

*A playful and enlightening workshop to help you celebrate your flaws, annoying habits, and other human frailties - while using them to live a more joyous, productive, fuller life.*

# STRIVING FOR IMPREFECTION ~~PERFECT~~

*Per*

*a.k.a "If guilt and shame were motivational, we'd all be happier, healthier, and wealthier."*

*We* are "full color" beings living in a black and white world, labeling ourselves with terms such as "successful" or "failure," "rich" or "poor," or "good" or "bad." The reality is that we're more successful than we think, happier than we realize, and more prosperous than we know.

Utilizing the "Four-and-a-half Assumptions," anyone can learn to celebrate how far he or she has grown rather than lament the distance ahead. This light-hearted, life-affirming, forward-moving, positive workshop will not only have you breaking free from what binds you, but counting your blessings - and even blessing your flaws.



Dear Scott,

- I just wanted to give you some positive feedback regarding your presentation ... It helped me realize that my big dream is to be a writer. It gave me a road map on exactly where I need to begin. I am now writing at least a page a day and I am giving myself a "Yahoo" as I do. The posters that we made are beside my computer to remind me of what I want to accomplish.
- You did a great job and I just wanted to say thanks.

Debi Johnson, Eureka

**GUARANTEED!**  
**Complete Refund if Not Satisfied!**

## You Will Take Home That Day..

- § Personal, immediate, effective plan at least one concrete step to live more fully that day
- § How to adjust life goals to actually make them happen
- § How feelings can cause stagnation or freedom
- § Overcome "badattitude" in yourself and others
- § THINK 1ST™ - a unique goal -setting formula
- § Improved self image
- § Enhanced joy

*For more information or to make your reservation*

**March 31, 2010 6PM to 8PM • Old Town Coffee & Chocolates • 211 F Street • Eureka**

**\$32 at the door, \$27 in advance includes handouts & materials -**

**(FREE motivational CD & 1 hour personal coaching for first 10 - an additional \$75 Value!)**

**(707) 442-6243 • [scottq@scottqmarcus.com](mailto:scottq@scottqmarcus.com) • [www.scottqmarcus.com/imperfect](http://www.scottqmarcus.com/imperfect)**



Scott "Q" Marcus, THINspirational Speaker, lost 70 pounds while going through one of the most tumultuous years of his life more than 15 years ago. He now delivers playful, interactive presentations that help others convert beliefs and thoughts into life-changing actions. His presentations are described as a cross between "Attitude 101, Group Therapy, and a Southern Revival." He writes a syndicated newspaper column on the lighter, inspirational side of change and has a free motivational ezine at [www.scottqmarcus.com](http://www.scottqmarcus.com). In addition to being a weight loss consultant and past president of the Northern California chapter of the National Speakers Association, he is the author of three books, providing much of his philosophy in a simple, easy-to-read style. Although he is a Weight Watchers leader, he reminds you not to watch what he eats and he won't watch what you eat.

