

# **Reinvent Yourself:**

## **Creating a Life of Passion and Purpose**

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# Classic Reinvention - Change the Outside



Changes must come  
from the inside-out,  
or they may not last



# Why Reinvent Yourself?

***It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change.***

**Charles Darwin**

Economic Downturn

Foreclosure

Layoffs/Underemployment

Mid-life (50)

Divorce

Empty Nest

Death of loved one(s)

Retirement

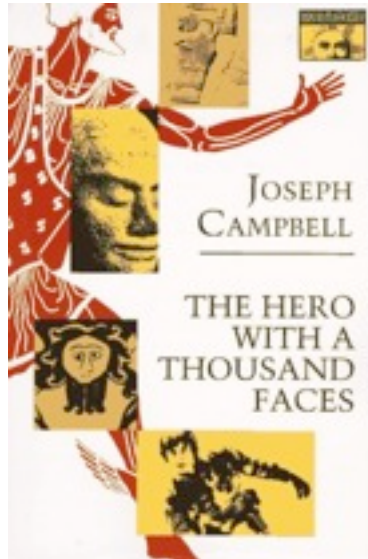
Longing for unrealized dreams

Feeling stuck/bored

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# Why Reinvent the Wheel?

*We have not even to risk the adventure alone, for the heroes of all time have gone before us -- the labyrinth is thoroughly known. We have only to follow the thread of the hero's path.*



The Hero with a Thousand Faces (1949)



Joseph Campbell



# The Hero's Journey - Stages to Reinvent

## Ordinary World

Call to Adventure

Refusing the Call

## The Unknown

The Mentor

Tests and Challenges

Allies and Enemies

## Return with Elixir

The Lesson Learned



# The Ordinary World

The Ordinary Hero  
The Call to Adventure  
Refusing the Call



# The Ordinary Hero

Dorothy Gale  
*Wizard of Oz*  
**“small and meek”**



Luke Skywalker  
*Star Wars*  
**farm handyman,  
obedient nephew**

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# The Ordinary World



**Kansas**

**Dry and Dusty Planet**



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# The Call to Adventure

“Over the Rainbow”  
**restless** to leave Kansas



**Dreams of a better life**  
not on uncle's farm



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# Refusal of the Call

Tornado whisked Dorothy away  
from Kansas



Luke Skywalker's aunt and  
uncle killed by Imperial troops



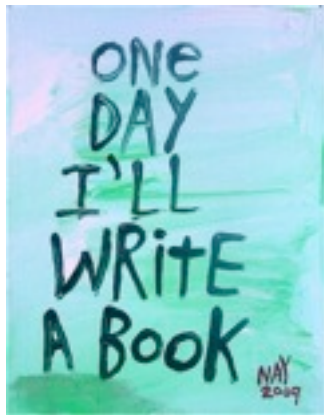
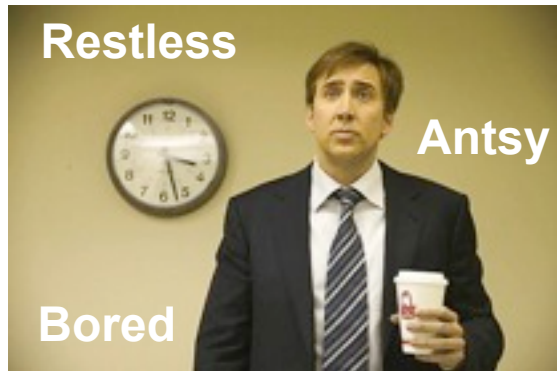
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# The Ordinary World - The World You Know



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# What does Your Call Sound Like?





# Answering the Call - “Follow Your Bliss”



# Refusing Your Call

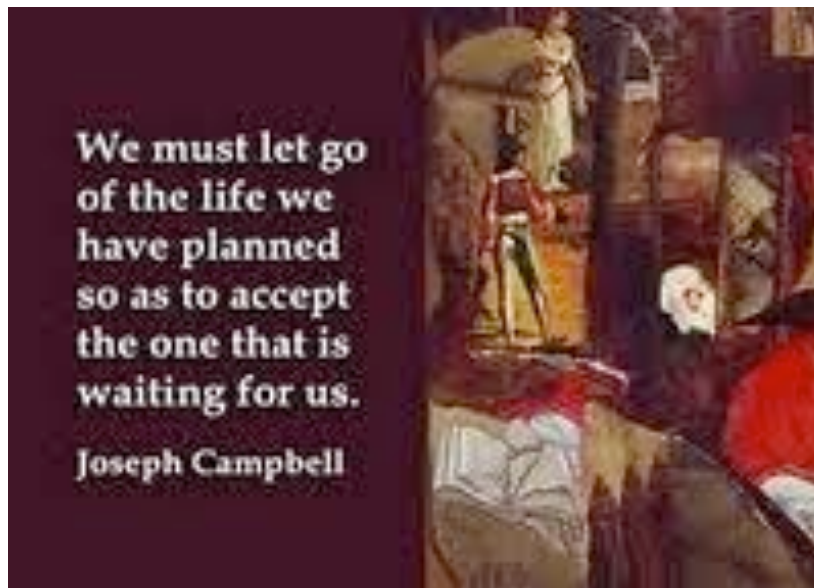


## Ups the ante!



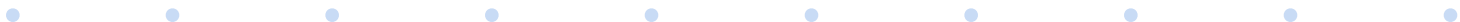
# Why Should You Answer the Call?

