



Keepers Of The Flame 2012

- WELCOME !

- *The Heroes gather once again,*
- *seeking “truth”*

COLOR CODED NAME TAGS BY YEARS OF ATTENDANCE

1st YEAR

2nd YEAR

3rd & 4th YEAR

5th YEAR

6th , 7th , & 8th YEAR



The Path of the Everyday Hero

- Rediscovering the hero in you,
and finding your next challenge

Your Hero Guides on the Path

- Knight Troubadours
 - Rick Martin
 - Charlie Davis
- The Allies
 - Ned Frey:
 - John Adams:
 - Peter Baiardi:
 - Janet Fogarty:



PURPOSE

RELATIONSHIPS

BALANCE

PROSPERITY

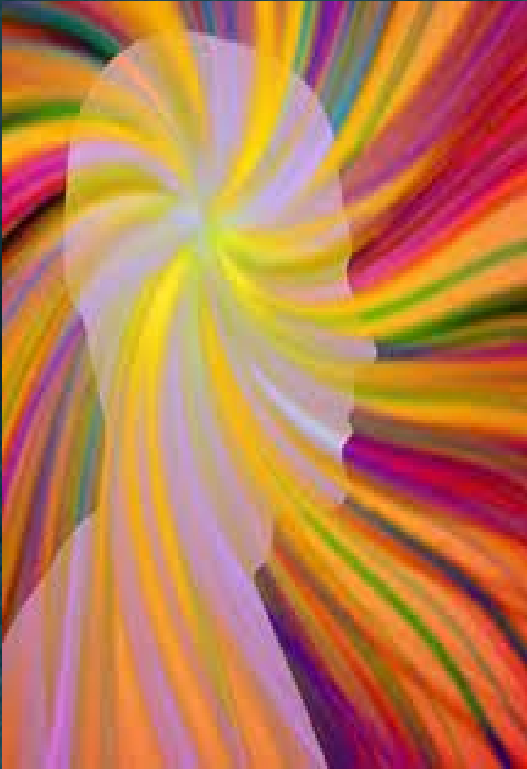
Definition of a Hero

A central personage
taking an admirable
part in any
remarkable action* or
event

- ***Remarkable Action:** the ability to call on our creative spirit to guide us through life



The Everyday Hero



- Those men and women who have found and are manifesting their creative spirit.
- Those who use everything that happens to them in life as a lesson to move more deeply into the flow of creativity and all its benefits.

QUESTIONS

1. For whom are you a hero?
1. What gifts are you bringing to them?



The Hero's Path/Journey



- Our inner transformation, and the subsequent transformation of our outer lives.
- Learning to activate our hidden creative resources and connect with transcendent sources of support.
- With awakening comes compassion and strength. There is no failure, only the process of healing and becoming whole.

The Hero's Style and Tools

- The hero battles with honor, courage, compassion, and grace – not with aggression and competition.
- **Your tools:** Your inner essence with its qualities of intuition, will, strength, and compassion (with compassion the key).



The Hero's "Magic"

- Strategies that involve you intellectually, emotionally, physically and spiritually – and these four:

1. Having faith in your creativity
2. Suspending negative judgment
3. Practicing precise observation
4. Asking penetrating questions



The Hero's Challenges (Treasures)

- Pursuing your true purpose
- Bringing loving relationships into your life
- Living stress-free in the here and now
- Achieving personal and professional balance
- Finding your way to prosperity

MORE QUESTIONS

1. As you consider the challenges, which is key in your life right now?
2. Who has been an everyday hero for you in these challenges?
3. Where have you been a hero to yourself?



Journaling



- Over the course of the next few days you will be no doubt be gifted with a handful of gems that will drop in your lap with the potential to change the course of your life. The problem is, at our age, come Monday morning we won't remember a blessed thing!
- Hence, the journal at your seat. Please use with bliss and abandon to capture these thoughts!

Our Time Together

- Think about how much our world is in need of everyday heroes.
- Observe precisely how and when you are being heroic in your own unique style!
- Where is the universe calling upon you to step up and be the hero?

Today's Journey Focuses On PURPOSE & RELATIONSHIP

- Let all your cares melt away – leave them behind for now
- Relax, close your eyes feel a calmness come over you – you deserve it
- This is your time to work on YOU – and be a blessing to the others you work with
- Now Heroes – let's get started

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Your Hero Guide on the Path To:

PURPOSE

Ned Frey



Perceval and the Holy Grail

- **The universal quest for meaning and Purpose in our lives**
- **“The days of our lives, for all of us, are numbered. We know that. But I have found that in the simple act of living with hope, and in the daily effort to have a positive impact on the world, the days I do have are made more meaningful and precious. And for that I am grateful.”**

Ado about nothing:

- The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.



