

Show Notes Episode 1 – Bob Goff

I surround myself with an entire team of fabulous humans who are at the top of their game, that lift me up and encourage me as well as providing some type of service. They are my Fantasy Me Team. They are like a fantasy football team and all have positions to play. My King and I have dispensed with subtlety and He has instructed me it was time to draft a head coach. The man who got tapped for the job is none other than Bob Goff who comes with the most amazing special teams coordinator, Kimberly Stuart.

Bob is a self described recovering lawyer, husband to Sweet Maria, father, grandfather, author, coach, horse trainer, sailor and chief balloon inflator. He is available. He is available because he wants to help people tell their story and live a loving life of purpose. Bob's desire is to teach us how to love well and without judgement or distraction. To dream big, find our ambitions and let nothing stand in our way. To open our arms wide and embrace every adventure being fully present. To capture our purpose and get after it.

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Dream Big Podcast

The Writing Room Podcast

Book/show quotes

- The clarity of purpose, undistracted energy, selfless love, and unselfish pursuits you bring to the world will be your legacy.
- Shame keeps us behind the walls we have constructed to keep everybody out.
- Come home to yourself.
- Settle into the joy of simply being you.
- Don't let a lie hold you back any longer.
- Most of us never decide to be happy.
- You might need to break up with your past.

- “Declaration Against Distraction”
- Sometimes we just forget who we are for a little while.
- Get busy seeing yourself the way God sees you.
- God gave you all the permission you need, so don’t get distracted looking for it from everyone else.
- Don’t miss the chance to meet the real.
- Favorite: “You gotta land the plane”