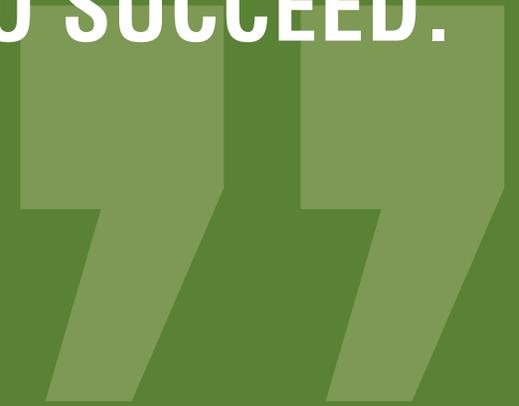
Whole-hearted Resilience Coach

What would you do
if you knew
YOU WERE UNSTOPPABLE?

**Are you living life
to the fullest?**

There are two types of people in the world:

**& THOSE WHO ARE WILLING TO TRY,
THOSE WHO ARE AFRAID TO SUCCEED.**



Amrita Rose

1

Those Who Are Afraid They Might Succeed

They aren't really happy, but they don't yet want to risk waking up. It seems so much easier just to go with the flow and ignore that itchy feeling that something bigger is out there for them to create.

2

There Are Those Who Forge Ahead Through Adversity

They understand that in order to live unstoppably, they need to embrace the opportunities life throws at them. They have grit, and passion enough to keep looking for solutions.

Way of being
in the world that is
POWERFUL

Some would even call it
UNSTOPPABLE

The truth is that sometimes life throws spitballs at us.
The reality is that we can learn to throw them right back.

No Amount of Thinking is Going to Create Change.

Action is what's called for.
There are challenges to be met, change to be created
and
solutions to be developed.

DUST YOURSELF OFF?

Reawaken your resilience and strength
& get back to life?

You know you have overcome challenges in the past.

You feel deeply that there is more to life than the daily grind.
There is an amazing life right here waiting to be lived fully.

Your heart and soul know that you have the inner strength
to create a better life and a better world.

**THE TIME TO
ACT IS**



NOW

**ONE DAY
ONE STEP FORWARD
THATS ALL IT TAKES.**

To turn adversity into the best thing
that ever happened to you.

After my car accident,

**I FELT A REAL SENSE OF URGENCY TO LOVE
AND CARE FOR MYSELF OUT OF A SENSE OF PRIDE**

Amy has helped me to live it; not just speak it.

Robert

ORTHOPEDIC SURGEON

Every time you create something new,
you inspire those around you to do the same.

What would it be like if one person lived happier?
and that led another to be bolder,
and another to be more compassionate.

Imagine how good that will feel.

**RESILIENT PEOPLE ASK
THEMSELVES WHAT THEY
CAN LEARN FROM A SO CALLED
“FAILURE”,**

**IT'S IN THE DIGGING AROUND
THAT WE GROW OUR
STRENGTHS AND CONNECT
TO COURAGE.**

What's the alternative if you stand still,
stay stuck and ignore your strengths...

Would life be so bad if you just kept on the way you've been going?

Can you just close your eyes now that you are starting to wake up?

You have a bold choice ahead of you.
Your decision will change your life.

Will you choose the same well-trodden path,
or boldly live into your highest self?

Sooooo..... What's it gonna be?
It's up to you

Same ol'-Same ol' ?

OR

LIVE A LIFE YOU ABSOLUTELY LOVE

Ignoring your
STRENGTH
any longer

Pretending that you don't want to live fully
is a choice you can't live with any longer.

””
LIVE

as if you were to die tomorrow;

LEARN

as if you were to live forever.

Mahatma Gandhi

Mahatma Gandhi chose to live at his fullest.
He used every setback, every “failure”,
to propel himself and the world forward.

Imagine what the world would be like
if Gandhi had given up?

There are plenty of people
just going through the motions,
asleep at the wheel of life.

There are plenty of people who
get knocked down and stay down for the count.

They give up.
They give in.

Plenty of people who
get knocked down and stay down for the count.

But is that the choice you want...
Is it?

RESILIENCE

The ability to be knocked down and stand up stronger than ever.

Step into your own strength and courage.