The Grail and your gifts

- **The Grail** – a chalice used at the Last Supper; it represents a container of that which gives higher purpose and meaning
- **The Pearls** – the only gem created by a living organism – they represent the gifts that were part of you at birth – each one unique and perfect
- **Your Purpose** – using your gifts (pearls) as an expression of the love that you are for the benefit of everyone whose lives you touch

Next Steps

- A gift for you - choose **your** Pearl
- Break out – All 1st timers in middle of room;
- Pick 4 or more old timers and leave in groups of 5 or more
- **45** minutes pondering questions/journaling
- **75** minutes – group takes another step toward Purpose using the Heroes' tools
- Gather for Lunch at 12:00
- Reconvene at 2:00

THE QUESTIONS

1. Ever feel a sense of timeless, effortless flow in something you did?

What were you doing?

Where does that gift come from?

2. What God given gifts (pearls) were part of you at the beginning of life?

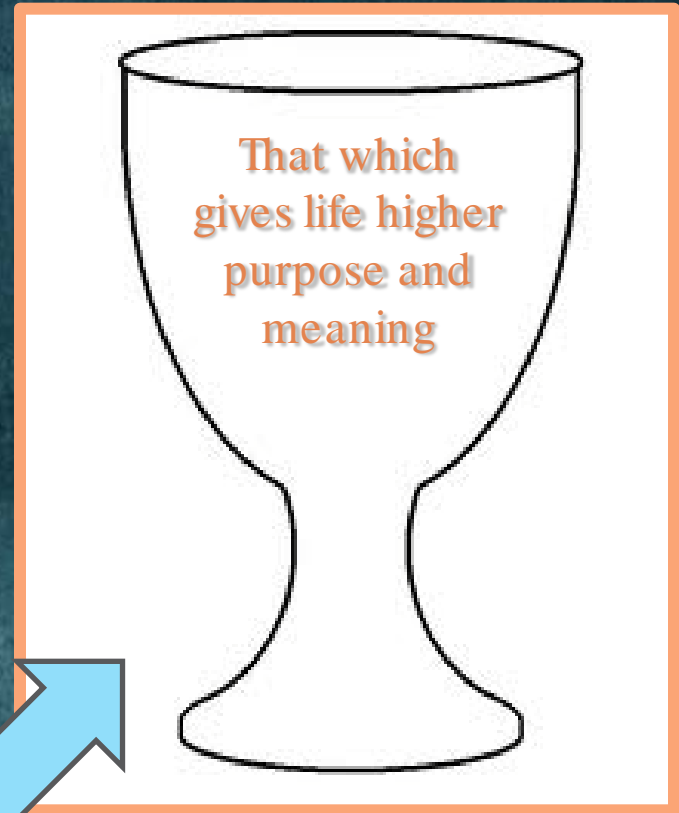
3. What were your youthful dreams?

What one great dream would you dare to dream if you knew you could not fail..like Perceval's winning battles?

4. What are you searching for..that something that is healing and inspiring, that calls you on with Purpose?

5. What is your Grail? What's in your chalice?

Fill it with your best intuitive guesses!



This Morning: PURPOSE

- How was your morning?
- Journal your thoughts, ideas and feelings
- Consider your “Next Steps” in the Journey to understanding your PURPOSE path as an Everyday Hero

Your Hero Guide on the Path To:

RELATIONSHIPS

John Adams



“Bringing Love Into Your Life”