It gets a lot louder!



Crisis = Dangerous  
Opportunity

It's the chance to slay the  
dragon that says "thou  
shalt" and be your true self





# Why We Really “Reinvent” Ourselves



*What the caterpillar calls the end of the world the master calls a butterfly. Richard Bach*

Purpose

Calling

Mission

Dharma

Dream

True Vocation

Life's Work

Authentic Self



# The Ordinary Hero - Who are You Now?

Playing old ill-fitting roles:

Smart

Stupid

Artist

Non-artist

People-pleaser

Caretaker

Peace-maker



# Your Call - What is Your Golden Shadow?

## Golden shadow

positive attributes that  
would shine in a different  
family, culture, situation

Carl Jung, Swiss psychologist



# How Do You Answer Your Call?

My dream

is to write  
fiction, not  
just be a  
journalist.



REMOVE THE LABEL: “I am not an artist.”

And uncover the gold...



# How to Overcome Resistance to Change

## The Bigness of the Small Step

Step out of ill-fitting role, label, belief system



# The Special World

The Mentor  
Tests and Challenges  
Allies and Enemies



# The Special World = The Unknown

Future is uncertain



Which way do I go?



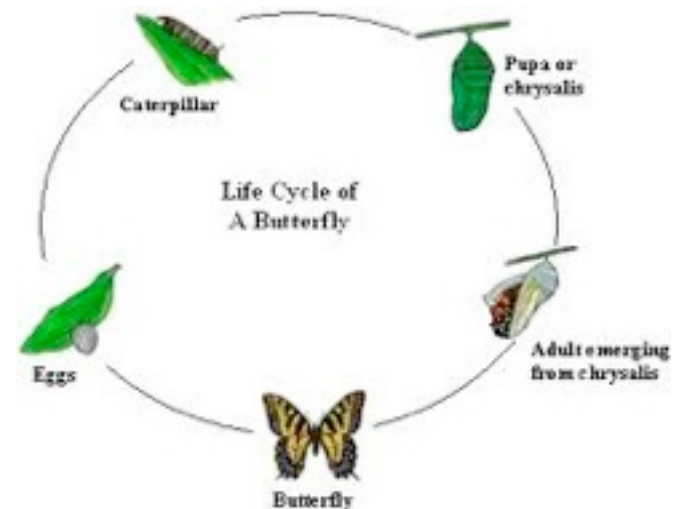


# The Special World = Transformation

Old ways don't work anymore, old rules don't apply



Who am I?



# The Mentor - Learn to Navigate

## External guide

teacher, leader, advisor, role model

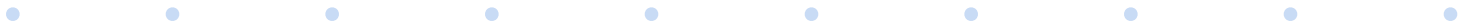
*Follow the yellow brick road.*



## Internal guide

follow your heart, inner voice, intuition

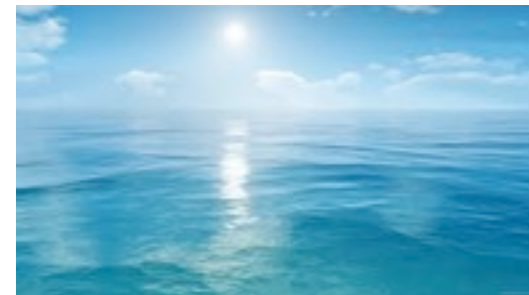
*Use the force.*



# What is Your Internal Guidance System?

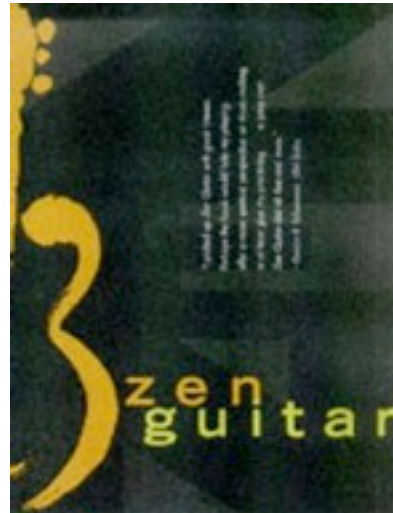
## FOLLOW YOUR HEART

- \*What are you naturally good at?
- \*What fills you with passion and curiosity?
- \*What makes time disappear?
- \*What would you do if money were no object?



