

Radical Living



Welcome to Radical Living



Radical Living

In this program you will learn:

- ❖ How to make your dreams come true
- ❖ How to remove the #1 biggest obstacle holding you back
- ❖ The #1 biggest source of relationship conflict
- ❖ The #1 solution to all relationship problems
- ❖ Solving the 7 biggest challenges of Radical Living
- ❖ Our 3 favorite Radical Living exercises
- ❖ 4 do-able steps to achieving your dreams
- ❖ Top 5 strategies of Radical Living



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**How can you live your life
to the fullest, with your
partner, in the time you
have left on this planet?**



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The Hard Truth:

You cannot be happy and successful and fulfilled living within your comfort zone.



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- ❖ Comfort Zone= area between our upper and lower limits
- ❖ Fulfillment requires taking risks and going outside our comfort zone.



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What is Radical Living?



Radical Living is about...

- ❖ Living your life to the fullest
- ❖ Allowing yourself to be increasingly happy
- ❖ Putting effort into achieving your dreams.



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What is your biggest dream for your life?

Ask Yourself



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What is your biggest dream for your life?

How can you keep your life fresh, exciting and continually evolving?

Ask Yourself



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How can you keep your life fresh, exciting and continually evolving?

Ask Yourself

What do you want that you are aware of and can conceive right now?



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What is your biggest dream for your life?

How can you keep your life fresh, exciting and continually evolving?

Ask Yourself

What do you want that you are aware of and can conceive right now?

What would you be ecstatic about that you aren't even aware of yet?



Radical Living Vision

- ❖ Be aware that there is *more* there, and get in touch with what that is.



Radical Living Vision



- ❖ Be aware that there is *more* there, and get in touch with what that is.
- ❖ Some things you won't be able to fully see until you start accomplishing your dreams and desires.



Radical Living Vision



- ❖ Be aware that there is *more* there, and get in touch with what that is.
- ❖ Some things you won't be able to fully see until you start accomplishing your dreams and desires.
- ❖ You can uncover a lot right now with the help of a few vision exercises.



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So what exactly is Vision?

- ❖ Your vision is what you want to realize (make real).
- ❖ Your vision is what you want in your life and relationship.
- ❖ Your vision helps you reach your wildest dreams and go beyond them.



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Benefits of Vision



- ❖ Vision is crucial for happiness and fulfillment.



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Benefits of Vision



- ❖ Vision is crucial for happiness and fulfillment.
- ❖ Vision helps you recognize available opportunities and resources.



Radical Living

Benefits of Vision



- ❖ Vision is crucial for happiness and fulfillment.
- ❖ Vision helps you recognize available opportunities and resources.
- ❖ Vision guides you in making your life choices.



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Our #1 biggest obstacle is not external .



Our #1 biggest obstacle is . . .



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Fear



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Fear

False Expectations Appearing Real



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Yes, Yes, Hell No

Three Parts of the Self:

- ❖ The mind – where cognition, reasoning, and logic reside

"Cuts like a diamond..."
– Steve Chandler, Best Selling Author
"This may be the most impactful book you'll ever read."
– Steve D'Annunzio, President of Mission Driven Advisors

YES
YES
HELL NO!



THE LITTLE BOOK FOR MAKING
BIG DECISIONS

BRIAN WHETTEN, PH.D.
Foreword by JACK CANFIELD



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Yes, Yes, Hell No

Three Parts of the Self:

- ❖ The mind – where cognition, reasoning, and logic reside
- ❖ The spirit – your intuition or inner voice

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Three Parts of the Self:

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- ❖ The spirit – your intuition or inner voice
- ❖ The body – houses your basic, instinctive, reactive emotions, especially fear

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Yes, Yes, Hell No

❖ If the mind says "Yes!". . .

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Radical Marriage Your Relationship as Your Greatest Adventure



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Yes, Yes, Hell No

- ❖ If the mind says "Yes!". . .
- ❖ If the spirit says "Yes!" . . .

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- ❖ If the mind says "Yes!". . .
- ❖ If the spirit says "Yes!"
- ❖ If your fear says "Hell No!"

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Yes, Yes, Hell No

- ❖ If the mind says "Yes!". . .
- ❖ If the spirit says "Yes!"
- ❖ If your fear says "Hell No!"

You should probably go for it!

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Radical Living According to Gottman



69% of relationship conflict is due to “unrealized expectations”.