- **50 YEARS AGO**



First Published in France in 1756







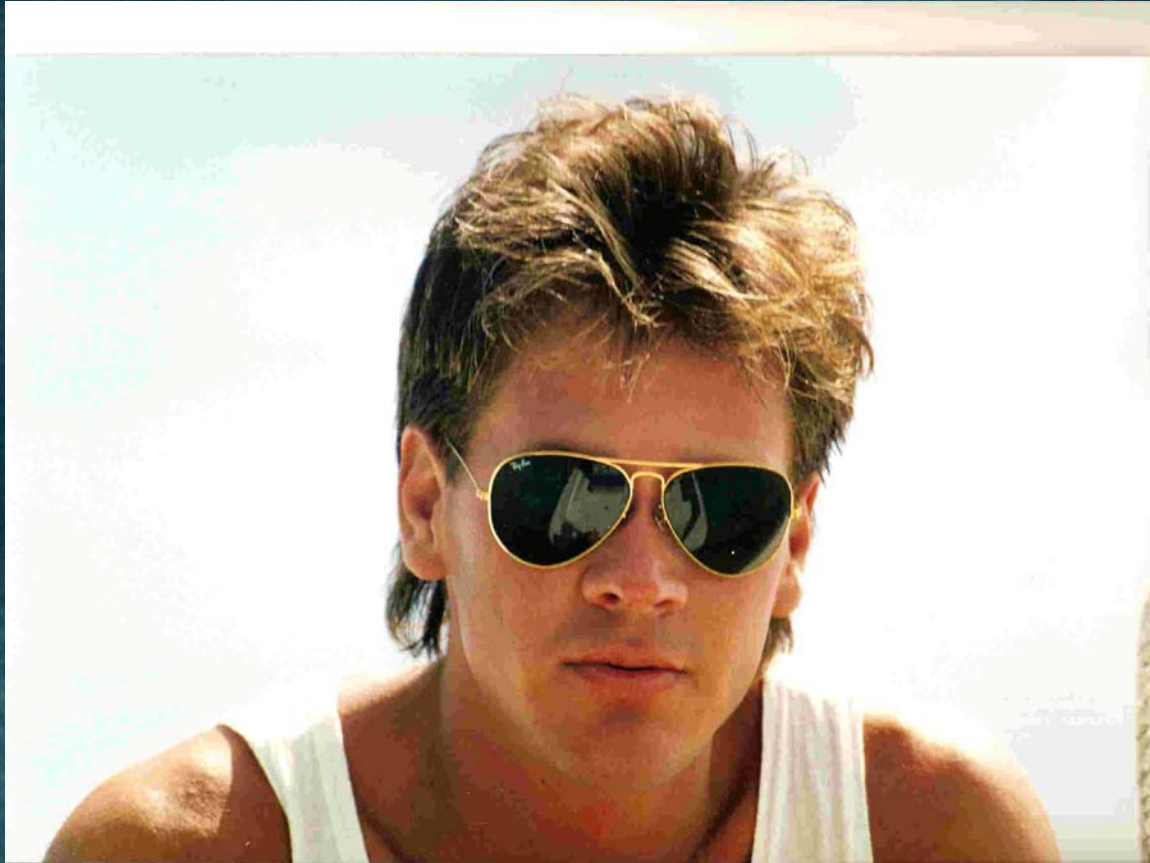
6 WAS THE MAGIC NUMBER!





• MARC AT 6

JIMMY WHEN WE MET 21 YRS AGO



It has been my experience in life that my great loving relationships occur when I am talking about things that matter deeply to me. When I am talking about feelings. When I am vulnerable. When I am affectionate.



QUESTIONS

- Looking at your relationships, get into **groups of 5**, and take turns answering the following questions (allow **30 minutes/each person**):
 1. How would you describe the relationship you have with yourself? Need any work, any healing?
 2. How would you define a “great” relationship w. a special someone you love? (Mate, child, friend, parent) Please be specific.
 3. What could make it better? (and remember Mary Lore’s advice: “Talk about what you want, rather than don’t want.”) Will you commit to a timeframe to the group for making that happen?
 4. Are there any relationships that you need to give up on?

- Work in your groups until 5:00
- Take breaks as necessary
- Reconvene at 7:00 on the Mezzanine for dinner



The Path of the Everyday Hero

- Rediscovering the hero in you,
and finding your next challenge

Your Hero Guide on

KOF Website

Mark Fackler



Yesterday Our Journey Focused On PURPOSE & RELATIONSHIPS

- Ned and John gave us great insight and sent us off to do our work
- How did you sleep last night?
- Did you journal the thoughts that can help you as you continue your journey to understanding your PURPOSE as an everyday hero?
- Did you journal the thoughts that will help you to continue your journey to better understanding your RELATIONSHIPS with others – with yourself, as an everyday hero?

Five Minutes Of Commitment!

PURPOSE & RELATIONSHIP

- Spend 5 minutes with the person next to you committing to one thing you will do to continue working on your **PURPOSE**, and one thing you will do to continue working on your **RELATIONSHIPS**
- 5 minutes each way
- Will give you the “time to switch” warning at 5 minutes – finished in 10 minutes

Today's Journey Focuses On BALANCE & PROSPERITY

- Once again, let all your cares melt away – leave them behind for now – it should be easier than yesterday
- Relax, close your eyes feel that calmness once again come over you
- Today is once again your time to work on YOU – and be a blessing to the others you work with
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Your Hero Guide on the Path To:

BALANCE

Peter Baiardi



Achieving Personal & Professional Balance



Agenda

- Achieving Balance?
- Stage in Life
- Vision of Integration



Achieving Balance?

- “We are frequently asked if it is possible to “have it all” – a full and satisfying personal life and a full and satisfying, hard-working professional one. The answer is NO.”

Tom Peters



Achieving Balance?

- “It is not about “time” spent with family or your business – it’s about where we are with ourselves. It’s more of a spiritual question.”

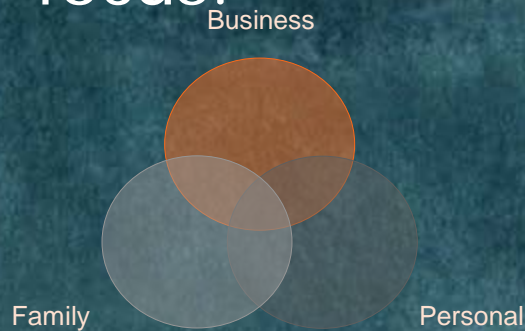
TEC member, 1998



- IT'S NOT ABOUT TIME!
 - WHAT IS IT ABOUT?

