

Healing Yourself IS the Way to Heal Your Family.

Join the TODAY's ChangeMakers Chain Breaker's Phenomenon

Invite others to JOIN the QUEST to create positive change at FamilyTreeQuest.com TODAY!

We are a worldwide movement of sincere, determined men and women
who've experienced the disruptive *ripple effects* of
divorce, mistreatment, addiction or abuse in ourselves or anywhere in our family or family lines.
We're committed to creating positive change --in spite of any negative circumstances in our past.

The Three Guiding Purposes of TODAY's ChangeMaker Chain Breakers

Glean wisdom from the past – rather than staying stuck in it.
Be happy and live a purpose-filled life– as TODAY's ChangeMaker Chain Breaker.
Prepare courageously and confidently for the future—come what may.

The TODAY's ChangeMaker Chain Breaker's Commitment

I Choose...

to live by choice, not by chance;
to make changes, not excuses;
to be motivated, not manipulated;
to be useful, not used;
to excel, not compete.
I choose self-worth, not self-pity.
I choose to listen to my inner voice,
not the random opinion of others.

— Author Unknown

As part of the TODAY's ChangeMaker Chain Breaker Phenomenon
I accept my best efforts, however faltering, as I make present-moment choices
to rise to the best that is in me while I
TURN heartache to happiness,
TURN conflict to connection
and TURN pain into purpose
within myself and in my most meaningful relationships.

By doing so, I find joy in my present moments and experience increased happiness
and peace of mind while filling my highest priorities
with full purpose of heart.

I turn stress, anxious-thinking, anger and dysfunction to
hope, direction, happiness and peace.

I am committed to doing my very best to create positive change in myself, my family and my family lines.
I invite others to do the same.

Please share and invite others to JOIN the QUEST at FamilyTreeQuest.com