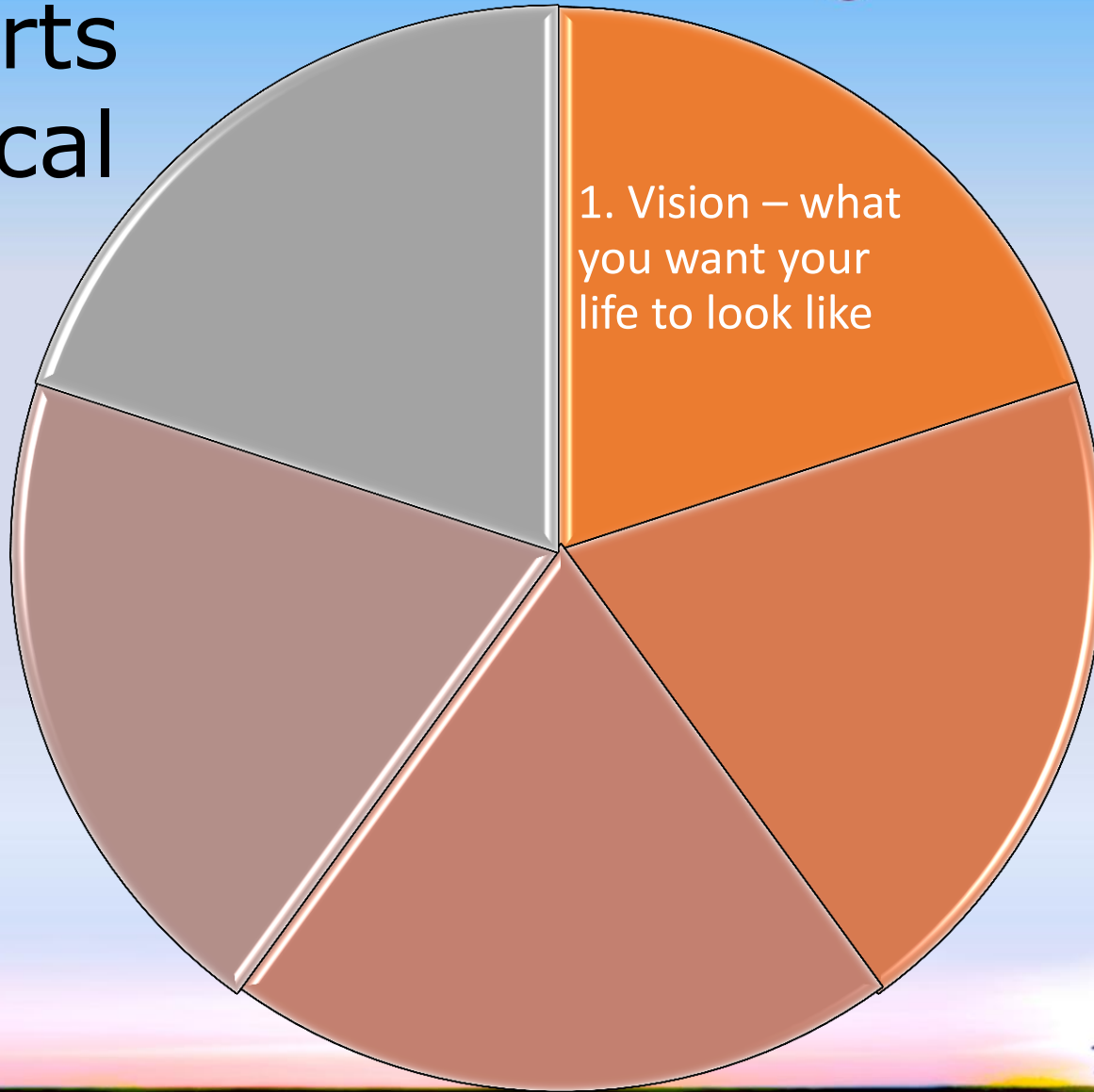
“Unrealized expectations” is another word for vision.

Conflict happens when you have a need, expectation, dream, or vision that isn't being realized or isn't being supported by your partner.



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Five Parts
of Radical
Living



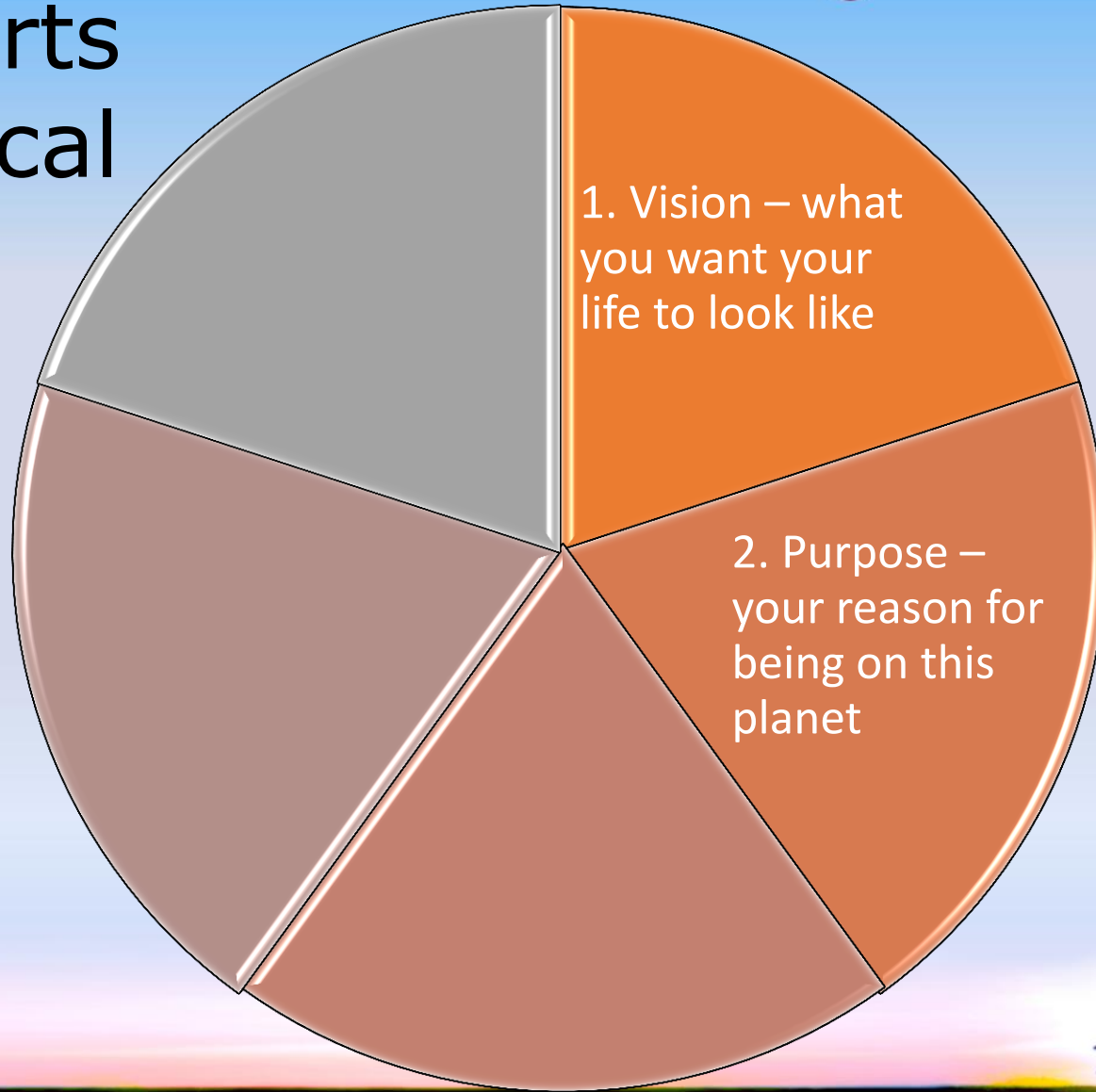
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Your Relationship as Your Greatest Adventure