Stage in Life

- “It really means that I have the big picture in mind of all the pieces – family, personal, and business, and I am able to make choices on how to spend my time and energy, . . . recognizing that many times in each stage of life there’s not an equal balance, and that’s OK, if I have energy and focus.”



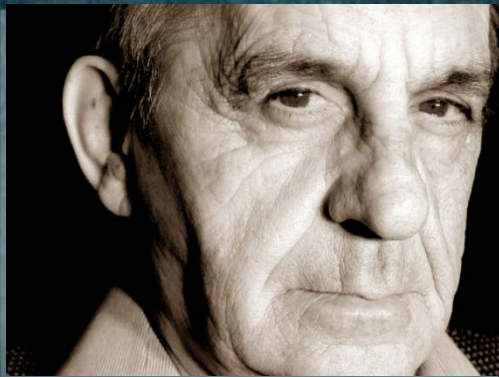
Vistage member, 2012

Stage in Life

- “You need to know your stage in life, and do that job first.”

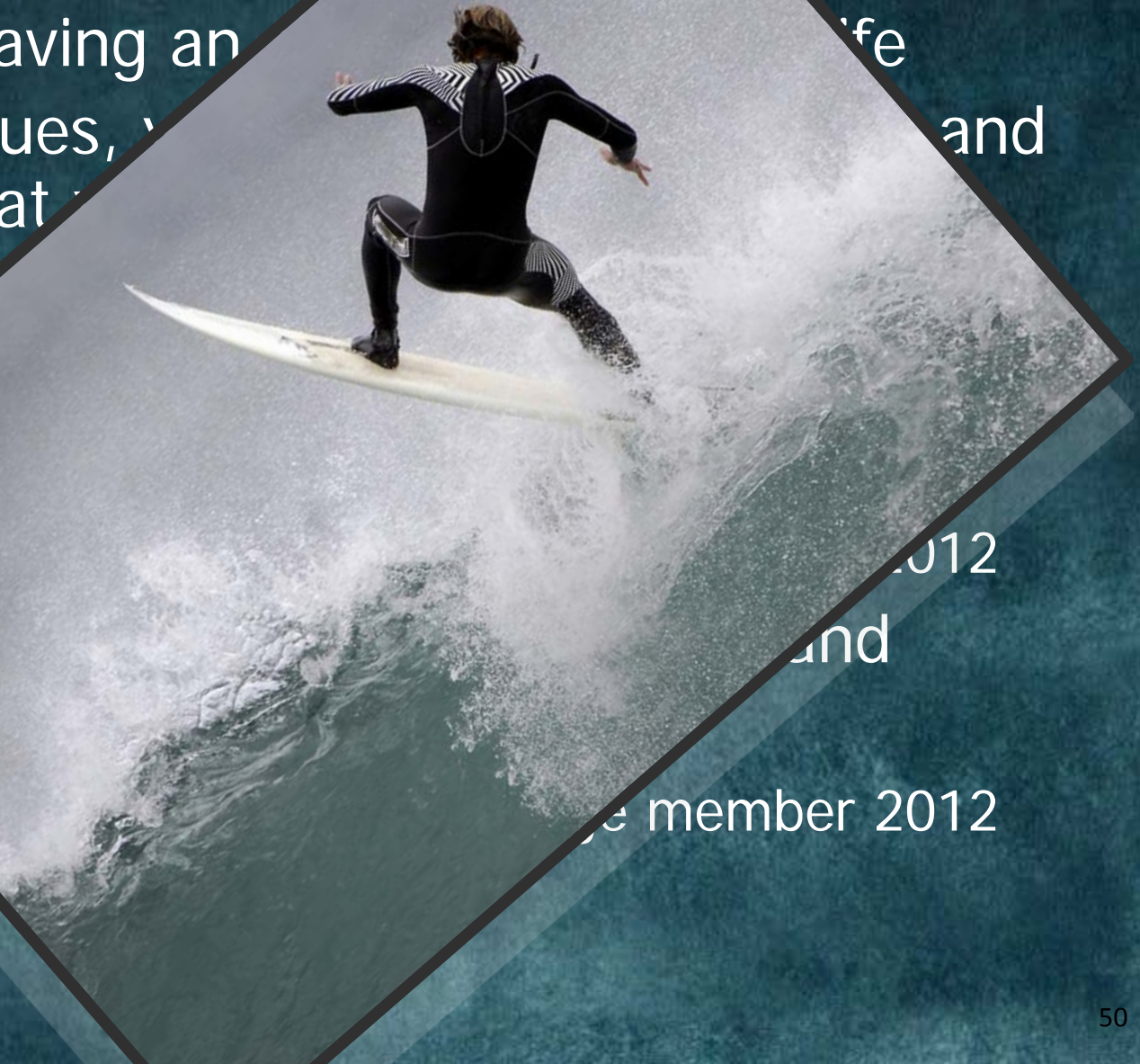
Vistage member, 2012

- Understanding by Intuition
- Accepting not having right answer
 - Openness & action



