

pura  vida  
the good life

[www.puravidacoach.com](http://www.puravidacoach.com)

LIVE BIG

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We all have a story to our lives. An opening act and a string of events filled with other characters in scenes of drama, comedy, and action.

The main character in your story is you, the principle player, who has a purpose and a calling that makes your life unique and compelling. If lived fully, your purpose will lead you on a journey that tests and challenges you to the depths of your soul and will ultimately lead you to a place of joy, inspiration, and fulfillment. If your calling is avoided or denied, you may settle for a life where you never knew your true power and greatness.



### **YOUR JOURNEY HAS BEGUN**

Just by thinking about your life, your journey has already begun. Chris Sarris and the associates at Pura Vida (a Costa Rican expression for the good life) would like to accompany and guide you on your journey.

### **DISCOVER**

- Do you dare to meet your heart's desire?*
- Do you live a happy, fulfilled life?*
- Are you at peace with yourself and the people in your life?*
- Do you know your own greatness?*
- Do you share your greatness with the people in your life?*

You may have achieved what others would consider success in your personal or professional life . But have you found peace, happiness and fulfillment?

At Pura Vida, we believe your purpose and greatest achievements are found in discovering who you really are...your authentic self. It is from this place that we each find our greatest joy and fulfillment and connect to our gifts and purpose in life.

**What is the truth that lies in your heart? What is your purpose?**



### **ALL THE ANSWERS YOU SEEK IN LIFE ARE FOUND WITHIN.**

Do you long for something more from life? Do you wonder why life has to be such a struggle?

Do you ever ask yourself, "What am I supposed to do with my life?" or "Why am I here?"

If you have wondered about questions like these, you have given yourself an amazing opportunity to look within, make new choices, connect to your greatness and authentic self, and receive all the abundance and bounty that comes with true introspection.

### **AT PURA VIDA, WE'LL HELP YOU ANSWER THESE AND OTHER QUESTIONS BY BUILDING ON OUR FOUNDATION OF BELIEFS. THEY ARE:**

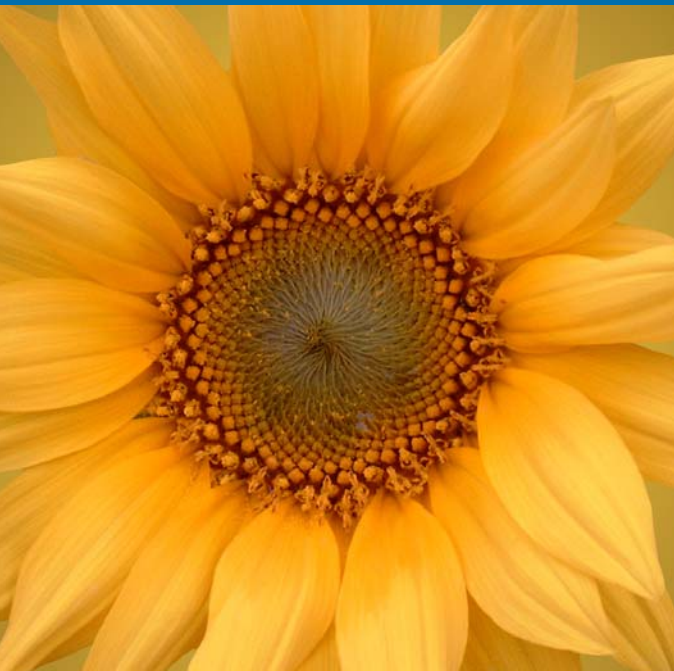
- *Coming from a place of love or fear affects everything in your life*
- *Examining current beliefs and embracing new ones is the key to realizing your dreams*
- *The need to be right blocks your ability to grow and accept new ideas about your life and yourself*
- *Courage is having an open mind, being curious, and stepping outside your comfort zone*
- *God and the Universe love and support you and you are always safe*



### **EMPOWERED**

You will be guided to find new perspectives and beliefs from which to approach your problems. In fact, many of your problems will no longer exist when viewed from the empowered, true self that already exists inside of you.

Being willing to value yourself fully in all areas of your life can feel risky. Working with Pura Vida will help you stop judging yourself and those around you, and make contact with your loving, powerful, and authentic self. This is an amazing place to be. Chris Saris and the associates of Pura Vida take great joy in accompanying people as they reach this place.



Chris is energetic, loving, and wise. His humor, desire to develop greatness in others, and perspective on life make him a unique and sought-after coach, teacher, and speaker.

He is the leader of Pura Vida, a coaching, speaking, and personal development firm based in Rochester Hills, Michigan.

A career in life coaching and personal development evolved naturally from Chris's role as an advisor and consultant in business. For more than 13 years, Chris owned and operated a marketing and advertising agency. He acted as an advisor and business strategist to hundreds of companies across the United States.



Chris and the associates at Pura Vida work with individuals and organizations to help them find a deeper sense of purpose, empowerment, and authentic expression. They teach clients let go of fear and limiting beliefs that block discovering and living personal dreams and greatness. Clients rave about achieving a deeper sense of joy and purpose in all areas of their life.

As a speaker and teacher Chris is dynamic, innovative and creative. Drawing from his own life's lessons, he offers insights into what he calls the "Truths of Being", sharing how he discovered and applied such truths for himself, and how others can do the same in order to live the life of their dreams.

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UNDERSTANDING WARMHEARTED COMPASSIONATE

COACH TEACHER SPEAKER CHRIS SARRIS