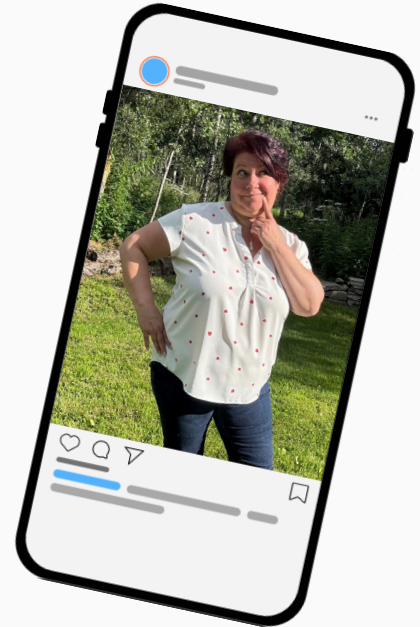


# ***10 Keys - Unlock Unstoppable YOU!*** ***A life without limitations***

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*Ann Dickle*

In the whirlwind of daily life, juggling the endless demands of parenting, work, and personal commitments, it's easy to feel like you're running on empty. Every day, you pour so much of yourself into nurturing your family, chasing deadlines, only to collapse into bed, wondering where your energy and vitality have gone. ***THIS WAS ME!***



Do you remember the days when you felt invincible, bursting with energy and a zest for life OR has it become more, the everyday aches, fluctuating blood pressure, constant colds, flu's or illnesses, or something more elusive that leaves you searching for answers, can be disheartening. You catch yourself saying "There has to be a better way". This was my journey too, a prayer for something more—a lasting change for better health!

Hi, I am Ann, and I got your back! Coming from a family with a multitude of health issues and finding out our only child struggles with mental health, navigating ADD, High Social Anxiety, Select Mutism and Autism. All while working a very daily demanding job. I get it!

***I am now a coach/mentor, passionate about leading busy professional parents to ANNiHilate stress causing chaos, overwhelm and burnout, to live an inspired and energize life of peace and passion. I invite you to visit my website below and reach out at anytime to chat about how I can help.***

***Visit my ANNiHilate System: <https://www.dynamicliving.ca/workwithann>***

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I am passionate about helping you and your loved ones heal. WHY? I grew up in a humble household but I had 2 brothers who passed at the ages of 12 & 18 from a rare genetic blood disease. My mom had a tremendous amount of stress, as you can imagine, and fought with everything in her for us kids. She battled with many illnesses herself, mental, emotional, spiritual and physical health were not a huge thing back then. She passed at the young age of 57, I was 23 and my journey began.



I didn't know what I didn't know so it took me YEARS of a slow burn learn. If I knew then what I know now...WOW!

Struggling with stress, caused overwhelm, anxiety, frustration, chaos and at times depression, I learned to mask it all with my jovial personality, BUT I couldn't mask the health challenges that were creeping in. So at the age of 46, I started to speeding up the process on my own mental, emotional & spiritual health. I knew if I didn't get my mind right first, my physical body would not maintain anything I did to improve it. So I continued to ignore it for now (*not smart*). I didn't want to spend a lot of \$\$ on outside help not knowing if it would help, so I started off small, with monthly memberships to groups and chose the one that spoke to my soul. Bahia & her group opened up my mind and heart cohearence along with diving into Dr. Joe Dispenza to help me fast track and understand what I was learning in the group.

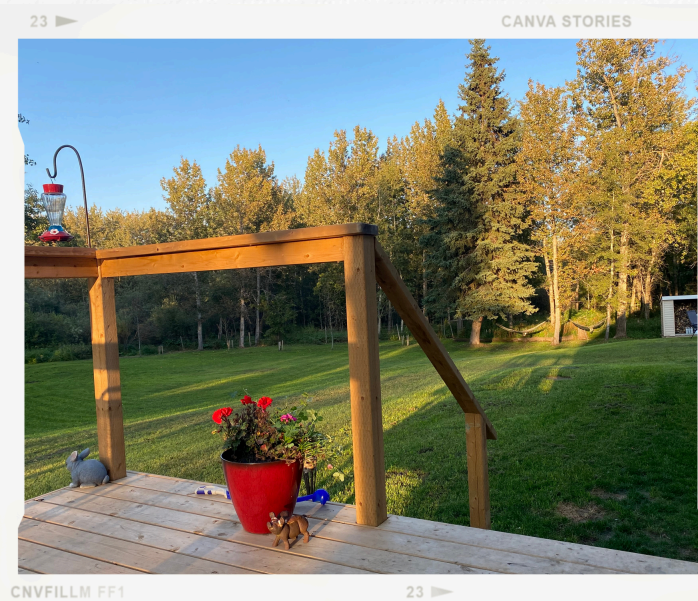
That is when my world started to shift. Here I am now, working to guide, lead and inspire you to make small shifts for big results. Most people are just like I was, not knowing where to start. Well guess what my friend, starting is nothing more than a decision and follow through. If you want to learn more on how I can help guide you out of the stress into your personal power, check out how to work with me inside my ANNihilation system.