Vision of Integration

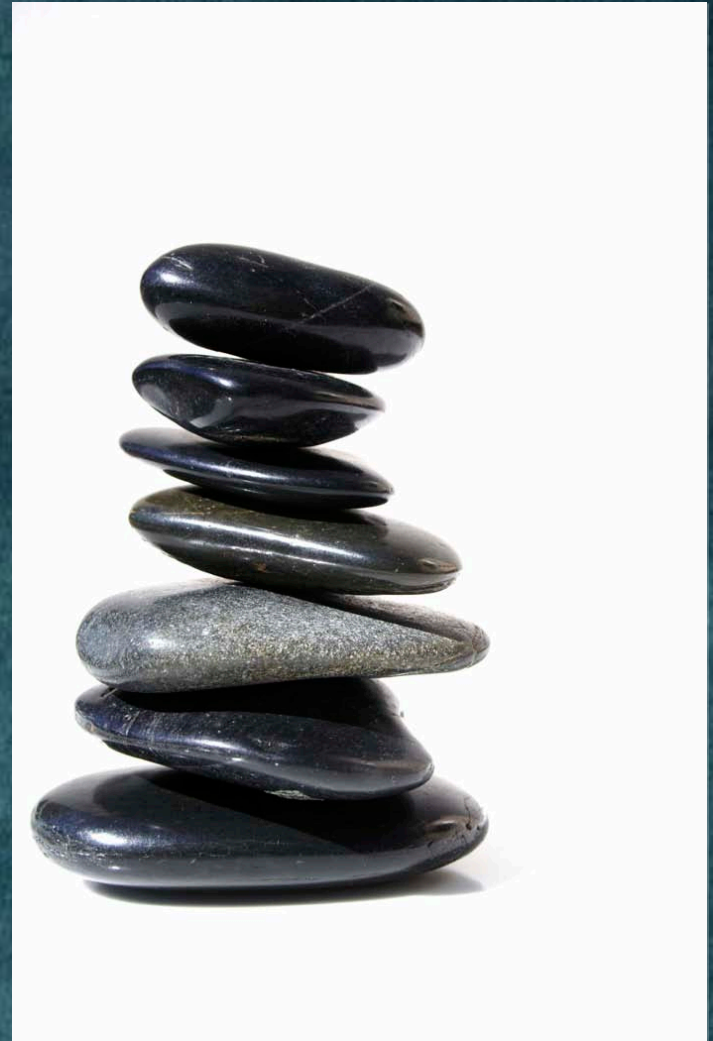
- “It’s about having an integrated life with your values, vision and the things that matter.”
- “Balance is not a goal, it’s a process. It’s about doing more of what you love.”
- “It’s not about being perfect, it’s about being free.”



2012
and
member 2012

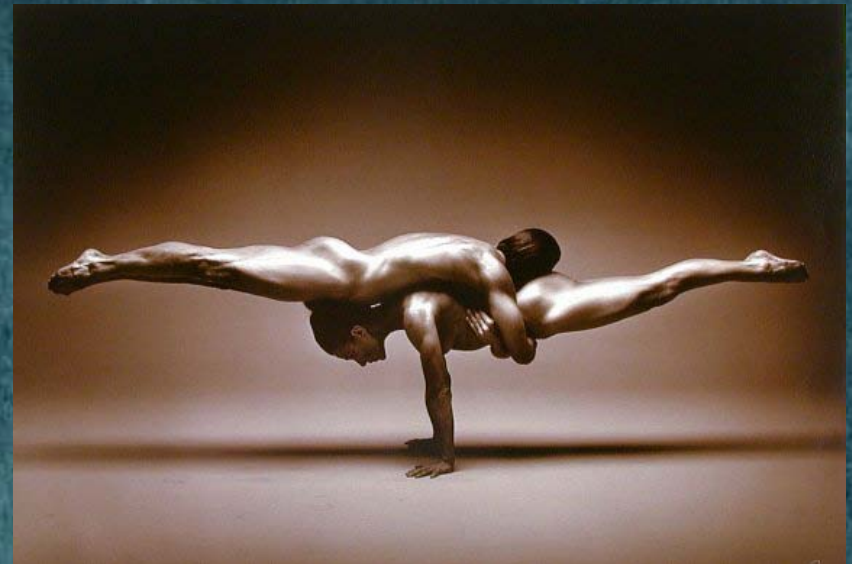
Vision of Integration

- Big Picture
- Goals in life
- Personal needs
- Doing what you love



QUESTIONS

- What is balance for you?
- Who controls it?
- What is needed for this balance?
- What's blocking you?
- What needs to be done?
- Your next steps?