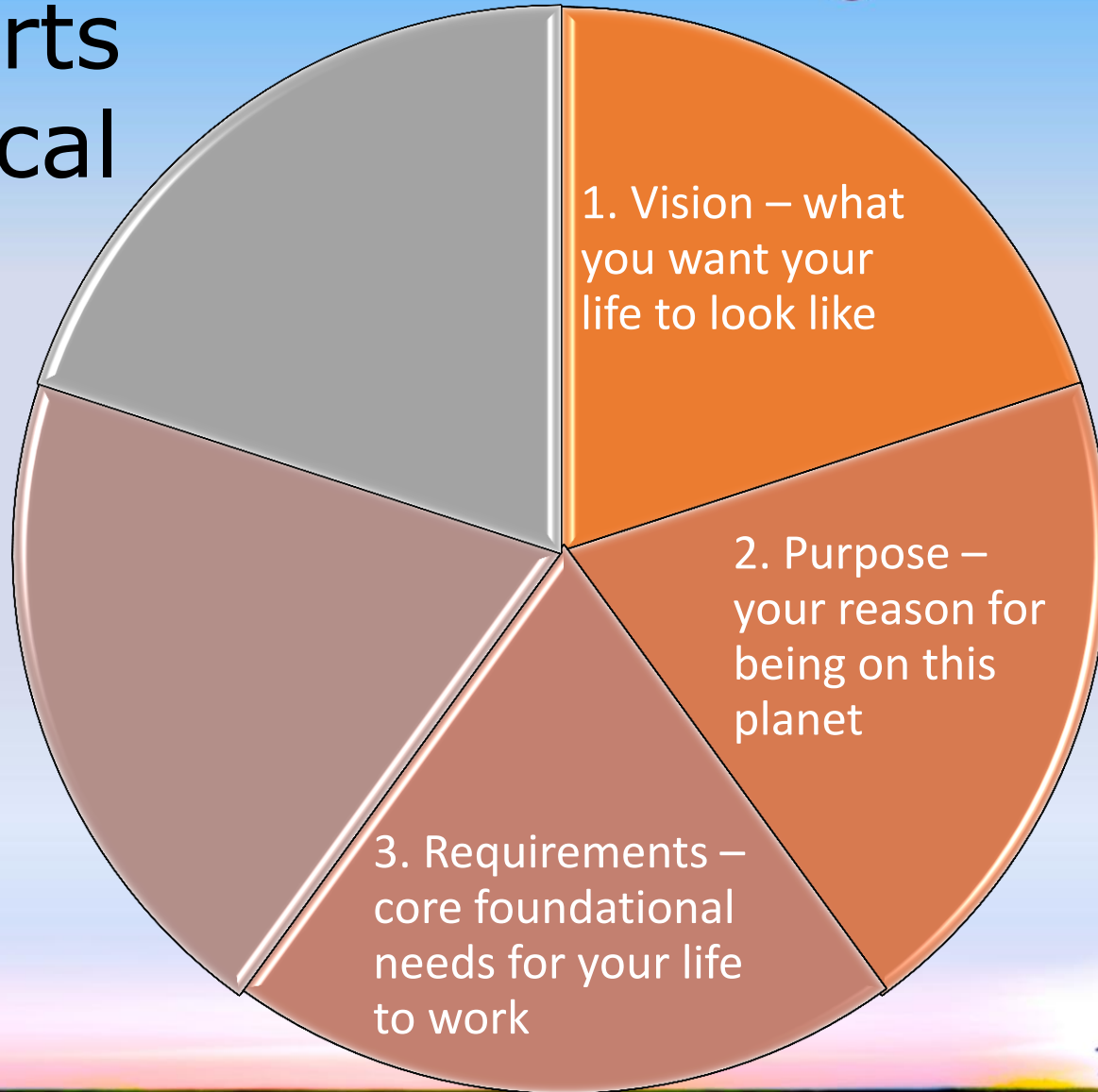
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Five Parts of Radical Living



