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PROLOGUE

Unfold is the truth we desire, to process the truth that we hear and face every single day of our life. It's the story that will guide you through the obstacles that life has in store for you on this journey. Every single person has faced many different obstacles and traveled many different roads, all that leads to the strength and courage they have today. Today to wake up being grateful, vibrant, and just keeping it simple.

The story in everyone's book will be different and that is okay. Nothing will be the same today as it was yesterday or going to be tomorrow. Play your cards right that you were dealt with. Because with those cards, you are the one that controls your future, not someone else. Find what guides you with each card that you play.

Will it guide you to a new opportunity, a possible adventure, an obstacle of learning, etc. The possibilities are endless. But the truth is, with each card you are dealt with, there you will only be two options for you to choose from. Why is that? The first option will be except it for what is and go with it or ignore it and have regret. You have the power to choose your path.

FORESEE

BE AUTHENTIC

“You can have anything you want if you are willing to give up the belief that you can’t have it” – Dr. Robert Anthony

Life will play games with you every single day. Those games can be true or fake news. Lessons to learn or messages that will be hints for opportunities to come. What ifs. Life’s game can be anything. It’s hard to imagine what life will throw at you next. You can only be prepared for what you know will already happen tomorrow. You know because those plans and activities are already been put in your planner or calendar. Do the best you can and be yourself. Be your authentic self.

By being your authentic self, never be unapologetic unless you must have to. Never be unapologetic in stupid and unnecessary situations. Put more time and energy in the needed and important situations. Remember that every situation is different, so when you arrive in that situation – make the decision: are you going to put the time and energy into it or be unapologetic and say no. The decision is yours because it will make you conquer another challenge that has been thrown at you.

As you learn to be unapologetic and authentic, the next part is to be vulnerable to this. This makes up the pie of the true human self. Being vulnerable isn’t all about sharing all the nitty-gritty information that goes into your personal and online life. It’s learning what you want to share and want to keep private. I find it’s important to keep major parts of your life closed off from the online and outside world. What do I mean by this? A lesson we were taught when we were little kids was to be aware of other’s emotions. So, if you shared something with someone that shouldn’t have been spoken, how will they feel? Now play that into the effect of you being vulnerable, how will you feel? If someone spread, and maybe twisted that closed off detail within the information that was supplied, how would that affect you and now the twisted information provided to a virtual world? Will it make you feel more upset and maybe even depressed?

In this society today, we are not as aware of others’ emotions because we have all learned to hide them behind some sort of screen. I think it’s important to have a detox time away from the screen and travel where there is little to no cell service. Plus, no way you can use your data or be connected to wifi. If you are feeling like this and need to find a place where you can be one with your pie, then go for it.

Learn how you can use the areas of your pie in your everyday life. Rain or shine, you will use it. You’ll use it while working, hanging out with friends, running errands, traveling, being around your family, spending time with your significant other... It’s a part of you that can’t be removed. If you were able to remove it, you will lose a part of you that will be emotionless, humorless, and have no seriousness. Meaning you will be walking around like a zombie and I don’t think anyone will appreciate that.

NEEDED

“The hardest thing to learn life is which bridge to cross and which bridge to burn.” – Unknown

HARD WORK + DREAMS + DEDICATION = SUCCESS

This formula will help you start the process of becoming a successful entrepreneur in this growing business-based world. Having the right formula will provide you the knowledge to unfold the creativity of art that you want to impact and to embrace into the world.

Your time and energy are needed in certain situations that occur and appear to you. Everything that appears to you on your journey is a unique and wonderful experience. Cherish each moment that you experience, get to enjoy the ride, and say goodbye to. So, enjoy every little experience that comes your way because those smaller experiences are preparing you for the bigger ones up ahead. Remember you can only prepare for what you know, knowing what will occur tomorrow.

Not everything tomorrow will be perfect and that is okay because you can make the best of it and make those moments perfect in your way. The moments that you create alone, are the ones you knew you had to create. It's important to create moments as well that you are taking time out of your day to take care of yourself. Taking care of yourself to go for a drive and sit at a park outside of the town you are currently living in; to hear the birds chirping, frogs croaking, fish jumping in the lake, lake waves, the odd breeze from time to time, squirrels chatting away at one another... Be still and listen to your surroundings as you sip on the morning coffee that you picked up from the local coffee shack.