Balance is the Key to Life

- Form different groups of 5 (with mixed colors)
- Gather for Lunch at 12:00
- Reconvene at 2:00



This Morning: BALANCE

- How was your morning?
- Journal your thoughts, ideas and feelings
- Consider your “Next Steps” in the Journey to understanding your LIFE BALANCE as an Everyday Hero

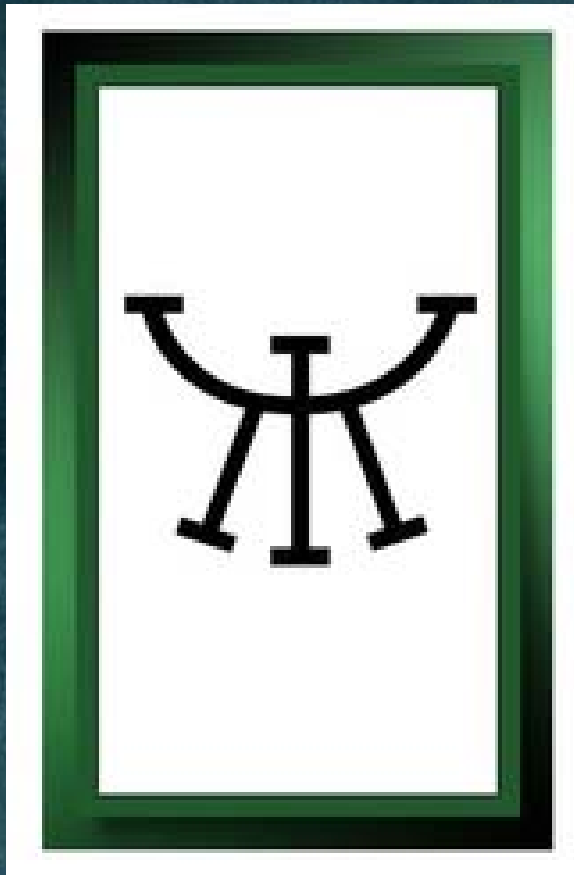
Your Hero Guide on the Path To:

PROSPERITY

Janet Fogarty



Prosperity



Keepers Heroes 2012

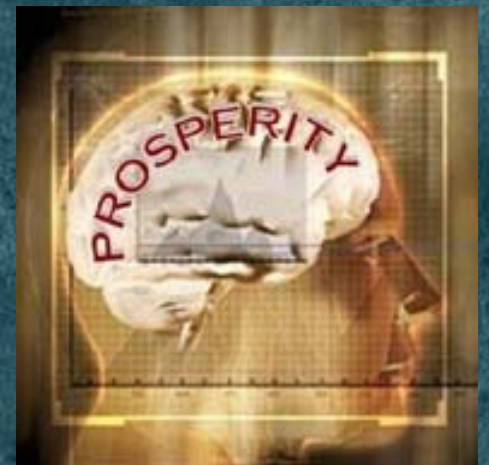


Discover WHO you are and WHAT you are made of

- 1 Prosperity defined
- 2 Know thy Self
- 3 (Hero's) Declaration
- Around “living a wealthy life”