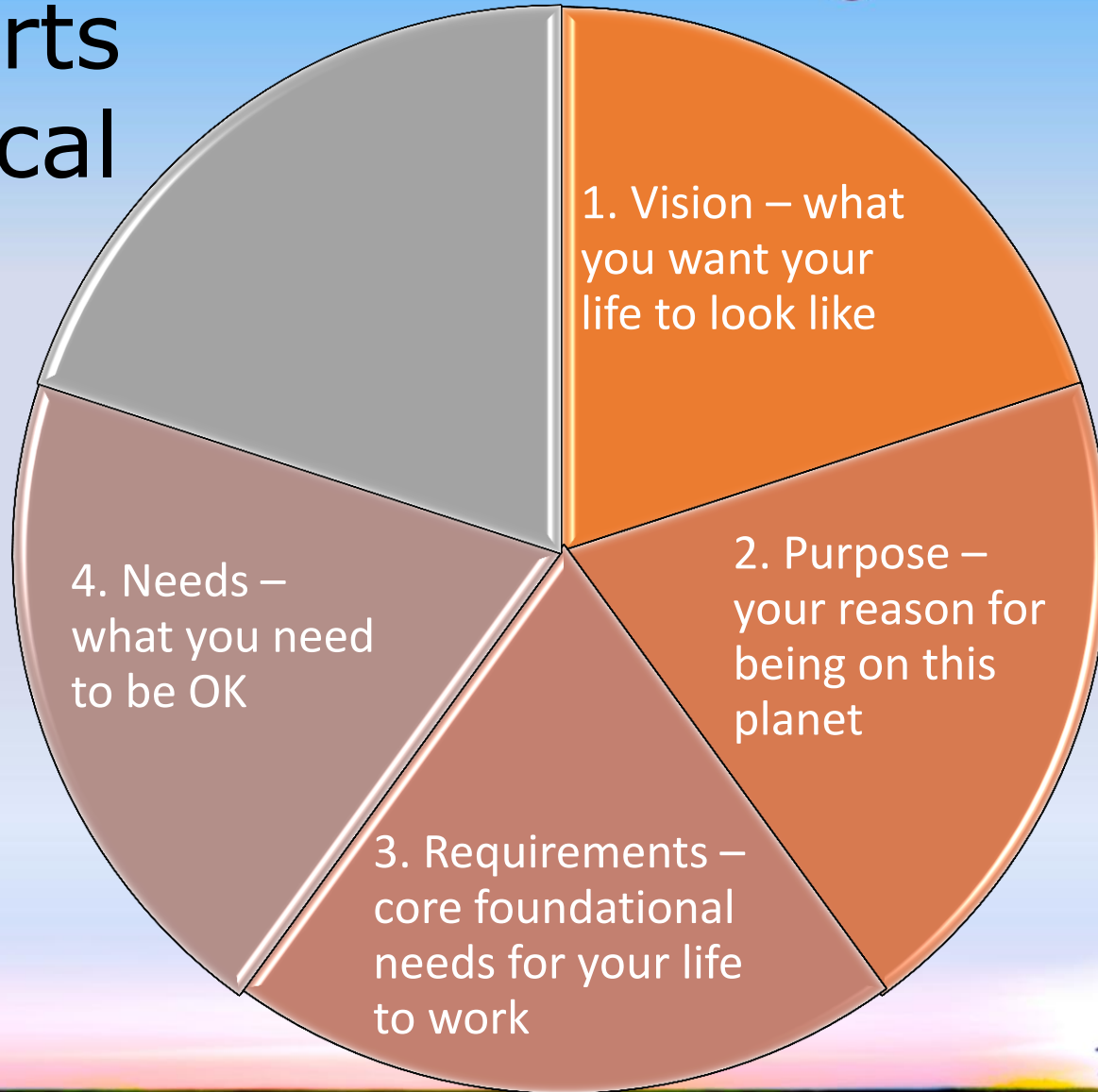
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Five Parts of Radical Living



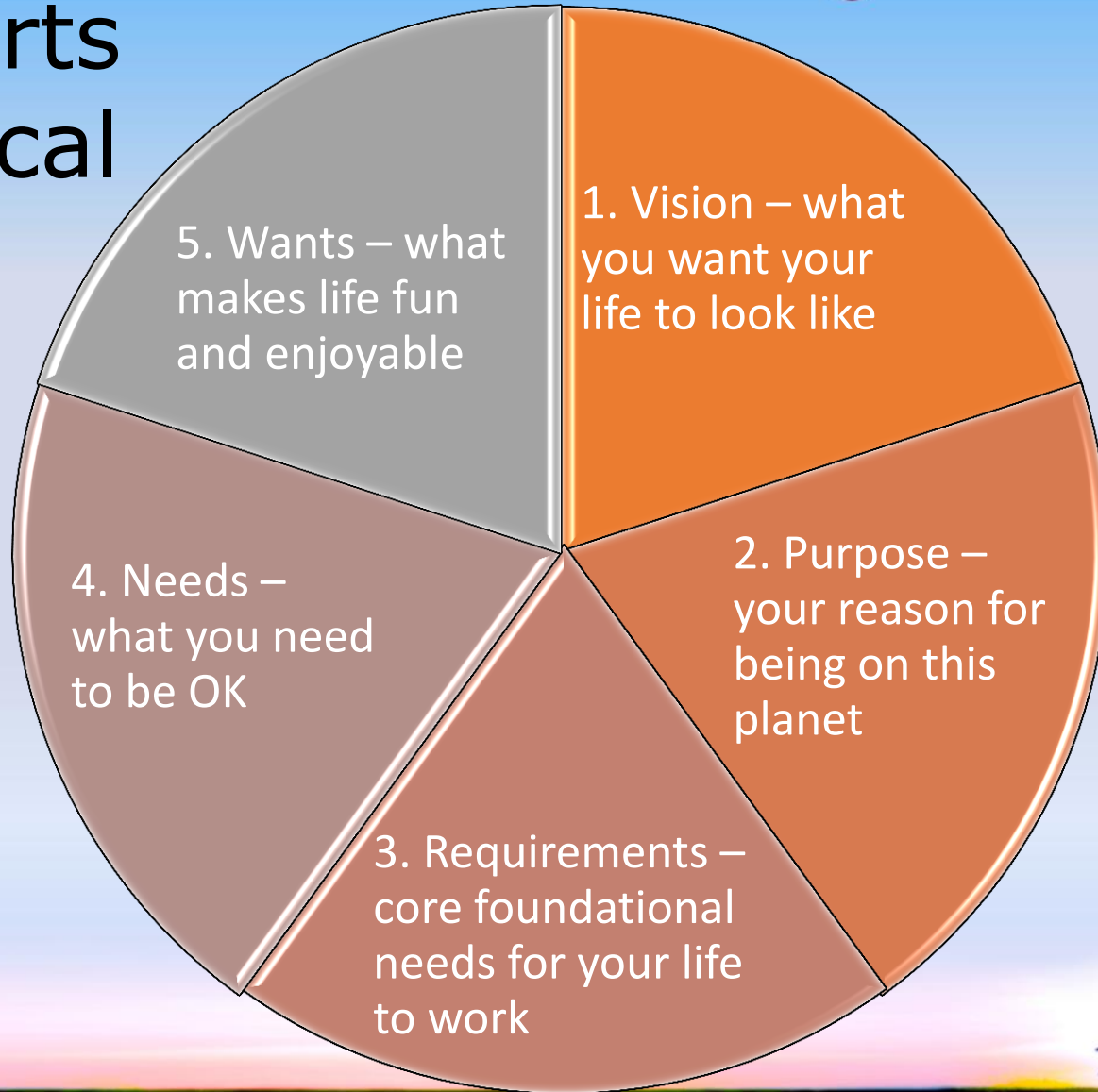
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Five Parts of Radical Living



