

FOREWORD

In our world, some things occur as natural laws of the universe: gravity works no matter where you live; humans need oxygen in order to survive; and no matter how many things you place on your to-do list, there are only twenty-four hours in each day.

Although it's not a natural law, another universal idea is that most of us live our lives wanting to feel "more fulfilled." We know what that means and how that might feel, but the method of how we achieve that sense is absent. In *Being Fulfilled*, Jeffrey St. Laurent presents a model which challenges the conventional way of thinking and helps us fill in the gap between wanting more and actually enjoying more.

Most readers start this book *thinking* about how their lives would look if they were fulfilled. But therein lies a problem: In life, we achieve the feeling of being fulfilled by *feeling*, not thinking. Thinking is a logical step in the process of becoming more fulfilled. The act of being fulfilled, however, is a feeling of inspiration, joy, peace, and satisfaction. These feelings come from our heart, not our head. The insights and examples in *Being Fulfilled* will escort readers from thinking about being fulfilled to ultimately *feeling* more fulfilled.

BEING FULFILLED

Chances are, if you were somewhat drawn to the title and actually picked up this book, you are someone who lives with big dreams and visions. Though dreams and visions are admirable, some visions are so broad that they are unattainable.

Being Fulfilled teaches you how to change your patterns of thought and actually live the life you dream about. Jeffrey helps us narrow our vision and then focus, nurture, and train in ONE area. Once we learn these techniques for one area, we can dramatically enrich the three most significant areas of life: business, relationships, and health.

Imagine that you are a champion thoroughbred horse preparing for a race. The important components of your success lie in your talent, training, passion, and ability to focus. To improve your chances for victory, you even wear blinders to help restrict the vision of everything going on around you. With this narrowed vision, you are purely focused on your goal. When it comes to leading a more fulfilled life, Jeffrey suggests that you “put the blinders on” and offers a step-by-step guide to assist you in achieving your vision.

As a motivational speaker, life coach, and author, Jeffrey is talented, curious, and questions the ordinary. For example, in *Being Fulfilled*, Jeffrey questions the idea that there IS a magical point on which to stand where business, relationships, and health are in perfect harmony. With millions of people searching for this magnificent, yet somewhat fabricated place, wouldn't it be helpful if we directed our efforts to an authentic destination?

When people meet Jeffrey St. Laurent, they struggle to fully describe his uniqueness, professionalism, sensitivity, personal power, integrity,

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brilliance, and puppy-like playfulness. What is now a human magnet to greatness was once a person unaware of his power and potential. To see Jeffrey speak at a workshop or in front of a group fitness class, it's hard to believe that he spent many years of his life being quiet, insecure, overweight, sensitive, and naïve. Though some of those qualities are still part of him, he's learned to use them to benefit his life and the lives of those around him.

Most authors have great ideas. In order for their ideas transform someone's life, however, an author has to tickle our imagination in a way that makes the ideas go from something we think about to something we believe in. In *Being Fulfilled*, Jeffrey is lively and straight to the point as he reveals his secrets of how to live your life with more joy and satisfaction.

From the moment I met Jeffrey St. Laurent, I was “wowed” by his uniqueness, insights, and understanding. After reading *Being Fulfilled*, my guess is you will nod your head in agreement with my opinion that he is truly exceptional, extremely talented, and a person who has the ability to improve your life in many ways. I am proud to say he is a great influence in my life and has helped make many of my dreams come true. I wish you the best in your journey of *Being Fulfilled*.

Jennifer Hoy St. Laurent

*Certified life coach, motivational speaker,
& proud wife of Jeffrey St. Laurent*

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