



The presentation is designed for men and women of all ages who want to improve the quality of their lives.

The objective of the presentation is to lay the foundation for success in the art of life management. A follow up presentation to measure progress can be arranged upon request.



To inquire about scheduling a group presentation or for additional information contact:

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The Seven Building Blocks of Life

*A Life Management
Presentation
by Gary Palmer*



An enlightening presentation that breaks life down into seven fundamental building blocks:

- **Goal Setting**
- **Create an Environment for Success**
- **Health and Fitness**
- **Finances**
- **Careers & Professional Performance**
- **Family and Social Relationships**
- **Personal and Spiritual Needs**

Life Management Presenter
Gary L. Palmer, husband, father, grandfather, and military veteran. He is a former regional sales manager for a national sportswear company. In 2003, he published his first book, a memoir entitled, 'Chagrin Falls'. A graduate of Ohio University, Gary was also an athlete, educator, and athletic coach.

After being abandoned when he was six years old, and reared in foster homes, he became self-supporting at age 18. He overcame adversity by refusing to dwell on his misfortunes. Instead, he set goals and focused on successful outcomes. His desire to become a life management presenter and help others manage their lives and live their dreams is the culmination of the life managing skills that he developed over the years.

The Seven Building Blocks of Life

The presenter's goal is to improve the quality of each life that he touches. His presentation is designed to help produce fulfilling results in the personal and professional life of each participant.

Gary Palmer's presentation is straight forward and from the heart—he practices the principles that he teaches. He believes that everyone, through planning and goal setting, can find a connection that will lead to a happy and productive life. The presenter's strong connection to sports set the tone for his life.

The Seven Building Blocks of Life is a spin-off from a nickname given to the 1936 Fordham University football team's offensive line, '*The Seven Blocks of Granite*'; led by the legendary Vince Lombardi. *The Seven Building Blocks of Life* is offensive minded as well. It encourages people to push forward and become proactive managing their lives.

The Presentation

- Depending on facilities and time restraints, the workshop can be set up for a **full day, half day, or evening session.**
- A **specific presentation** on one or more of *The Seven Building Blocks of Life* can be arranged upon request.

The Audience

- Adults interested in improving the quality of their lives.

The Objective

Improve the quality of life through self evaluation, planning, and goal setting.



Getting Started – the Kick Off

In each of '*The Seven Building Blocks of Life*', the participant goes through a process of self-evaluation to measure **where they presently stand** compared

to **where they want to be in life**. Based on ambitions and priorities, the self-evaluation enables the participant to set time bound, realistic goals.

Planning for Benchmark Goals

- Focusing on *short term* attainable goals in order to reach *long term* goals is the key to goal setting.
- *Time limits* are the foundation for long term and short term goals.

Reaching and Maintaining Success

- When the achievement level is reached, a maintenance plan and a standards plan is put in place.
- Moreover, the achievement of one goal creates the realism that other goals can be achieved.

Vince Lombardi's dreams did not end when he was a 5'8" 185 pound guard on a great football team at Fordham. He had more to accomplish, and it all began with the component that is necessary for anyone wanting to improve the quality of his or her life—a strategic plan for the future.

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