

Becoming Your Greater Self: Story + Mastery = More™

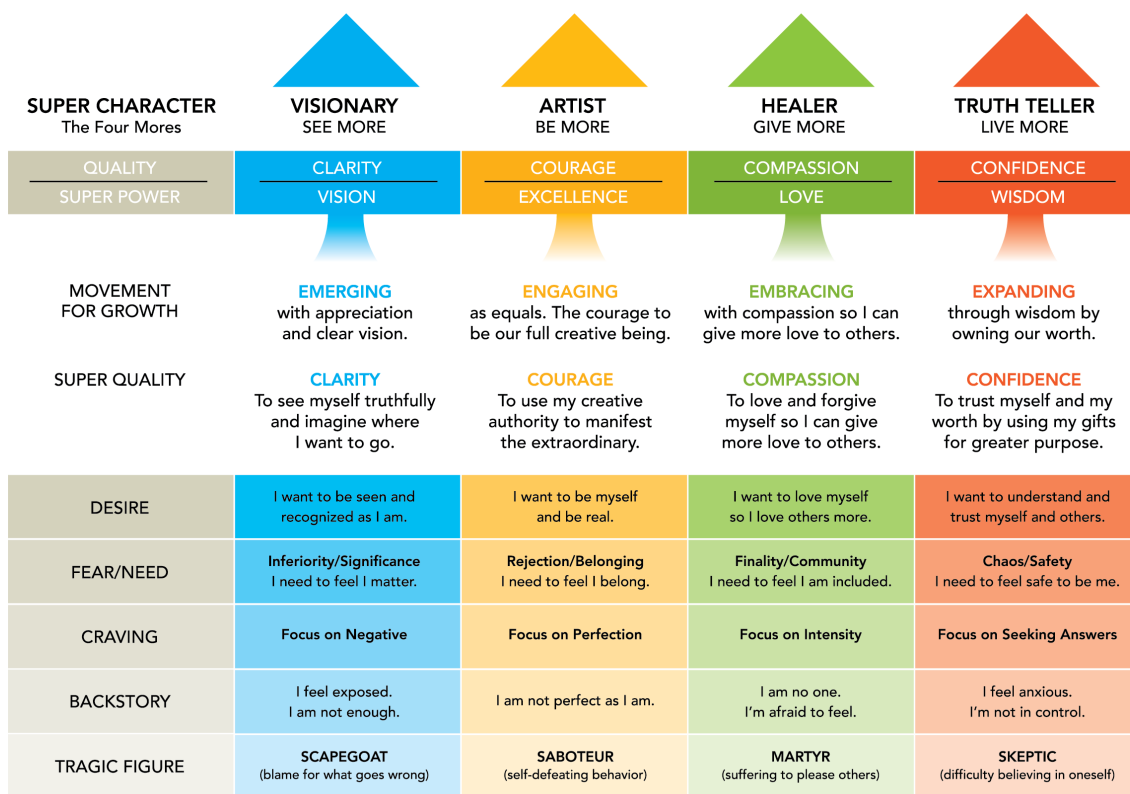
Storyslices Founder Catherine Reid Day works at the intersection of story and purpose. She's a specialist on identity, assisting leaders to productively navigate transitions and claim their largest purpose and greater self. When you claim your own true story and apply it, through personal mastery, to your life and work, you *thrive*. The root of the word thrive is *thriřast* an Old Norse word meaning *to grasp*. To grasp the purpose and meaning of your life, and live your full and true identity, is the path to thriving. The Story + Mastery = More method illustrates what happens when we allow our doubts and demons to distract us from our true path. It shows the ways our cravings drag us off center. To move in the direction of our greater self, we practice using core qualities (clarity, courage, compassion and confidence) and four super powers to transform our tragic selves into our transformational selves: our visionary, artist, healer and truth teller. Catherine Reid Day©2016 All Rights Reserved Contact Catherine@Storyslices.com



STORY + MASTERY = MORE™

FOUR PATHWAYS TO A LARGER LIFE

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With thanks to Angeles Arrien for her work on identifying the four universal "addictions" and their antidotes in her book, *The Four-Fold Way*, ©1993.

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