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In that quiet came peace, in the peace, came calm, in the calm came clarity, in the clarity came answers and guidance and in the answers and guidance, *Dynamic Living Lifestyles* was born....from a meditation. I had no idea where it would lead, but here we are alive and well. No more daily stressed out jobs, but now leading others just like you and me, guiding, creating, living.

**Lets start on IMPACT for YOU! *10 Keys to unlock the best version of YOU - The UNSTOPPABLE YOU!***

## **1. Tidy Up Your Mind - Be the gatekeeper of your mind**

Garbage in, garbage out—snippets of news, notifications, work is crazy, you come home to crazy, worries about tomorrow, things you can't really control. It feels heavier with every scroll. With ever TV show and conversation.

When you choose **what** feeds your mind, clarity emerges. Cutting out or shifting the type of food you feed your mind is **POWERFUL! Be a great gatekeeper**

Swap negativity by cutting out the news. YES, STOP the news. Instead watch or listen to powerful podcasts that inspire or educate, programs that teach & help you grow and evolve as a human **being**, train your feed on social media, remove negative people & feeds that pop up (*regardless of what they are to you, remove them*). Watch your algorithms change also. Moments of quiet, either in a chair outside, walking, meditations whatever it is for you— tidy the inner space, and suddenly the world starts to feels lighter.

I have not just paid offers but also FREE resources for people just like you to get your hands on and use NOW. Check it out on my offer page below. No pressure.

**Visit my offers for free resources: <https://www.dynamicliving.ca/offers>**

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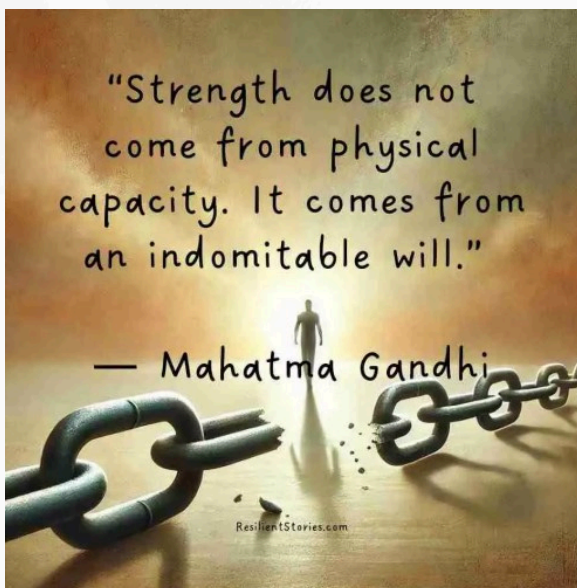
## **2. Choose Harmony in Your Words and Energy**

Words spill out before thought catches them. Criticism, gossip, tone rises, sarcasm slips in, even your body language (slouching, sighing, body tension) reflects back in the world around you. The energy travels, shaping your world. But when speech is measured, posture open, and kindness guides interaction, the atmosphere shifts. Conversations and life itself flow with ease.

The fastest way to shift this if you are in a negative environment or headspace - GRATITUDE, APPRECIATION! See as long as we are in criticism, gossip and negativity, we are in suffering. Suffering and gratitude can't live in the same space, not if you are truly embodying the gratitude and appreciation. They are polarity to each other therefore CANNOT entertain the same energy or space. You choose.

## **3. Own 100% Responsibility**

Own Your Power - Blame keeps you powerless—"If only they would change..." keeps you stuck. Blaming, ranting and raving over traffic, coworkers, partners, kids—it feels like it's "happening to you." Take ownership of your actions, thoughts, feelings and energy. The person you admire most leads themselves with ownership, responsibility, and accountability, not excuses. Start BEING that person. (Remember we are human BEINGS, not human doings). Be the one to make the reason to, vs not to.



How you choose to live lies completely within you. Learn how to tap into that wisdom with **Dynamic Living Lifestyles**: Choose which system to **ANNihilate** your limited beliefs, patterns and habits. Come join me on a call to guide you through.  
<https://www.dynamicliving.ca/workwithann>



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## **4. Proximity Is Power**

Jim Rohn said, “*You are the average of the five people you spend the most time with.*” Their voices & their energy around you dictate your energy. Some drain, some lift. Low-level negativity seeps in quietly, like endless talk, gossip, or complaining. Intentionally choose who pours into your life. —Join mentorship groups, surround yourself with uplifting voices or people, and if work is draining—seek mentors even inside your company or create an exit plan if that is what's needed, BUTS choose!

