



# **Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have**

*Anne Jolles*

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## **Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have** Anne Jolles

This story is for all the courageous survivors of life... whether they have earned a pink ribbon, a gold medallion, a purple heart or whatever their personal challenge may be. Find Your Footing is for anyone who chooses to take the steps necessary to come out stronger and better.

Anne Jolles is an award-winning life coach who has been using her 5-step GRACE process for over a decade. It came to her during a tough time in her life and the life of her family.

This book was written when her son was in combat in Afghanistan in 2012 and she was struggling with all the fears of a mother back at home.

Anne is donating all the profits from this book to the Wounded Warriors Project.

Did you know that it's not always what happens to us that is most important?

It is often how we respond to what happens that counts.

This is a story about a survivor who "makes it through"... and she finds her way to answer the question: "Now, with all that I have been through, how do I move forward and make the most out of each day and my life?"

She discovers 5 questions that change the direction of her life as she picks herself up, dusts herself off and gets back on the trail... in the right direction!

You may not feel very resilient or that you are thriving. But these are things that can be learned and strengthened -- this book has steps to help you get there.


As you ask the 5 questions throughout your day and throughout your challenges, you are actually re-wiring your brain to be more resilient. The foundation is positivity and hope.

These questions become like a guidepost to direct your thoughts and emotions to what is strong and true in any situation . They can help to remove obstacles as you design your next challenge. Asking them will strengthen your challenge "immune system" so you can find the opportunity and meaning during adversity.

The bottom line is that we only have so much precious time on earth. And stuff happens. So the challenge for all of us is: where to from here?

This story is a gift for you and anyone, anywhere, anytime who feels like they want to "walk off their war"... and walk back into all the possibilities that life offers.

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