# Who and What are Your External Guides?

May not be who or  
what you expect



Mentoring moments



# How do You Cross Over to the Other Side?

## 1) Straddle Two Worlds

keep your job AND build up your body of work/resume

## 2) Prepare for Change

take classes

do internships

go on information interviews

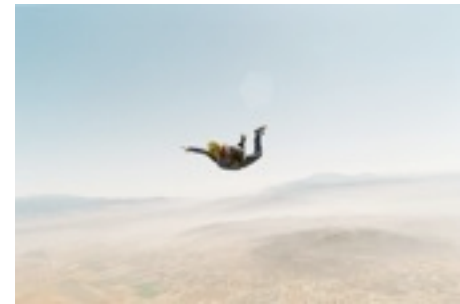
join an appropriate organization

sell expensive house, move

save money

take a part time job in field

## 3) Walk across Bridge



“Leap and the net shall appear.”

# Tests and Challenges



**Trees throw apples**



**Princess is captured**

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# How do We Deal with Tests / Challenges?

- 1) Failing and setbacks are natural
- 2) Be willing to experiment and persevere
- 3) Learn what works and doesn't work



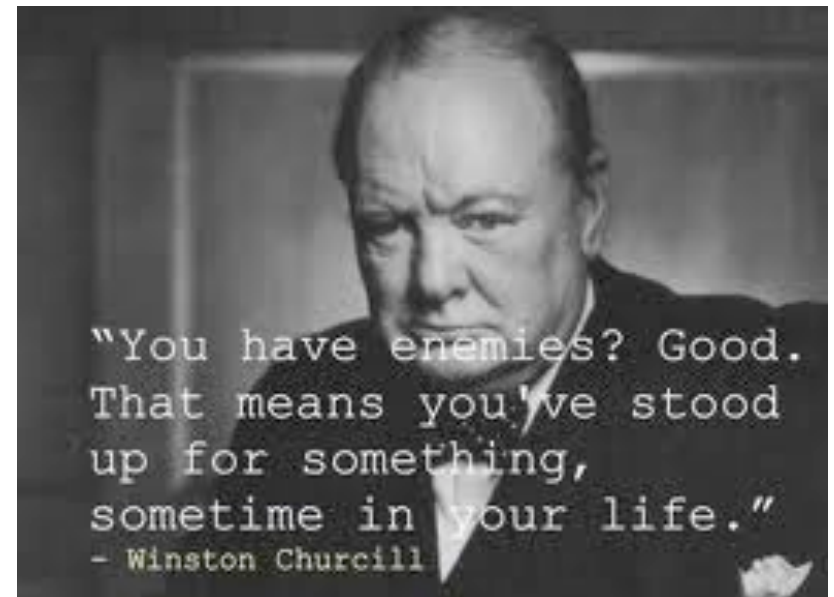
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# Allies and Enemies on the Journey



# Who are Your Supporters/Naysayers?



# How Do You Transform?

My dream  
is to become  
an executive  
at a company  
that's making  
a difference  
the world.



REMOVE THE LABEL: “I’m a people-pleaser.”

And uncover the leader...

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# How Do You Transform?

## The Bigness of the Small Step

Drop a label/role/“bad” habit in 10 weeks.



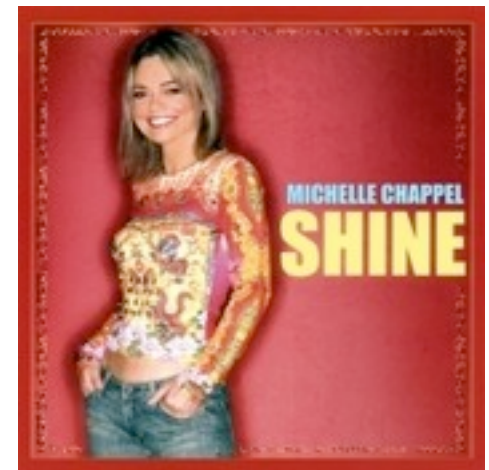
# Return with the Elixir

The Lesson Learned

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# Return with Elixir - The Lesson



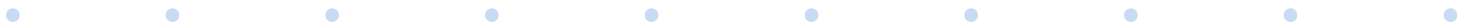
*LET YOUR TRUE LIGHT SHINE*



# Return with Elixir - What is Your Lesson?



*Hint: It's right in front of you!*





# Bottom Line - Don't Ignore the Call!

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**"I thought I felt a paradigm shift, but  
it was just my undershorts riding up."**



# Big Take-away - Embrace Change



***When you're finished changing, you're finished. Ben Franklin***



# Two New CDs out now...



Pop



Country

[www.michellechappel.com](http://www.michellechappel.com)



# Upcoming Book



## **The Elephant in the Cubicle:**

**How to Break Out of the Box  
and be More Creative in Work and Life**

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[www.michellechappel.com](http://www.michellechappel.com)