It's hard for us now to have a day off to find the time to get outside, to spend a little time to appreciate what we have already experienced on our journey. Our lives have become so busy with endless to-do lists, appointments, errands, work, school, etc. The list of nonstop going is stopping you from creating that time into your day and take a time out. Stop self-sabotaging and give it to yourself. Allow yourself to go for it. Proactive vs Reactive. Proactive being that you are creating or controlling the situation for something to happen or occur. Reactive means you are showing a response to the situation of something that has occurred. Think about which one you are doing in your situations before you have realized it, you just dove into the situation that you didn't know you were in. It called life sneaking up on you.

SURF THE WAVES

“I no longer force things. What flows, flows. What crashes, crashes. I only have the space and energy for things that are meant for me.” – Unknown

Everything you go through in life is like a puzzle. You are given pieces to make the puzzle until you are given the bigger picture of what the outcome is. Every outcome and puzzle you create is different. Except what comes with the answers you are given.

With each piece of the puzzle will contain a message, answer, lesson, and decision. It's up to you to determine and resolve each of the pieces as you build this puzzle. But there will be times that the puzzle pieces will be scrambled and mixed in one or more situations that you are handling all at once. My best advice is sorting each of the puzzle pieces into their own “problem” then work out each solution from one “problem” pile at a time.

This way you are focused on the one pile that needs your attention first. Focusing on the flow of how this puzzle and situation unfold to you, to relieve the answer right in front of you. Once the answer is unfolded to you, ask yourself “what will I do now, what are my actions, and how will this affect my why?”

The situation is any “drama” or “conflict” that you are facing in your personal life.

What you do know is how you will view the situation at hand is it slowly being resolved because you have the answer.

Your actions are your non-verbal and verbal commands you are giving the situation.

Your why will be affected because each situation you face changes you.

RISK OF CREATING PUZZLES

“Everything is a risk. Not doing anything is a risk. It’s up to you” – Unknown

Speak up when things aren’t right. DON’T EVER let people put you down because they see you as higher than them. We all must discover our niche and just go with it. Yes, we all do share the same niches but it’s how we portray it, it’s what makes us different and stand out. Discovering how strong your determination is and will make you successful in this business.

With the puzzles you create within your journey, you will be speaking up in many ways. Speaking up when you are having trouble or maybe need a hint to a piece of the puzzle. You can speak up about anything because it’s endless. Be brave and never let people put you lower than where you already are because you are wanting to continuously grow. Continuously grow in this field of creativity of expressing the form of art.

Every form of art that you create has an authentic meaning behind it. Meaning of passion and exploratively. Explore the form of art before it comes vibrant and real in this growing world of creators. Everyone that has ever existed in this world since time has begun, has created some form of art. Famous and infamous are included in the list of people who created some form of art. Some that we know of and others will remain a mystery to us.

Not all art will be seen by the public eye. Maybe and if you think about it, that art was probably only seen by family and friends, or even it was just kept to themselves. It’s up to whoever that created a piece of art if they want to keep it to themselves, show some people, or show the world. Before the piece art is fully created, there is strength in the person to fully complete it and to carry on. Carrying on, being brave, and living out loud.

MOVE

“We keep moving forward, opening new doors, and doing new things, because we’re curious, and curiosity keeps leading us down new paths.” – Walt Disney

“Logic will get you from A to B. Imagination will take you everywhere.” – Albert Einstein

Curiosity is in all of us. It's like that inner child that will never be removed from us. An inner child to keep our sense of adventure alive and to keep discovering new things. Discovery and curiosity are the best friends that will be with you in every step of your journey. A journey where curiosity is wondering about why, what, who, where, and how. Then there is a discovery of sparking new ideas and thoughts in how the piece of art is going to come together and what key components will bring it to full form.

