

10 Keys - Unlock Unstoppable YOU!

A life without limitations

Ann Oickle

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 possibly even 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.



Credentials:

I have years of training others within my 30+ years of working in corporate as an account manager, Inside Sales, and Training New Staff.

Certified or Continued learning in various Tony Robbins trainings: UPW, Business Mastery, Date with Destiny, Wealth Mastery, Life Mastery & Inner Circle.

Completed Akashic Records Training & Coaching with the Akashic Academy - Emily Harrison

Completed & Certified Online Digital Marketing with DGC

I have a thirst for knowledge, personal development and evolution so as I grow and evolve, I bring it all to you!

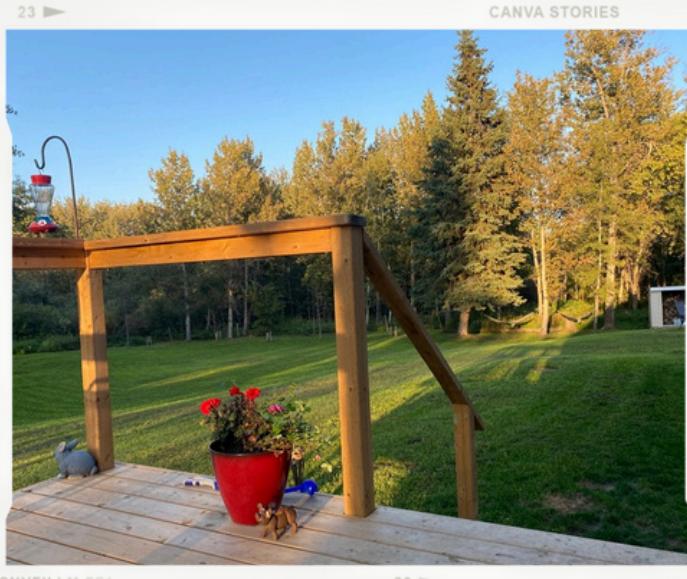
WHAT IS IN IT FOR YOU?

- **Belonging & Support:** Join a community of like-minded people who feel like an extended family—where connection, encouragement, and growth are the norm.
- **Calm & Clarity:** Learn proven ways to calm your nervous system, reduce stress, and create space for authentic living.
- **Personal Power:** Reclaim your energy and confidence so you can show up present, aligned, and unstoppable in every area of life.

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WHAT IS IN IT FOR YOU? cont.

- **Growth & Evolution:** Gain practical skills and strategies that create lasting change—not quick fixes—so you can thrive, not just survive.
- **Alignment Mastery:** Recognize when you’re drifting out of alignment and learn how to course-correct quickly, keeping you grounded in your power and purpose.

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 every 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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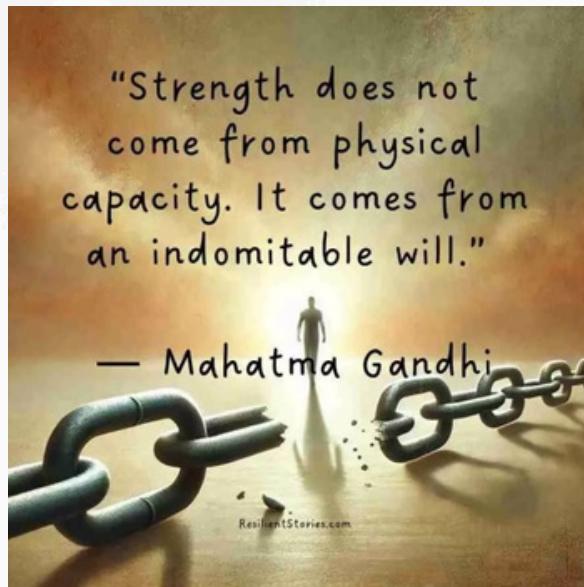
2. Choose Harmony in Your Words and Energy

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

Owning 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.



"Strength does not come from physical capacity. It comes from an indomitable will."

— Mahatma Gandhi

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 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 you're 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 undeceive 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!



Create your
own Oasis



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You Are
Amazing!

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