

# Rick Tamlyn



"It's All Made Up... our life, our world, our own experiences! Why not make up your life in a way that is beyond your wildest imagination?"  
— Rick Tamlyn

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## It's All Made Up

### The Philosophy

"It's All Made Up — our lives, our relationships, our careers, our experiences, our world. How we see ourselves, how we see others, our opinions, our beliefs... they are all made up. Life's All Made Up!

We have all been given a remarkable gift — the gift of freedom and choice. We truly get to design and create a life that we want for ourselves. We get to make up our lives — and it's our birthright to do it however we choose. And the more we honor our own path of creating our own life, the better it goes. I know this to be true."

— Rick Tamlyn  
*Intro from Rick's "Life's All Made Up" CD*

### The Format

In this training, Rick Tamlyn reveals seven (7) simple, yet profound concepts — seven (7) ideas that will show you how to shift your thoughts, perspectives and energy to create a life for yourself that is truly magnificent. Regardless of your desired outcomes, Rick shows that anything is possible if we use these ideas on a daily basis.

Using a combination of inspirational talk, multi-media, experiential exercises, and small group interactions, Rick explores the following seven (7) concepts:

1. The Michelangelo Principle.
2. The meaning we give something is our choice.
3. Our life goes in the direction of the words that come out of our mouth and the thoughts that are in our head and heart.
4. People live up to how we interact with them, and how we view them.
5. Curiosity is the antidote for judgment.
6. Start knowing something.
7. Create and design your life from your unspoken passions.

It's All Made Up is a fun, humorous, interactive session, and is perfect for inspiring and motivating your team or organization.

It's All Made Up is available as an Experiential Keynote or a Half-Day Interactive Training.

### The Outcomes

The primary outcomes of this training are:

1. Learn the seven (7) ideas and how to use them daily.
2. Realize your unspoken passions.
3. Have people treat you the way you want and deserve to be treated.
4. Use your thoughts and emotions to point your life in the direction of your choosing.