**You can create a whole
new way of living**

BE
COURAGEOUS
YOU CHOOSE

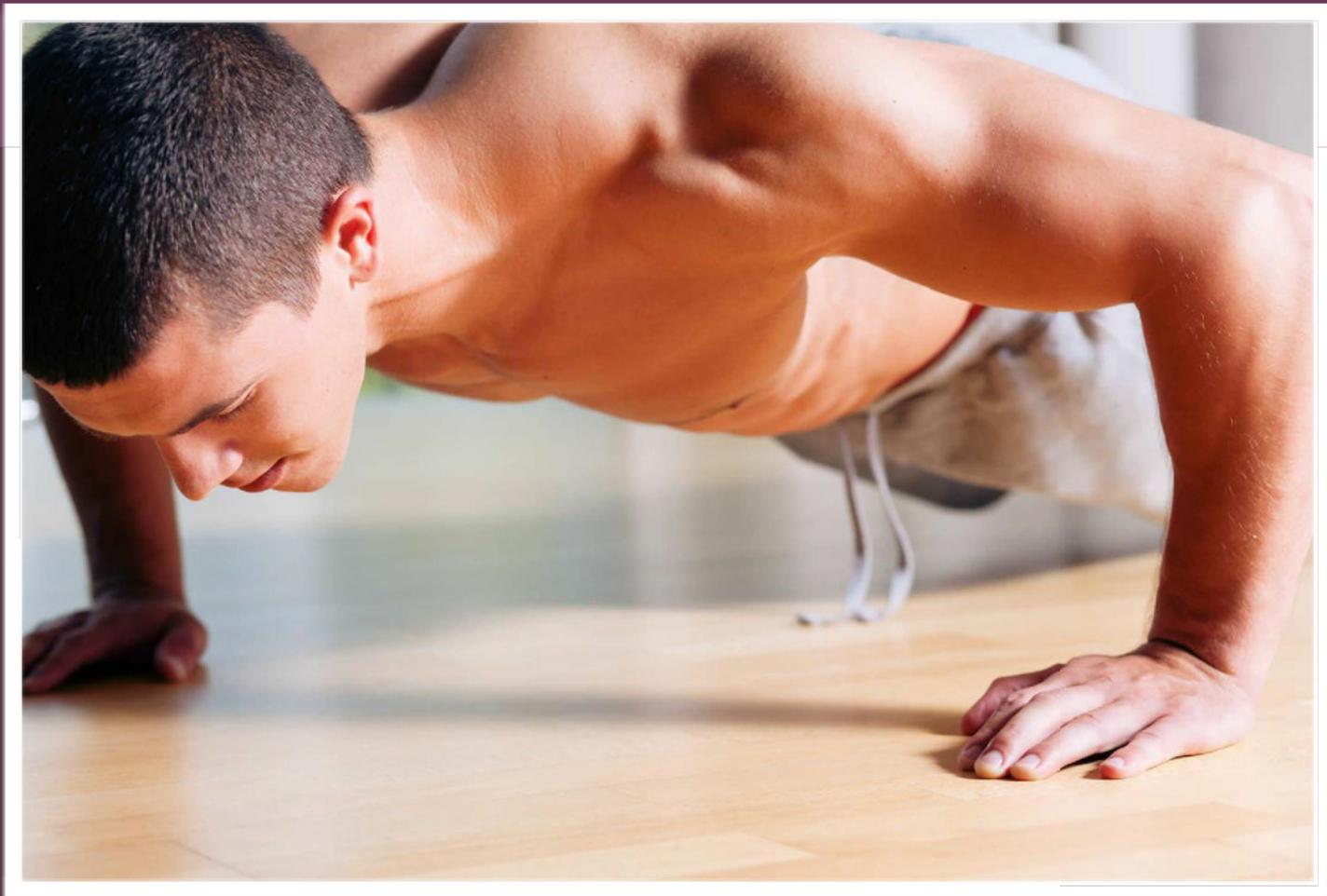
Accept that this is a challenge.

One you can meet head-on, fully engaged.

A challenge you can use to your advantage.

Adversity is a given, Your strengths are more durable.

Adversity is the beat-up wooden floor we do push-ups against in order to grow even stronger.



**YOU WILL FACE YOUR GREATEST
OPPOSITION WHEN YOU ARE CLOSEST TO
YOUR BIGGEST MIRACLE**



Shannon L. Alder

Some days will be
HARD,

It's a sign you are on the
RIGHT TRACK

Take a deep breath and dive into your life.
Connect to your Courage

Scary?.....Yup, I get it.

You've got to face those fears,
or they'll eat you alive.

IT'S PURELY A MATTER OF ABC

When we encounter **ADVERSITY**,
we react by thinking.

Our thoughts become **BELIEFS**,
which turn into habits.

And habits don't just sit there idly;
they have **CONSEQUENCES**.

Turn adversity into
the best thing that ever happened to you.

Resilience = being knocked down
and being able to come back stronger than ever

**RESILIENCE IS ACCEPTING
YOUR NEW REALITY, EVEN IF IT'S LESS**



Elizabeth Edwards

You are

UNSTOPPABLE



You can get motivated,
get moving and create the life
you really want to be

LIVING

NO MORE

Excuses

**ALREADY
STARTED
ON
YOUR
JOURNEY**

Focus on what you desire most from your life.

Who do you want to be next?
What kind of life do you REALLY want to be living?

Remember- it's up to you to take the next step.

BE BOLD

BE BRAVE

BE RESILIENT

Sweep aside the doubt that holds you stuck.
You know you have met challenges before, have mastered them.

This time isn't really any different.
Now you have resources, and awareness.

You are awake to what needs to happen.

You know you have to think bigger
and you know you deserve this.

Your life is waiting for you
True happiness is waiting...
Your HIGHEST SELF is waiting...

THEY WON'T WAIT FOREVER.

Now is precisely the time to take action,
turn things around and get out of that tailspin.

YOU CAN LIVE



an

UNSTOPPABLE

LIFE

This is where the journey begins.

There is plenty more where this came from at:

anunstoppable.life

Dive in and get started with support, more community,
and plenty of resources for your journey.

Spread the word and share the wealth!

Please don't modify it or sell it- (Karma's a bitch).

Share via:

FB, Twitter, Google+, Instagram, email

Feel free to jump into the discussions:

Feedback and comments welcome!



about Amrita Rose

Amrita is a dedicated coach, teacher, and avid explorer of the world.

She lives in Colorado with her intrepid dog Velo who is always up for a new adventure, and who knows not to slobber on the cameras.

She has run Resilience and Stress-Reduction workshops for all sorts of professionals from law firms in NYC, to the U.S. Navy.

Read more at:
AnUnstoppableLife.com
Connect with Amrita:
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