Discover the Nature of True Prosperity for you



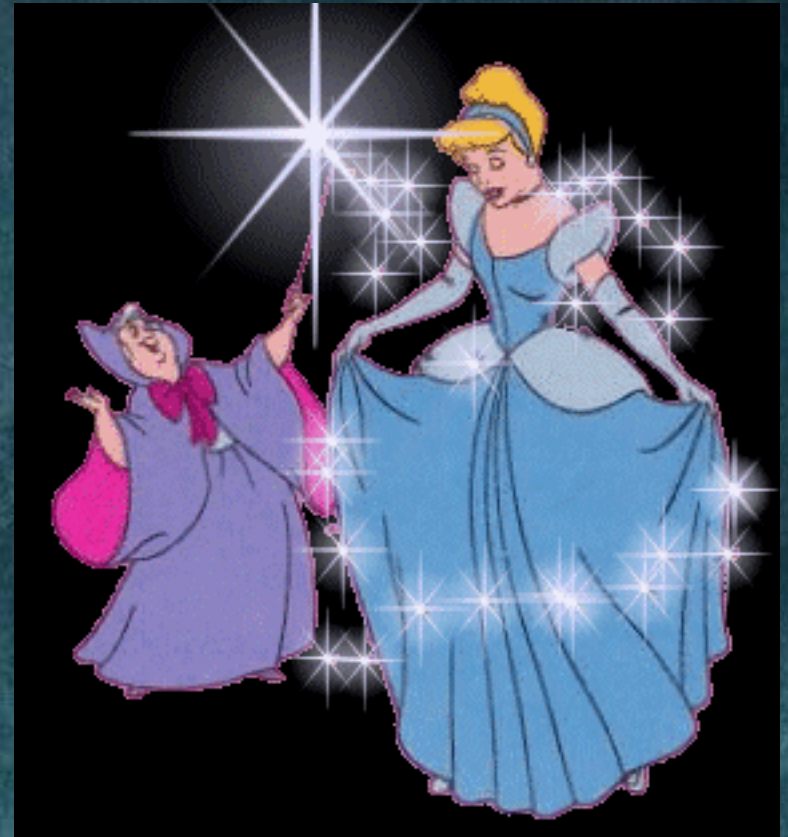
KNOW SELF - SHADOW SIDE

- Don't like or want others to see
- Voice of judgement
- Aspects that cause Shame?



Who your allies
are...

What are they
offering?



What is the missing glass slipper in your life?