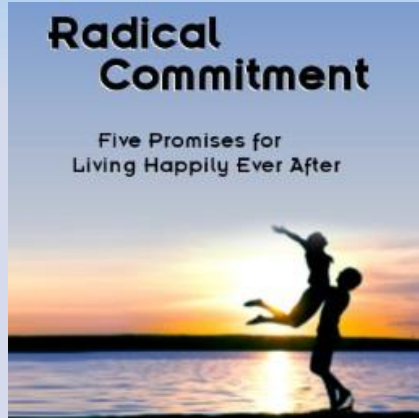
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Five Parts of Radical Living



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Radical Living together requires:



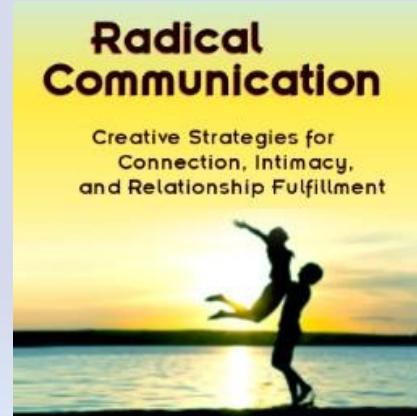
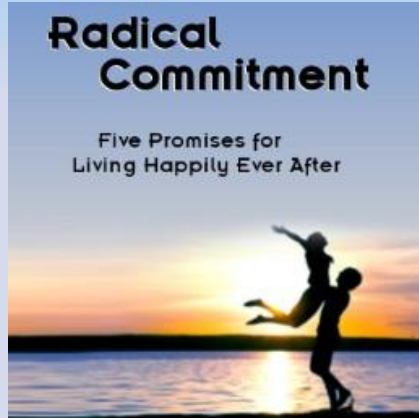
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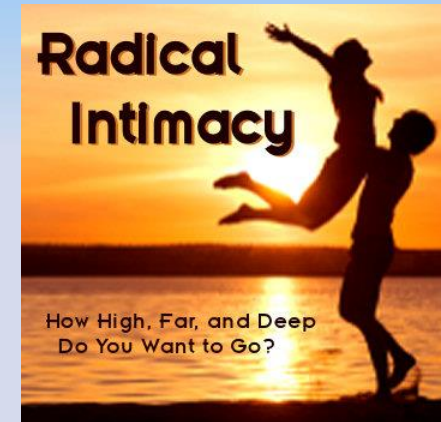
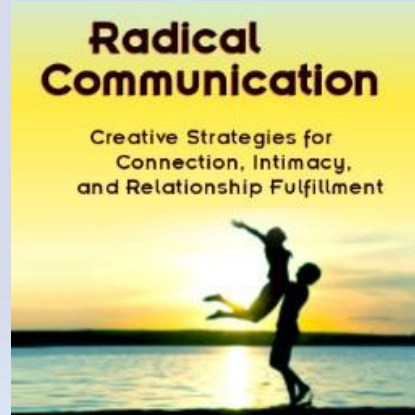
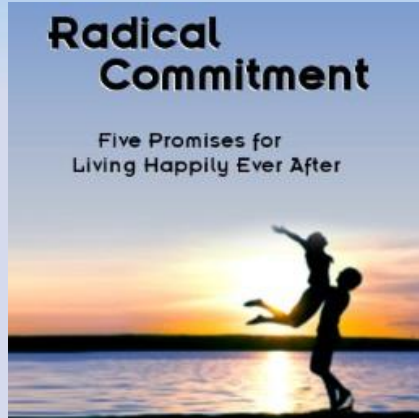


