



WELCOME

The Full Life Framework

LESSON TRANSCRIPT

Welcome to The Full Life Framework!

This course was created because we believe that everyone deserves to live a rich and full life, regardless of your circumstances, and on your own terms.

In today's society, it seems that living a well-rounded life is almost impossible.

We simply don't have enough hours and energy in the day to do everything right?

And too often we're faced with tough decisions about what we want for the future.

Does succeeding with your career really have to come at the expense of family, or vice versa? Is it possible to excel at both without giving one up for the other?

One day you might come to realize that sacrificing important parts of your life for the sake of another, only creates debt.

And debt comes calling when you least expect it, usually with interest.

So how can you fulfill all the important aspects of your life meaningfully?

Does achieving success in life require sacrifices you may come to regret down the line?

The answers to these questions is what the Full Life Framework is about.

Because no matter how many roles you play in life, you can be a great partner, a great team player, a great parent, or even a great leader ... all at the same time.

Without this belief, we're only living partial lives and missing out on the rich potential that a full life could have.

And the Full Life Framework is centered around 5 actionable principles that anyone can apply to unlock the secrets to living a full and rich life.

In this course, you're going to learn how these principles can have a massive impact on your life right now.

After each lesson we'll follow up exercise, where we will guide you step-by-step how to put the principles you learned into practice.

By the end of this course, we want you to experience how these 5 simple principles can completely change how you view your current decisions, limitations and even future goals.

So I hope you're just as excited as I am to take this little journey! Let's get started.