

## feature article

# "just how do you become the me you want to be?"

I wrote a book called 'the me you want to be' because I think everyone is fascinated with this idea. Who hasn't spent countless hours obsessing over the gap between who they are and who they want to be? I believe everyone has a deep desire to reach for 'the me you want to be'... but just how do you do that?

### Before I answer that, let's look at this question - Why should you read this book?

- It is fun and engaging.
- It is about your favourite topic: YOU. Discussed through my favourite topic: ME
- You will confront and resolve issues that likely have plagued your entire life
- Who doesn't want to be 'the me you want to be'? Aren't we extremely aware of the gap between who we are and who we want to be? And aren't we constantly trying to narrow that gap?
- You will learn to live your life with intention and watch the results.

### What about the content? Here are a few examples of what's inside to get you interested:

- How to create your internal power
- How to use the Power of Play to revolutionize your life
- Fight to be Positive - because humans have a hard-wired negative bias that we carry around with us like our shadows
- Why better is better than best
- How to fight fear disguised as sense

It's important that we learn how to be 'the me you want to be' through play: i.e. stories, quizzes, fun, passion, humour and engagement. Because play is power and we need power to be 'the me you want to be'. Play guarantees it will be a dynamic and engaging experience for the reader/listener.

'But just how do you become 'the me you want to be'? Work on creating internal power in moments where you typically feel powerless. Create internal power by crafting rules or guidelines for your life. Get help doing that by reading/listening to this book.

### Time to start.

Available from Amazon, Audible and iTunes.

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