Radical Marriage Your Relationship as Your Greatest Adventure



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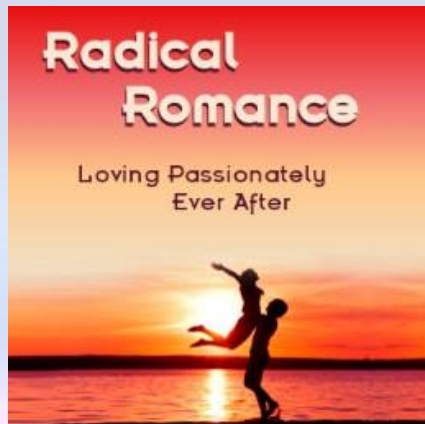
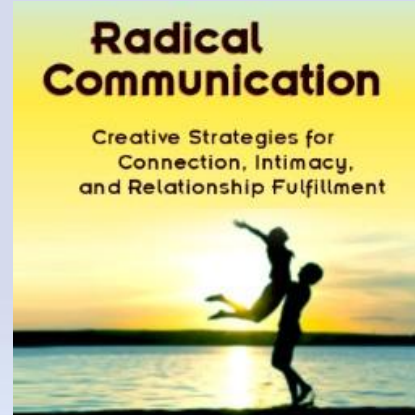
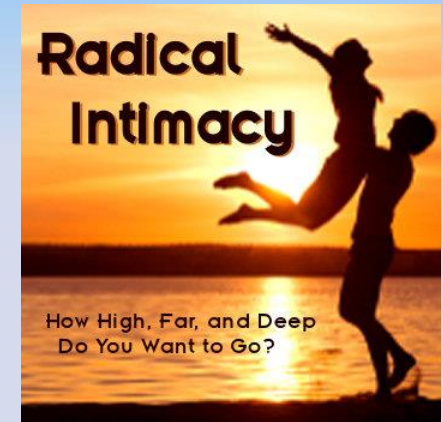
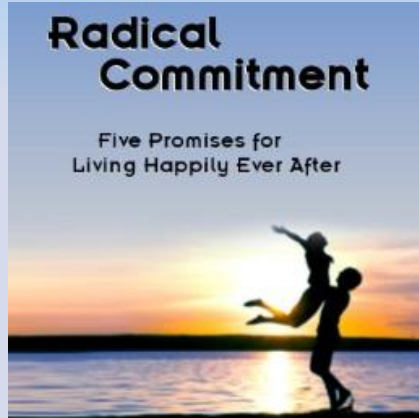


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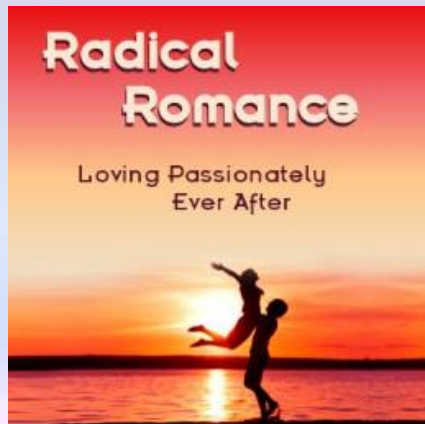
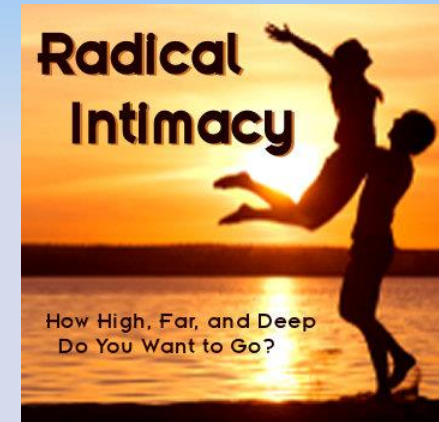
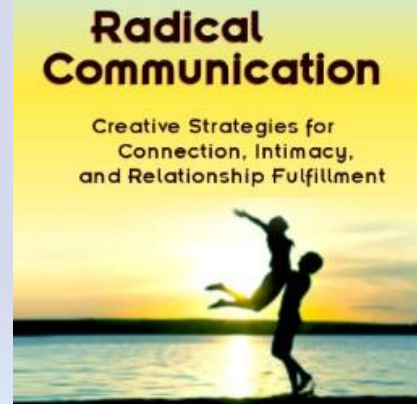
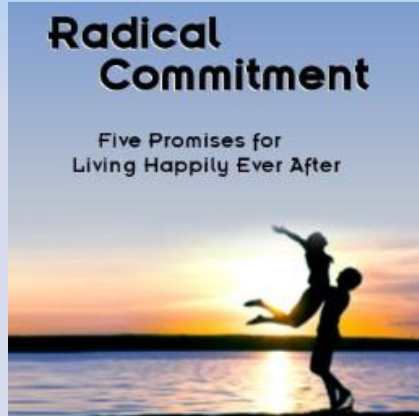