When curiosity approaches you, it's important to never stop questioning the idea that is pondering inside of you. Why? The most fun adventures and sporadic moments of life are when we pull a "screw it moment", just going for it and see where it takes you. Be bold in exploring your imagination because that is where the best adventures of life come from. Where you will do the most growth along your journey.

HANDLE IT

"The beginning of knowledge is the discovery of something we don't understand." – Frank Herbert

Everyone has their own "stuff" and their way to handle it. Don't ever judge someone on how they handle and deal with something. The way they handle it is how they want to work it out and have their problems/ issues solved. You can't have control over something that isn't yours to control. Control only what you can control. Control your strengths and weakness that you will face on your journey. There will be a time that someone will come along and allow you to have a portion of the control that you two will share. Sharing in a connection in being one. One in understanding and trust. Understanding and trust that you two control certain matters and other possessions you each control separately.

There is an epiphany that we all face from time to time. We fight and force, the more resistance life hits back with leaving you to believe that you unknowingly stumbled back into a mindset of lack. Attach to outcomes outside your control, control of what you no longer have but now to come to embrace something new. Letting whatever comes come, and whatever goes go. Be it work, or leisure; experiences in life will leave all our fellow souls living in either a mindset of bounty or lack. Life is too short to be upset and sob into your coffee over the self-made deadlines and the unwanted attachments that aren't and no longer serving you and the greater good. The greater good that you need in your life will show you when to embrace it in the fullest form. To embrace itself in showing you how it will appear at different moments of your life.

LOST

"Just because my path is different, doesn't mean I'm lost." – Unknown

I'm not lost... I wander the world around me. As I walk through my journey, I'm discovering through the creativity and curiosity that's inside of me. Allowing the creation to be present now as it flourishes to become what is known as art. The form of art wanders all through us until we have the energy to put the time and effort to make something out of it. Setting fire to the unlit spark becomes bright and giving a new life to shine in this world. Your path comes in many different shapes and forms. Those shapes and forms can be hills, mountains, lakes, streams, buildings, forests, deserts, etc.... The shapes and forms are endless on your path for you explore, create, and see. So, go wander and create to express yourself. Being lost is not actually about been lost as you have nowhere to go, it's about exploration. There is an exploration of being lost by searching for something that is calling you for the next step of your journey. Go searching for the next step and process of your journey.

SEARCHING

“Keep looking and keep searching, and then out of nowhere you’ll find what you have been looking for.”
Karen Rostyla

Every time you look or search, you end up looking for something instead of focusing on the other that you need to be searching for. Look for the guidance to start searching. Guidance on what you are searching for, the thing you are searching for is a key. A key to unlock the hidden gems deep inside of you. Each deep hidden gem you can unlock with a key that you have searched high and low on your journey. The hidden gems you unlock are created just for you and you only. Don’t compare your hidden gems to others. Stop looking at what others have and have done on their journey. That’s the journey that they put in the work to search for their hidden gems to conquer and to get where they are today. You can do the same with your hidden gems that you unlock and what you can create to be in the present moment. Everything you create took some time to search for it. Looking won’t get you far because you aren’t turning the rocks to reveal needed clues and hints, passing the markers to take you somewhere where you need to be, not reading the signs correctly; there are so many ongoing reasoning why you do look when you need to be searching. Searching allows you to turn over the rocks to reveal needed clues and hints, going and taking the markers you need to take you somewhere where you need to be, allowing yourself reading the signs correctly; there is so many ongoing reasons why searching is your best bet.

BOLD

“The bold adventurer succeeds the best.” – Ovid

Each adventurer has its type of **bold** that they keep to themselves and show the world. So, what type of boldness do you keep to yourself and what type do you show the world. By showing your unique boldness that you are allowing the world to see, does it show a side of you that makes you vulnerable or invulnerable? Don’t be afraid to be vulnerable in some situations but other situations, put up those walls like no one’s business. There are points of your life that it’s okay to keep private because you don’t need to show the world every single second of your life. Having that accountability for yourself for *what is okay* and *what isn’t okay* will allow you to protect yourself when negative circumstances come knocking at your door. It’s your decision if you choose to answer or not.

Every circumstance will allow you to judge the boldness that you are present at that moment. Remember to pay attention to how much boldness is presented at the occurrence. You might only need a touch of boldness to get the job done.

