



# UPHILL WOW

WORDS OF WISDOM

## Mary Shores

### WHAT ARE 3 SIGNATURE THINGS YOU TELL PEOPLE REGARDING YOUR AREA OF EXPERTISE?

- Transformation does not happen instantly, transformation happens in small pivots over time.
- A huge secret to my success lies in having ultimate courage, persistence and resilience.
- We are literally building our life with every choice we make in the thinnest sliced moments of life.

### IF YOU COULD OFFER ONE PIECE OF ADVICE, WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Always focus on what you want, more than dwelling all your focus on the chaos of what you don't want.

### WHAT ARE YOUR 3 NOUNS THAT DESCRIBE YOU?

- Author
- Speaker
- Entrepreneur

### WHAT ARE YOUR FAVORITE BOOKS?

- Start with Why by Simon Sinek
- Blink by Malcolm Gladwell
- The Four Agreements by Don Miguel Ruiz

### WHAT IS YOUR FAVORITE QUOTE?

"Everything you do, every choice you make, either creates connection or drives a disconnection." -Mary Shores

### CONNECT WITH MARY



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