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"Mike has applied strategic-planning concepts, honed from his work over thirty years in consulting to companies and organizations, and applied them to strategic planning for your life.

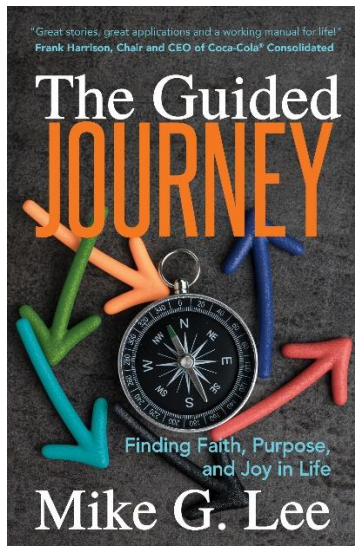
This is an important work"

Harsha V. Agadi, President and CEO, Crawford & Company

The Guided Journey

Finding Faith, Purpose, and Joy in Life

By Mike G. Lee



The numbers vary some, but for the most part they tell the same story: most of us are not fulfilled in our work. On average, only one person in five says they get to do what they do best every day at their jobs. Just twenty percent. So, what are the other eighty percent doing? And how is spending every day in an unfulfilling role affecting us? More importantly, how can we change that for ourselves and find work that fits our talents and longings, our purpose?

In *The Guided Journey: Finding Faith, Purpose, and Joy in Life* (Morgan James Publishing, February 2020), author Mike Lee offers hope and a plan. He recounts his own fascinating first-person story, which is encouraging and instructional all by itself. But, then, at the end of each chapter, he offers questions and thought-provoking exercises that bring focus to the process of finding

purpose and calling in this one life we have all been given.

The truth is, we all desire a life that really matters, to reach our full potential. We innately recognize the gap between what is and what could be... but life's to-do's and have-to's have gotten in the way and-even if we know what we are called to do- our dreams have been set aside

and forgotten. We have become comfortable with the devil we know and the idea of making big changes seems too daunting to even consider.

But we have to address it or go through life on automatic. We have to truly believe that regret is a lot worse than failure. We can't fix the things we never tried. Striving for a fulfilling life will surely lead us into uncharted territory, and we are likely to make a mis-step or two along the way. But in the end, we will find our one thing that we were born to do.

And, that's important because it has been proven over and over again that we are more productive, healthy and happy when we are waking up every day and going to a job we love.

“ You have control. You can say no to things and say yes to other things. You can change your life.”

Lee offers eleven doable and practical (but not necessarily easy) steps to make progress and get unstuck, including, among others, writing our life purpose statement to finding a trainer to learning more about how we are truly wired. In this case knowledge really is power, and understanding ourselves is critical to the process. Being honest about who we really are and what our strengths and talents are is vital.

“ I want people to look back ten years from now and think that their time was spent on important, fulfilling work. Not just accomplishing things, but accomplishing the right things, the things they are uniquely designed and gifted to do.”

The Guided Journey will both encourage you and give you the tools you need to produce powerful and life-changing results.

Imagine yourself creating and then living the life you have always wanted: Unapologetically bold, authentically you, doing what you are designed to do and loving it. Not somebody else's version of your life, but your own.

The time to get started is now.

To learn more go to: www.theguidedjourneybook.com

Title: The Guided Journey

Publisher: Morgan James Publishing

Author: Mike G. Lee

About Mike G. Lee



Mike Lee has spent most of his adult life consulting and helping business leaders strategize about the best way forward. Along the way, he has learned a great deal about how to ask the right questions and find the right answers.

His desire to find his own calling has led him down some interesting career paths. He would be the first to tell you that nothing is wasted, and that every twist and turn has led him to the next stop and even prepared him for what to do when he got there.

Mike is an executive with Point B, an integrated management consulting, digital services, venture investment, and real-estate development firm.

He holds a bachelor's degree from Virginia Tech with a major in accounting.

His forthcoming book, *The Guided Journey: Finding Faith, Purpose and Joy in Life* will publish in early 2020.

Originally from Somerdale, New Jersey, Mike resides in Davidson, North Carolina with his wife, Kelli, and his children: Alex, Cami, and Olivia.

Excerpts from The Guided Journey

On Not Settling

One of the biggest risks to anyone in transition is not with finding something—it is with accepting something too early that is off purpose. When you are in transition for any reason—you resigned, you are ready to make a change, you were fired or transitioned out—it is very important to step back and describe what you are looking for. What is your purpose and what are your definitions of success in your key roles as a human being? These descriptions represent your requirements. That way when a new opportunity does arise you have something to evaluate it against. Without this intentional work you are at risk of taking the next thing that comes your way and missing the opportunity of a lifetime: you risk not fulfilling your *true* God-given purpose.