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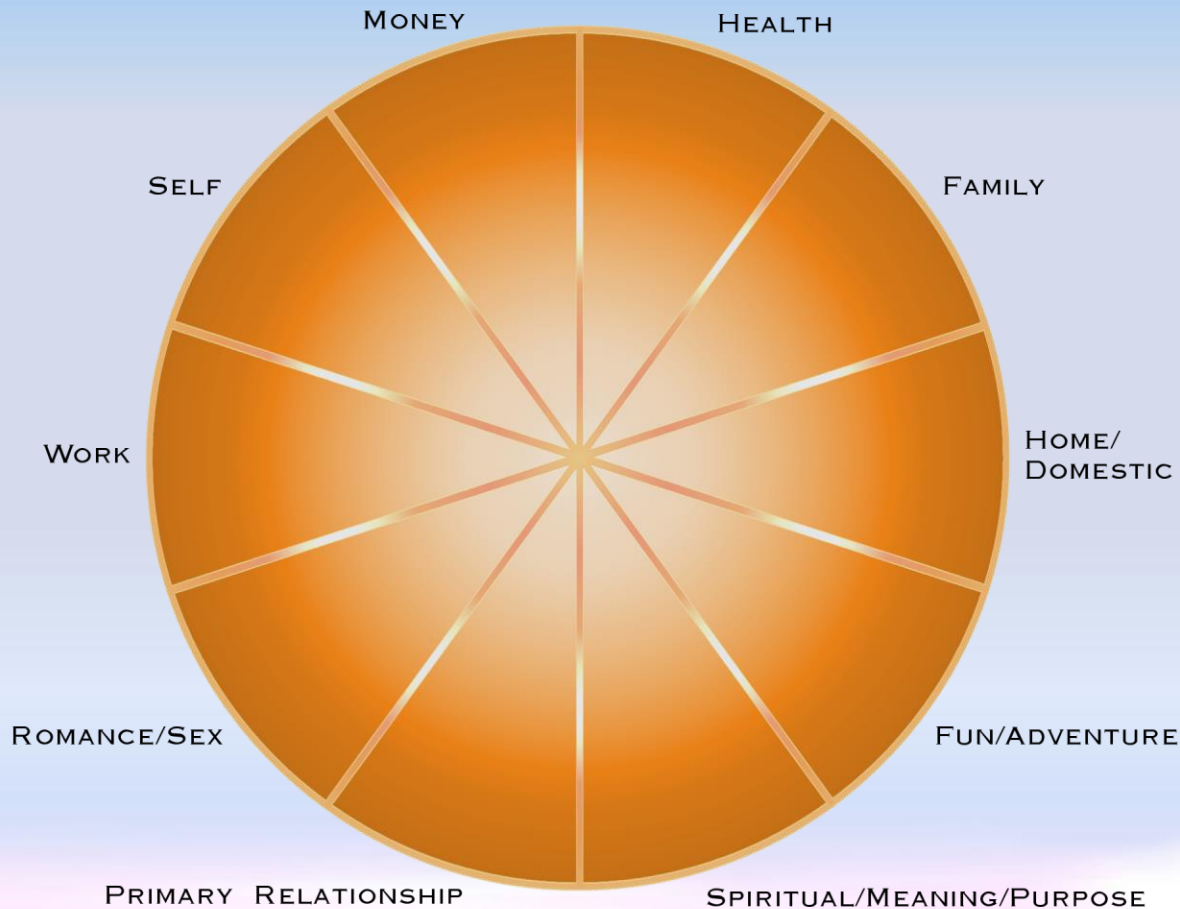


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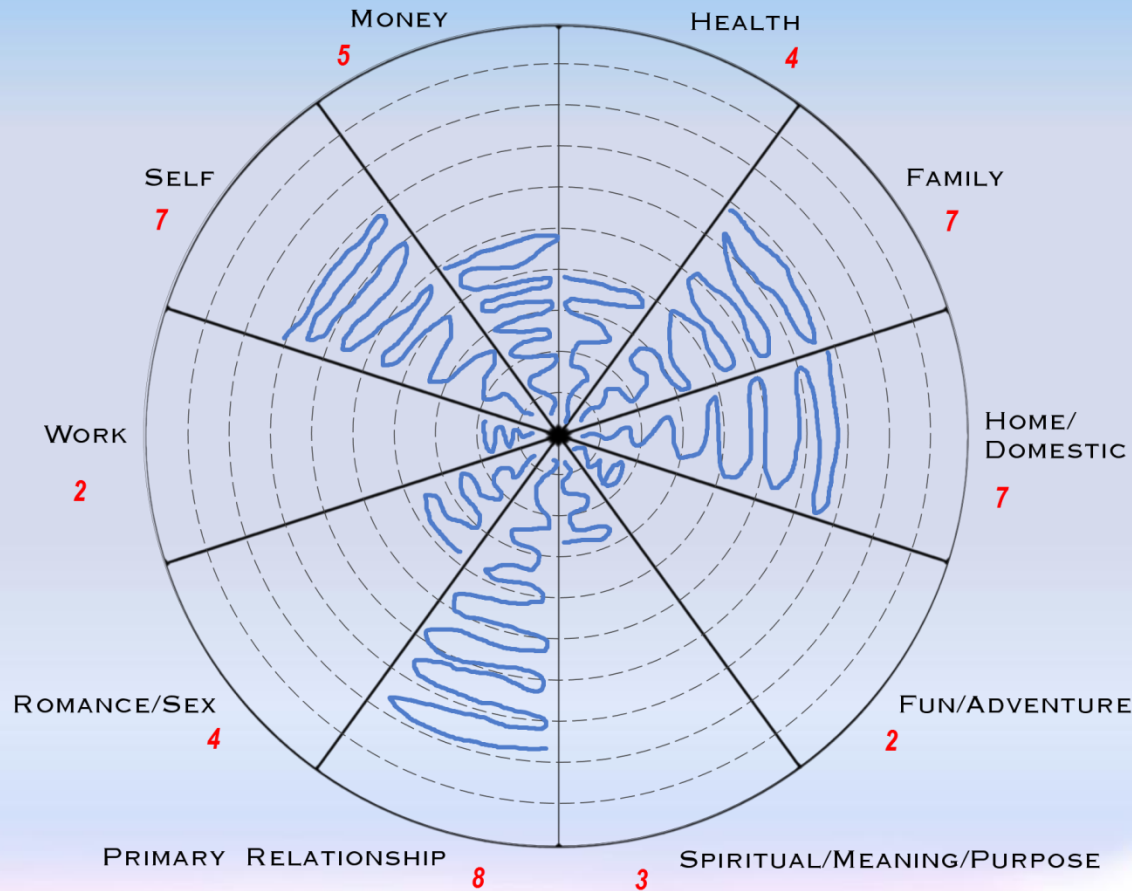
Exercise #1: Radical Living Wheel



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Radical Living Wheel

Example



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What Gets in the Way

- ❖ Skills
- ❖ Attitudes
- ❖ Choices



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Solving the Seven Biggest Challenges

1. Money

- ❖ Couples must work as a team and get on the same page about money, not work to agree or think the same way.
- ❖ Money is critical to achieving your vision



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Solving the Seven Biggest Challenges

2. Family

- ❖ We are more desensitized to our own family than our partner's family.
- ❖ As a couple you must figure out how to accommodate the other's rituals and develop rituals of your own.