## **5. Blessings & Lessons**

Life gives us both gifts and grit. We have taps of awareness all the time, when we ignore it, we get nudged, then knocks and then the 2x4. The day hits hard, small frustrations pile, setbacks sting. It's easy to spiral. You can choose to wallow, or you can navigate. Gratitude multiplies blessings, while challenges refine us. Instead of “why is this happening,” try “what can I gain or learn from this?” Gratitude journaling even just 3 minutes a day lowers stress and rewires your brain for joy (UCLA's Mindfulness Research Center). Perspective transforms struggle into strength.

## **6. Move Your Body**

Look I get it - my job had me sitting 8-12 hours a day. It's really easy NOT to move, especially with the demands of technology. Moving your body shifts your energy INSTANTLY! Movement = medicine. Mayo Clinic and Medical News Today show that moving for an extra 15 minutes a day can significantly improve heart and lung health by mitigating the risks of a sedentary lifestyle. This daily activity, even if short, helps to offset increased risks of cardiovascular disease and early death associated with prolonged sitting, it even reduces risk of depression by 26%.

- Walk or ride bikes with your kids.
- Dance while you cook dinner.
- Stretch while watching TV.
- Play tag in the yard.
- March in place during Zoom calls. Start meetings with movement.
- Small moves, big shifts.

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## **7. Self-Care Is Sacred**

Time slips away while obligations dominate. Energy drains without a refill. When even a small pocket of time is claimed for nourishment—reading, baths, journaling, a focused hobby—the self returns. Patience, joy, and vitality ripple outward, not just for you, but for everyone around you. When you fill your cup, you overflow into your family & friends.

Not to forget the health benefits - lowers stress, boosts immunity, sharpens focus, improves patience (aka, parenting superpower). Even 10 minutes a day of quiet time, meditation, or a bath resets your energy. Or block 3–4 hours weekly as sacred “me time.” Don’t forget you can also supplement your body to aid in the natural process as well.

Supplements are an unregulated industry in Canada, USA and many other countries, so it's important to have a reputable company with selective ingredients to support your system.

👉 [\[https://www.shoplivegood.com/AnnDynamicLiving](https://www.shoplivegood.com/AnnDynamicLiving) Or

👉 <https://www.aseaglobal.com/en-CA?webSiteName=AnnBrianOickle> I only shop here for my family - I have affiliations with them as well, doesn’t hurt to earn a little on the side when your passionate about the benefits. **You can too, just ask me how.**]

## **8. Trade Expectations for Appreciation**

Tony Robbins says, “Trade your expectations for appreciation and your whole life changes.” Expectations breed disappointment. Appreciation breeds joy.

Instead of expecting your partner, kids, parents, siblings or boss to “just know,” appreciate the small things they do. This instantly creates more love, connection, and fulfillment. Take a breathe and know there is another perspective. Be curious enough to find that instead.

**"You will face many defeats in life, but never let yourself be defeated" (Maya Angelou)**

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## **9. Set Down the Weight**

Old stories, past hurts, quiet misguided beliefs—sometimes they sit unnoticed, pressing on every thought and action. Schedules, plans, “what-ifs” cling like a backpack too heavy to carry. Outcomes feel like battles lost when control slips. You weren’t meant to carry it all.

When the grip eases, life begins to flow. Intentional action paired with trust opens space. The energy once trapped in tension now fuels movement and presence. Releasing—letting go of all that which you *CANNOT* control, energy returns. Focus sharpens. Life regains momentum, and the space for joy grows.

Ask yourself: “Am I living for survival or for legacy?” When you live for something bigger—your kids, your community, your faith—you rise above stress. Purpose fuels peace.

## **10. Be fully Invested!**

Get invested in YOUR LIFE. You only have one, here and now. One foot out, leaves you in negotiations and crazy options running through your brain. Stress sets in leaving you undecide chaos and overwhelm, the thing we all want to fix.

Here is how - It’s no secret:

Go all in for your emotional, mental, spiritual, physical and financial health. Don’t do what I did and wait too long to spend your resources of mental, emotional, spiritual, time, money to help you reach your next level. See time is one thing we can’t get back, sometimes we can our health, sometimes we can’t. Don’t sit in turmoil of should I or shouldn’t I. Choose uncomfortable over convenience, develop a WIT attitude, “Whatever It Takes”. Choose you, because nothing will change, until you do!

DECIDE: No more negotiations. You are worth every bit of your resources!  
IT IS DONE! SO IT IS! AMEN!

# Did You Get Some Value?

Thank you so much for opting YES, for the That Person You Admire Most: 10 Keys to Unlock That Version of YOU!

I'm so excited for us to get connect more and drop me a message. Let me know how you enjoyed 5 Natural Ways to Ignite Your Youth.

See you over there!



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**You Are  
Amazing!**

*Ann Oickle*