Personal Balance Sheet

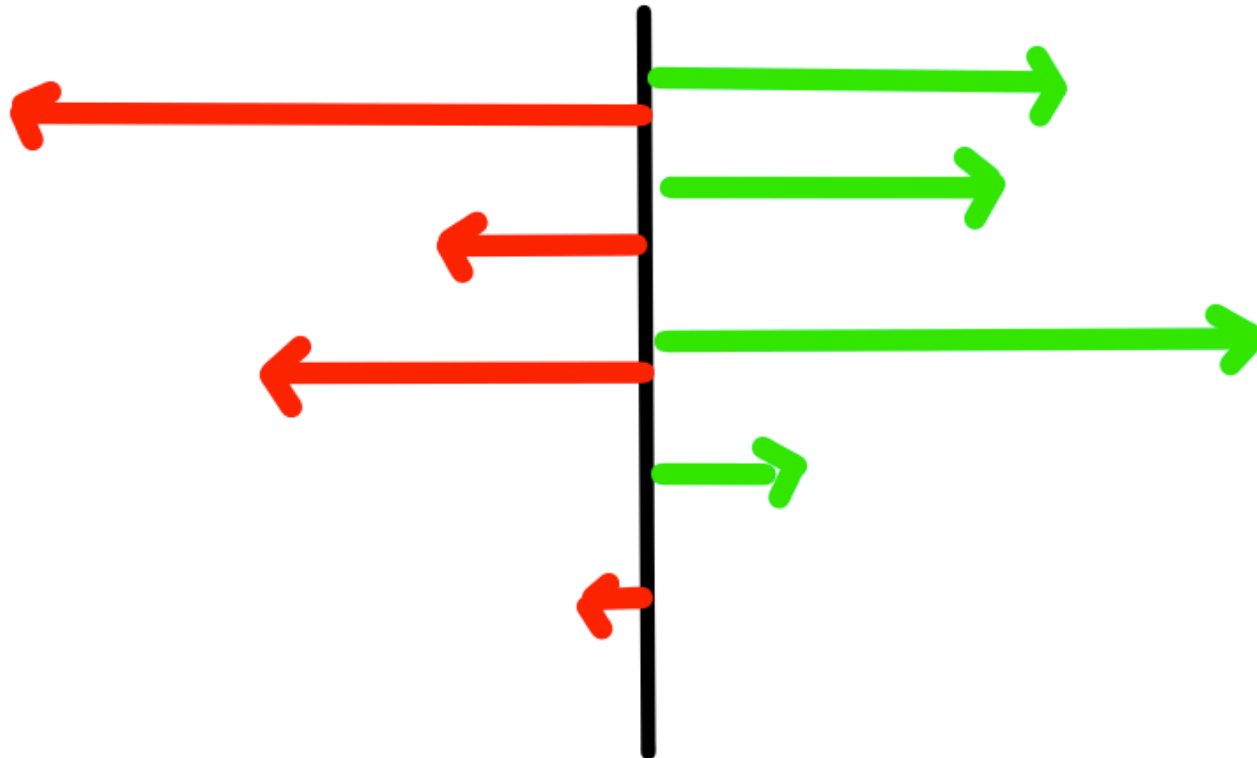
Human Liabilities

Human Assets

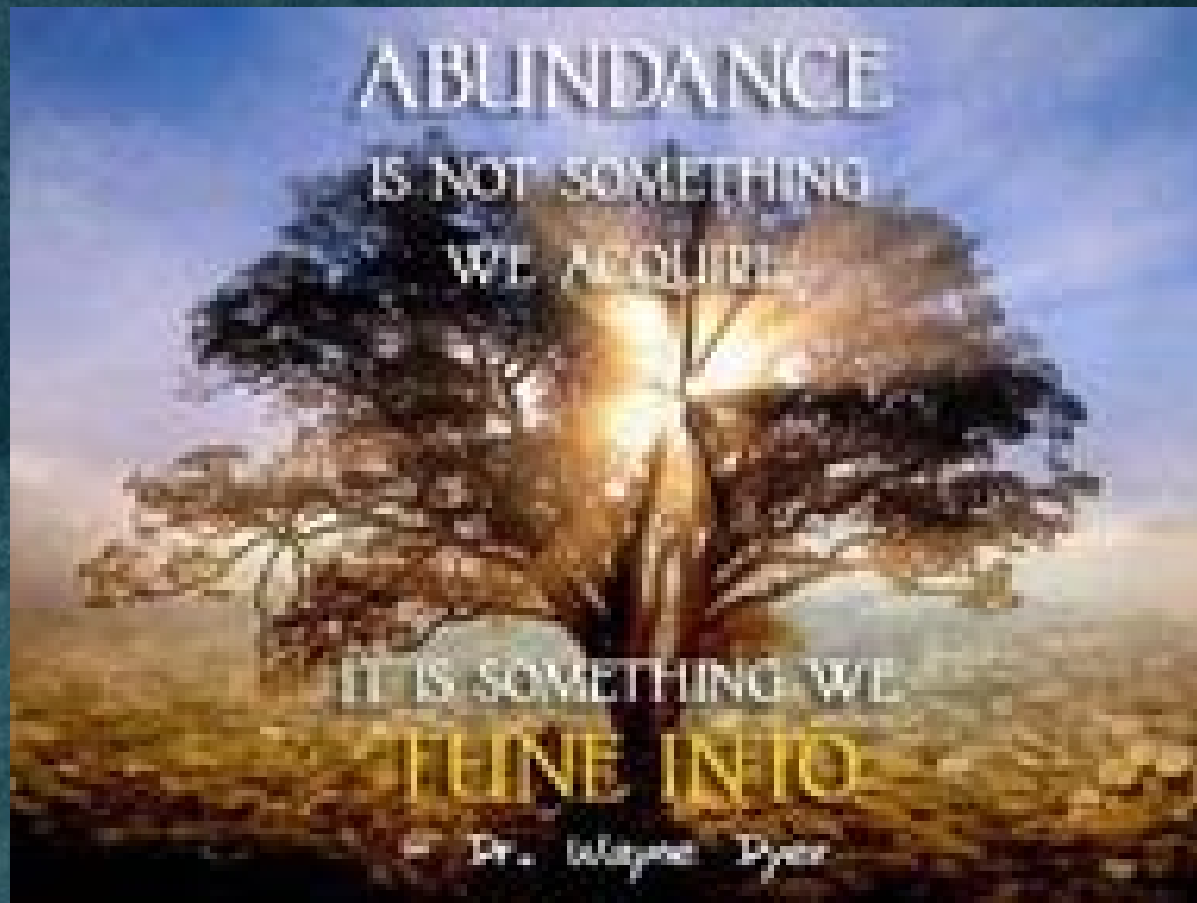


Human Liabilities

Human Assets



TRUE PROSPERITY = Being Yourself
in the highest possible sense



MAPPING MY PATH

- The Hero's Declaration



Finding your way to true prosperity

- Examined relationship to Money
- Dug up riches & treasures within me
- Demolished some of negative judgements hiding the treasure
- Acknowledged my real Self





QUESTIONS

- What has been my Relationship to Money & External Prosperity? What is my version of true Prosperity?
- Why am I deserving? Why not?
- How can I marry Reality with the Potential of my Highest Self (Use your Balance Sheet)
- How I will live a wealthy life going forward? (Declare Intentions)

Instructions:

- Alone time pondering and journaling
20 min.
- Connect with your allies to take
discovery further: *Revealing, Questioning,
Sharing, Declaring*
1 hour and 25 min.

Go Form Breakout Groups by *State in the Journey*



Feel Lost



Stumbling thru



Figured it out &
scared sh*tless



Living It –and, is
there more?

SHHHH...
I'M THINKING.



The Hero's Actions

- Your greatest thoughts have no power or value if put on the shelf. Think about how your time here has impacted you personally, spiritually, intellectually and physically, – *and take the desired actions*, moving forward step by step!

The Hero's Actions

- Please Consider:

1. Jotting down Next Steps on important items
2. Reviewing your Journal notes within 15 days
3. Sharing your thoughts with a trusted friend
4. Contacting a fellow Hero, or your KOF support group to “Check-in” within 30 days
5. Continue journaling your results, progress, and experiences on your “Path” from here



Keepers Of The Flame 2012

- NOW GO, CARRYING THE FLAME,
BEING THE HEROES YOU ARE!
- *The Heroes now scatter throughout the
world, until our next gathering*