STRENGTH

“You been assigned this mountain to show others it can be move.” – Unknown

There will be many mountains that will block your path while you travel your journey. Each mountain that you come across will be a test of patience, determination, and knowledge that you find out how much strength you will need to move the mountain. The mountain will be placed in your way for a reason, find the problem that put it and solve it. Sounds simple, right? Guess again, each mountain that you face will have a different period in how long it will take you to move the mountain. Take your time to gather the strength to move it. Strength comes from within you that you must gather on your terms. It’s not something that you can just grab, and it will magically work. Nothing comes easy.

CAPTURE & DOCUMENT

I think it's important to capture all the moments you possibly can while you are on your travels. Capturing moments and experiences can be the best way to remember memories that have been created. To remember what it has taught you everything you have learned on your adventures. To become stronger but also braver than before. You learn to capture the important things that have the most meaning to you. Everyone will capture the same image on their travels, but it will always have a different memory for everyone.

Now the chapters are unfolded in front of you. The real adventure again. To find the mystery and gems on this road you are on. What mysterious things will you discover? I hope that Unfold has unleashed something new inside of you. And that I gave you guidance in where to start, you start your self-journey or to further yourself journey.

FREEDOM

"Freedom is the oxygen of the soul." – Moshe Dayan

Once we start discovering more and more about ourselves through the growth. We have made it through this healing journey. We start to heal new and old wounds. So, ask yourself "*what gives you freedom?*" Everyone, you have something that gives them the freedom to create, travel, and explore yourself. Freedom is all about finding your branding that will start opening new doors for you. Those new doors can be a healing guide to get over a trauma that has been hard to heal from, getting over a family member or friend that has passed away, job inquiries, school graduation for your last year in college, finally being able to work for yourself full time; the list is endless. Here is what I want you to do, create a list of five doors you want to open and 5 doors that you need to shut because it's time to heal from the past.

As you heal through freedom, that backpack of bricks, each one of them has a label of pain, trauma, heartache, disappointment, fear, and failure. Each time you have a victory moment of healing from that brick, take it out and throw it away. Through it away because it's no longer part of your journey. Finally feeling a small relief, just know, you are rewarding and doing yourself favor from just relieving yourself from that one small but heavy brick. Check-in with yourself and ask yourself "*How do I feel that I got rid of that brick that was weighing me down from achieving this part of my journey?*" Each time you get rid of a brick or two, ask yourself this question.

FOUND

"NO ONE BELONGS HERE MORE THAN YOU" - Brene Brown

As you travel somewhere in this world, along your path that is your journey. You find pieces of yourself there waiting for you to pick up. Why? It's part of the puzzle you are creating during this moment. Everywhere you have been and everywhere you're going. You leave your footprints amongst the sand, dirt roads, walkways... You leave these prints amongst the roads you have traveled and might come across again someday. Finding yourself can be a relief or a shock to realize what has stayed the same or what has changed about you throughout the years of your growth. We all change due to the experiences, highs, lows, traumas, opportunities, break ups, family or friend passing away, victories – you name it. There will always be something leading you to be found and in the moment of mindfulness. Experiencing and joying the moment you are experiencing in this present day.

You are still the same vessel for your soul that has been shaped and formed throughout the growing process. There are new habits, themes, outfit styles that change throughout the years, hairstyles that might change, makeup looks that might have changed, ... It doesn't matter what has changed or stayed the same throughout your journey, you are the same vessel that is growing with knowledge, experiences, and boundaries. What I mean by boundaries is that you know what your triggers are, what makes you feel safe, when to take risks, and when to take a break to wind down and relax.

Find yourself by valuating yourself from inside by the roots and outside by the growth. The roots and growth are your trees of life; flourishing brighter, being nourished, and shedding when its time to reveal new layers, branches, and twigs. Layers of healing, branches of new opportunities, and twigs of victories. Each tree represents how you old you're now.