Here is another way to think about it. If an opportunity comes your way and you haven't described what you are looking for, you are making a binary decision—yes or no. Instead you should be scoring it against the requirements defined in your Life Purpose and Role Success Statements. Making sure you define what you are looking for before you are in a pressure, yes/no situation is so important to ensure your next assignment is *on purpose*.

On Finding a Trainer

Just like in boxing you need a trainer in your life. A trainer is someone you trust and respect and ideally is someone that God puts into your life. When you go through crisis moments or periods of significant change, it is important to have someone who can see things from an objective perspective. A trainer-to-trainee relationship is impersonal and hierarchical. It is invaluable because the trainer is objective and detached from the action. In contrast the relationship is different between a mentor and a mentee, which is typically personal, confidential, and friendly. I consider Pastor Padilla a spiritual and a family mentor due to the very personal and loving nature of our friendship. I believe at different times in your life you need both a mentor and a trainer. The trainer has many aspects of the mentor, but he or she is not as invested in the relationship and so may be more able to tell you things that a friend might worry about telling you. A trainer has a way of holding a mirror up to you, so you can see yourself more clearly.

You need someone you can be completely open with and who will give you candid input. This is such an important role that choosing the wrong trainer can significantly alter your performance and trajectory. Just like the boxing analogy—choose the wrong person and you might get knocked out.

Q & A with Author Mike Lee

Q. Why did you decide to write this book?

A. I've been in business for most of my adult life and the conversation that I keep having is around finding purpose in life. True, not everyone is looking for that. But when someone is seeking to know why they are here and how to fit their God-given talents into a role that matters, I innately want to help them. I can't help it. Over the years it has become clear that helping others find their place in the world is at least part of my own calling and my place in the world.

Q. The Guided Journey is part memoir, part workbook. Why use that model?

A. I think everybody's life is interesting to everyone but themselves. My story is no different. Lots of ups and downs, lots of mistakes, plenty of joy and love, and plenty of heartache and failure. Lessons can be learned from all of it, the good and the bad. The book is written as a story so (hopefully) people want to go to the next chapter to see what's next. Each chapter leads to the next one and the work at the end of each chapter is sequential as well. A workbook might have been too dry without a story to lead the reader from beginning to end. But combined with a story, it's my hope that they will follow through to the end, complete all of the exercises and, ultimately, find their purpose and calling.

Q. What do you hope happens when people read your book?

A. I guess the first thing would be that they take the time to actually do the work that's in the book. I've been really encouraged by the 70 people that have read it so far. They've read through it once. And then they've done the exercises for themselves to discover their purpose and what their roles are. They have formulated their success statements. They are taking concrete steps to figure out their place in this world. That's exciting! It's proof that if you do the work, something special will happen.

When all is said and done I want the readers to look back and think that their time here on this planet is being spent on important, fulfilling work.

What Others Are Saying About *The Guided Journey*

“Life is all about finding our purpose. The Guided Journey is filled with Practical and powerful applications that will help push the reset button on our life perspective. Mike weaves in rich storytelling with real life principles that he’s learned over his storybook career. Bring a pen and highlighter for this one and enjoy the ride!”

Dave Alpern, President of 4-Time NASCAR Champion Joe Gibbs Racing

“I’ve had so many people ask me about having purpose in their career and in life. The Guided Journey is a must read for everyone in search of purpose. Mike shares his story, lessons learned, practical tips, and a process to find purpose and joy in life.”

Mark Linsz, Former Treasurer, Bank of America and Co-Founder My Next Season

I was privileged to read an early copy of The Guided Journey. Once I started, I could not put this book down. Not only because of the advice offered for how to find your purpose, but also because Mike gives us a real look into what a God-centered life looks like. Mike is an authentic role model, and I would recommend this book to people in all stages of life, especially young men.”

Jennifer McCormick King, Former Bank of America Executive and single Mom

“What Mike Lee has learned and shares in The Guided Journey is that there is a spiritual dimension, a God-guided direction and dimension to all of life, including family, personal life and business, sometimes referred to as our calling-if we only recognize and allow God’s intimate involvement. Allowing that spiritual partnership with him and others brings passionate purpose, meaning, and abundantly fulfilling success. I heartily recommend the reading of this practical work.”

Tom Phillips, Vice-President, Billy Graham Evangelistic Association