

# MOVE WITH INTENTION



## The Wake-Up Call

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with  
INTENTION

# The Wake-Up Call

*This Is Not a Productivity Hack. This Is Your Wake-Up Call.*

You've done everything **"right."**

You built the **business, the body, the brand**. You led teams, conquered goals, and collected trophies.

And yet... something feels off.

That quiet weight on your chest?

That low-grade burnout even vacations can't fix? That whisper you hear when the world finally gets quiet?

**It's not weakness. It's not failure.**

**It's your future self trying to wake you up.**

**The truth is simple:**

You've outgrown the version of you that built your current life. And now, you're stuck between two worlds:

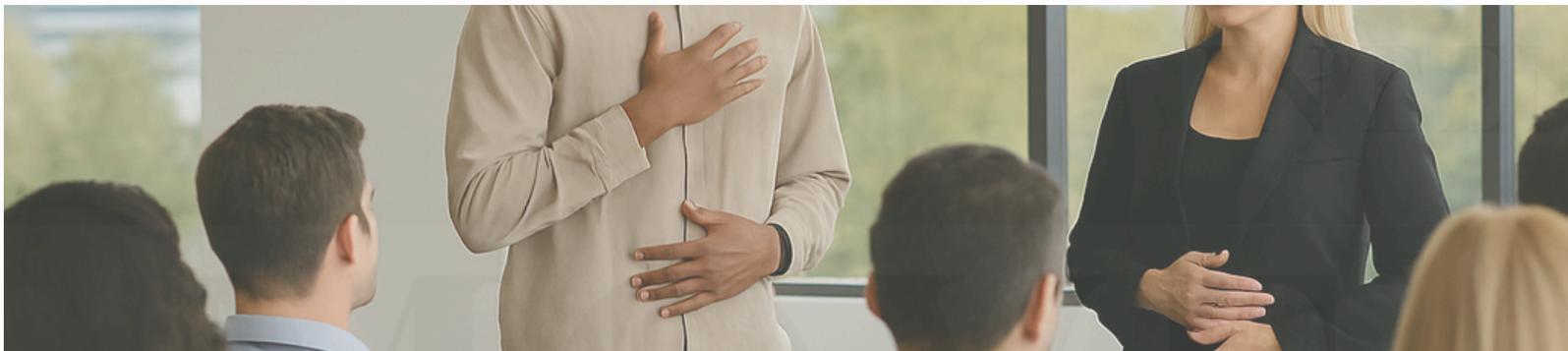
**The leader you've always been.**

**And the one you are being called to become.**

The longer you stay loyal to who you were, **the longer you delay the life you're meant to live.**

**You don't need more productivity hacks. You need a deeper operating system.**

*Success without self-connection is a prison with nice views.*



# The 5 Inner Lies High Performers Believe

## *5 Lies That Keep High-Performers Stuck (Even After Success)*

Lie #1: "I just need to push harder."

**Truth:** You've outgrown hustle. You're still trying to prove a version of yourself that no longer needs proving.

What you need is alignment.

Lie #2: "I'm fine. I just need to focus."

**Truth:** You're not fine. You're numb. Focus isn't the problem - disconnection is.

Lie #3: "I'll feel better when I hit my next goal."

**Truth:** You've hit tons of goals. You're still not fulfilled. The problem isn't your goals, or obstacles - it's who you're being during it all.

Lie #4: "No one gets it. I have to carry it all."

**Truth:** That's your past survival identity speaking. Leadership doesn't mean isolation - it means evolution.

Lie #5: "If I slow down, I'll lose momentum/money/opportunities."

**Truth:** No - you'll lose distractions and who you are not. What you'll gain, is your life.



## Reflection - Not Reaction.

**This page is about radical honesty. Not judgment.**

### **Ask yourself:**

**Where in my life am I performing instead of leading?**

**What emotions have I been avoiding by staying “busy”?**

**If I could speak to the version of me that built all of this -  
what would they say?**

**What would change if I led from my soul and my nervous system  
instead of my ego and what only makes money?**

**Am I ready to meet the version of me who doesn't chase peace -  
but lives in it? What would that feel like?**



# What You're Really Experiencing

**You're Not Burned Out – You're Misaligned.**

The symptoms you're feeling:

- Irritability
- Numbness
- Anxiety masked as ambition
- Overachievement as identity
- The constant “What’s Next” energy
- Never ending to-do’s and heavy stress
- Exhaustion and not having ‘the energy to socialize, workout, etc.
- Wondering, “Why did I even start this in the first place?”
- and so on...

**aren't signs of failure.**

**They're signals from your nervous system and subconscious:**

**It's time to evolve.  
You've outgrown this version of yourself.**

We've watched CEOs, founders, and visionaries, people with empires under their command - crumble behind closed doors because they were trapped in an outdated version of themselves.

And we've witnessed what happens when they break free: They don't just lead companies, they lead legacies. They lite up and feel alive again, doing what they love.

*Alignment isn't just a strategy.  
It's an identity.*



# The Breakdown

## OLD IDENTITY



**Friction:** Exhaustion, Disconnection, Misalignment



## FUTURE IDENTITY



*The old you built the dream.  
The new you will live it.*



## If This Resonates- This Is For You

**You're not here for fluff.**

**You're not here for hacks or empty motivation.  
You're here because something inside you knows:  
this isn't it. We don't offer bandaids.**

**We offer rewiring.**

**We train the leader - not the persona.**

**We teach you to lead from your nervous system - not from noise.**

**We guide you to embody the version of yourself who no longer  
needs to prove - but simply is.**

**This work isn't for the curious.  
It's for the committed.**

**⚠ Warning:**

**Not everyone qualifies for this work.**

**This is not for those chasing shortcuts.**

**If you're still looking for the next strategy to  
outrun yourself - this isn't it.**

**If you're ready to shed the operating system  
that built your past success and **lead from  
your future self****

**-Welcome.**

**→ TAKE THE QUIZ + BOOK YOUR CALL**

# Client Voices



*“I had the house, the title, the money... and still felt like something was missing. It was. It was me. During our first session, I realized I was running on an outdated version of myself and if I didn’t change, nothing else would either. This work didn’t fix me - it woke me up.”*

CEO, Tech Company



*“I used to think coaching was about being told what to do. Here, I found pressure, presence, and permission to evolve. They didn’t give me answers - they helped me access my own.”* Founder, Global Marketing Agency



*“I didn’t realize how exhausted I was, running on autopilot. After working with Move with Intention, I lead from clarity, not chaos and have control over my energy, emotions, and time. For the first time, what I do feels like freedom - not a chore I must keep up with.”*

Senior Executive, Finance

***This is what happens when you stop managing your life from your calendar and start leading it from your nervous system. This is what freedom feels like.***

# Questions?

Send us a Message



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