ROOTS

"When the roots are deep, there is no need reason to fear the wind." - Unknow

We all come from somewhere in this world, that place is known as your hometown where your journey started on day 1. Figuring out how something worked, learning to crawl and even walk for the first time, learning how to speak and form words then sentences, ... We call a place home because that is where we start figuring out who we are as an individual. As we grow older, some of us will leave our hometown behind while others will leave but always return to visit or move back for whatever occasion it may be.

Anytime I go home, I have this routine of where I get dressed and make my morning coffee then have my thirty-minute to an hour phone time. Meaning I find a spot somewhere on the property that I get cell service and turn on my data. Then I go through my social media accounts, answer emails, and message plus any phone calls that I missed. Then I repeat this at the end of the day after dinner, grab some dessert then go through everything for the same amount of time. By doing this, it allows you time to spend with friends and family during the day.

Have a morning and night routine that is simple but still able to accomplish in productivity. When you go home, that is your time to rewind and ground yourself to process what has all occurred since you were last home.

PROSPERITY

As you continue from foreseeing what your self-growth journey will inquire. The prosperity part of this journey is now coming into view. What does it mean to have this as a part of your journey? It's next set up to asking yourself the questions that you most likely won't ask yourself.

So, let's begin this next chapter of your journey. First off, we need a quote to truly begin the prosperity.

"In any given moment we have two options: to step forward into growth or to step back into safety." – Abraham Maslow

When we look around us, we see things such as buildings, people, objects, and whatever there may be. We tend to color them in with our imagination, so they fit into our perception of what we want them to be. We create these words, phrases, and actions as we were scripted to do at that moment. Ask yourself now, if you can, is "Am I awake, am I seeing this, and am I feeling this?" Become mindful of your surroundings.

Be mindful of your actions, thoughts, and words. When you do this, the moments you are experiencing tend to be soaked up a bit more and those memories become more precious. It's important to cherish the memories that allowed you to grow the most. The memories of traveling solo, traveling home and spending time with people who you're close with, road trips to a new destination, flights to new countries, ... Your memories are and will be unique to you. But when you share one of the memories with someone, that it's unique to the both of you.

As you get older, the memories and the self-growth will gather in this little book. That book you can recall those fun experiences, opportunities, and adventures that you went on and what you learned along the way. Some of us will have filled many of our books because those people are big into experiencing life to the fullest. While others may just go with the flow.

Whatever floats your boat, just keep sailing. Each sailing with everything you got going with and for you. But remember to return to port (going home, maybe your hometown) to recharge and regather your needs to continue in a couple of days to a couple of weeks. You are the judge of what your body needs to feel recharged to continue. Don't push yourself too far or else, in the end, you will regret it.

NO REGRETS

“Never regret anything you have done with a sincere affection; nothing is lost that is born of the heart.” – Basil Rathbone

...Everything you have accomplished in life has brought you to where you are today. Your strengths and weaknesses determine how empowered and driven you are. Through the person, you were, to the person you are now. Don't let anyone stop you from achieving the heights you want to reach. Nothing is impossible if you have the right mindset. Mindset and bravery is the empowerment of your voice that you speak your truth.

You will empower, motivate, and influence others through your journey. It depends on the field and line of work you choose as your “career”. The reason why I emphasize career is that each one of us as a different meaning of what that entitles. Each one of us has a “job” title that we want to invest in, some people start at a young age and others we discover it in high school. But there will be a few odd people you change because they become interested in something after a past trauma or life-changing opportunity.

Choose a line of work that you won't have to say to yourself “I regret this decision”. Have no regrets because this is what you were chosen to do and how you can make a living plus support yourself. It's so important with this day and age that you need money just to get by, day by day. Things and essentials are becoming more and more expensive that it's impossible to have the freedom you want.

I say find a way to budget and be as independent as you can so you can have a chance to have that freedom. As human beings, our mental health needs to be creative, have freedom, and go adventures and explore. Let yourself discover the path that is willing to unfold for you. When you are willing to have no regrets, no excuses, or challenges holding you back - the next path of yours will unfold. Stop with the regrets and continue moving forward. Keep your head up and stay focus on what's in front of you. What is behind you, that no longer has a hold of you. Wave goodbye and “start over” on this new journey. Because that part of you is gone and now is a memory of strength. Starting over means starting where you are in the current place, create and go with the new opportunities that will take you to new heights. Each of your heights is going to continue to get taller because you are worth it. Don't let anyone tell you you're not worth it.