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Solving the Seven Biggest Challenges

3. Domestic Issues

- ❖ It's common to avoid conflict when it comes to domestic issues and go along with what your partner wants.
- ❖ Most men think they are doing more than they really are around the house.
- ❖ Many women interpret doing chores as a sign of love.
- ❖ Many women feel more sexually responsive when they feel their partner is doing their part.



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Solving the Seven Biggest Challenges

4. Gender Differences

- ❖ Women communicate to connect, men communicate to get things done.
- ❖ Women want men to simply listen, men want women to provide information.
- ❖ Men and women usually don't want sex at the same time in the same way.
- ❖ Both partners should initiate sex and connection.



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Solving the Seven Biggest Challenges

5. Adaptations

- ❖ Adaptations occur when you take on a role, make a choice, or perform a behavior, without really thinking or talking about it.
- ❖ Adaptations create conflict when they no longer work and eventually come to a head.



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Solving the Seven Biggest Challenges

6. Kids and Parenting

- ❖ You and your partner will differ in your approach to raising children
- ❖ Each partner will have strong opinions about what is best for their kids.
- ❖ Having a baby is a time of huge transition.



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Solving the Seven Biggest Challenges

7. Needs

- ❖ A common challenge is different ways in which individuals feel loved.
- ❖ Functional needs - chores, money, and other necessities of life.
- ❖ Emotional needs – how we feel loved.



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#1 Solution: The Platinum Rule

- ❖ The things that make us feel loved are not necessarily those that make our partner feel loved.



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#1 Solution: The Platinum Rule

- ❖ The things that make us feel loved are not necessarily those that make our partner feel loved.
- ❖ Do unto others as they want to be done to.



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#1 Solution: The Platinum Rule

- ❖ The things that make us feel loved are not necessarily those that make our partner feel loved.
- ❖ Do unto others as they want to be done to.
- ❖ Be responsive to each other's functional and emotional needs and give to each other in the ways the other wants.



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Staying Conscious

- ❖ Staying conscious is the best way to prevent the pain of divorce.
- ❖ Identify and discuss any areas where you are not in alignment with your partner.
- ❖ Decisions have long term consequences and you must be aware of the significance of your choices in the present.
- ❖ Make choices in alignment with your vision and long-term goals.



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3 Levels of Consciousness

Level One: Conscious

❖ You are aware and paying attention



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3 Levels of Consciousness

Level One: Conscious

- ❖ You are aware and paying attention

Level Two: Semi-conscious

- ❖ When you think you know, but actually aren't paying full attention to reality



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3 Levels of Consciousness

Level One: Conscious

- ❖ You are aware and paying attention

Level Two: Semi-conscious

- ❖ When you think you know, but actually aren't paying full attention to reality

Level Three: Unconscious

- ❖ You are awake but not paying attention, on automatic pilot



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Key Questions

What do you want for your preferred lifestyle as you get older?

What do you need to achieve that?

Are you willing to do what it takes in your relationship together to achieve that?



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Exercise #2: Your Perfect Day



Variations:

- Now and 10 years from now
- Weekday and weekend day
- Vacation day
- Perfect date
- Day with family
- Birthday and other holidays
- Alone and with partner



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Four Steps to Achieving Your Vision

Step 1 – Identify your individual vision

Explore the purpose of your life, your values, and the lifestyle that you want to live.



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Four Steps to Achieving Your Vision

Step 2 – Create a shared vision

- ❖ Get together with your partner and see how your individual visions fit together and create a shared vision.
- ❖ Great activity for your Radical Marriage retreat!



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Four Steps to Achieving Your Vision

Step 3 – Develop a Plan

- ❖ Use the Relationship Journal to identify any challenges, then determine whether each challenge is a requirement, need, or want.
- ❖ Focus on the requirements first and develop a goal around that challenge.
- ❖ Develop an action plan and determine whose responsibility it is to implement each item.



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Four Steps to Achieving Your Vision

Step 4 – Implement and Follow Up

- ❖ Make plans and agreements, implement them, and follow up by checking in with each other regularly on your progress.
- ❖ Develop a written relationship plan to help you with this step.
- ❖ Review quarterly in your Radical Marriage retreat



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Exercise #3: Your Relationship Plan

CATEGORY	STATUS	CHALLENGE	GOAL	ACTION PLAN	START DATE	OWNER	CHECK IN DATE



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Five Strategies for Radical Living



STRATEGY #1: DREAM

Give yourself permission to dream. Realize that not only can you achieve your dream but you can go far beyond that.



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Five Strategies for Radical Living

STRATEGY #2: STAY IN THE QUESTION

Ask powerful questions and stay in inquiry. Continue asking the question even when the answer isn't clear. Stay in the question and you will discover alternatives and answers and support that you didn't know was possible.



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Five Strategies for Radical Living



STRATEGY #3: GET SUPPORT

When you're having trouble, find someone who can either open the door for you or show you how to open it yourself.



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Five Strategies for Radical Living



STRATEGY #4: KEEP MOVING FORWARD

If you're not moving forward, you're moving backwards. Don't stop dreaming. There is always another mountain after you've reached the top of the one you're currently climbing.



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Five Strategies for Radical Living



STRATEGY #5: BELIEVE

Take a leap of faith and believe that you can be loved for exactly who you are and that you can be fully supported to live the life that you really want.



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You're in this Together

To achieve your vision you need the support of your partner and work together as a team.





Radical Living requires...

- ❖ An attitude of we are in this together, no matter what.
- ❖ Taking 100% responsibility
- ❖ Going for it to live your best life.
- ❖ Clear vision of what you want your life together to look like
- ❖ Defining, growing, and evolving your dreams

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Make your life together
your greatest
adventure



Radical Marriage

Your Relationship as Your Greatest Adventure

www.RadicalMarriage.com



Thanks for joining us!