CENTER POINT ROAD

This part of your journey, you are starting to realize you are writing your destiny. Your story and dreams that you have been holding on to are now unfolding in front of you. The path and journey that has led you to this center point. The mistakes, hills, mountains, detours, dead ends, and the victories that have led yourself through it all. Celebrate the triumphs of life that you said: *"No, this is who I am, and this is who I want to be."*

I know life can throw you curve balls but through it all, you found the strength that makes you a fighter. The fighter that doesn't let negative and drama continue onto the next day. You stop it right there and then. Because in life, we don't need negative toxins to last more than twenty-four hours. But if it lasts past that amount of time, oh geez, you better suit up for this battle. The battle that you will defeat or surrender a loss.

When you stand at the center point of the road, ask yourself: what do I see, who am I now, where am I heading now, and who will I become? Asking yourself questions along the way, you will get to know and understand yourself better. Because each year that passes, we grow and form into a new self that is continuously learning and understanding the evolving world around us.

How you were raised and taught from a small age, everything changing and advancing in this world can be scary but new and exciting at the same time. After experiencing what you were taught and how to supposedly live life, it's time for you to start creating new rules for yourself to follow and live by. The rules of life can be expressed by the roots you are based on. Based on the root of your tree that is ready to flourish those branches and start branching out to new opportunities and adventures of life.

Branching out from your center point road can be scary but you know what strengths you will need to jump into this with both feet. Find your paste that will help you flow with this new transition that new doors are opening right in front of you. You can choose what door you open and when. Don't rush your decisions because if you rush everything after you leave the center point road you might miss new adventures, opportunities, and experiences that will blow this new experience out of the water and make you realize how important this choice truly is. The new transition will be hard at first because you are setting up new routines, getting settled in your new living accommodations, learning new routes to get somewhere, finding a new way to schedule your work hours and appointments, and so much more.

You only just begun but remember there is so much more in front of you that will present itself to you as an award of accomplishment.

CLOSURE



“What a beautiful thing it is, to be able to stand tall and say, I fell apart and I survived.” – Unknown

As I wrapped up Unfold, here is something to think about each situation you face, “*What will you chuck, change, add, and fix?*” Each thing you decide to do with those four categories, the decisions, and progress to move forward on the next is up to you. Up to you on how your process and handle the answers in which you decided upon. Once the decisions have been put into place there is no going back to switch them out. Those final decisions have become set and stone in their place where the answers start to form. The answer working their way into your next steps ahead. All you can do now is start focusing on healing what needs to be healed and work on the process of moving forward.

Each time you are ready to start your journey, then suddenly you are starting and heading down a new road of your journey. Life must continue onward for what we need to seek out and who we are meant to be.

1. *Oneness is my true nature*
2. *My vibes speak louder than my words*
3. When I lean towards love I am led

Each one of us has a different determination of who we are as a go-getter. Meaning nothing is going to stop us from creating the content we want to share with our close ones and the world. We express the content we create on different platforms and outlets that allow this side hustle to feel more than a dream, to be called reality. For once your reality can become something that you envisioned and work for instead of creating the reality for someone else’s dream...

Songs:

- 🌲 Living by Dierks Bentley
- 🌲 Hollow by The Chainsmokers
- 🌲 Soundwave by Trevor Guthrie
- 🌲 Ice Cream by Derrival
- 🌲 Let Me Live by Kehlani
- 🌲 Dear Life by High Valley
- 🌲 Ashes by Celine Dion
- 🌲 Getting Good by Lauren Alaina
- 🌲 Everywhere I'm Going by Maddie and Tae
- 🌲 Strangers by Vigiland
- 🌲 We're the Same by Vigiland
- 🌲 Do Bad Well by KSHMR
- 🌲 Everywhere by Matt Stell
- 🌲 No Regrets by KSHMR
- 🌲 Same Things by Cassian
- 🌲 Center Point Road by Thomas Rhett
- 🌲 Story of My Life by One Direction