

How To Use This Program

- The Workbook:

Download the workbook for this program and go through the questions before our weekly call (the material for week 1 before the call of week 1 etc..). You will work on this in your own time and don't have to, but you can bring questions into our coaching call.

- The Audio Recordings:

Listen to the recordings (one or two per week) at least once, ideally daily (the material for week 1 before the call of week 1 etc..) More is better here as this content becomes really powerful and transformational once it makes it from your head into your subconscious mind. Knowing about it is not the point, knowing it is and will time & repetition.

- The Video Recordings:

Watch the video recording once before our weekly call, more if you like. It includes the homework from this week.

- How to ask good questions on the group call:

Bring your questions to the call – about your vision statement or vision, about the paradigms coming up, anything about the gap, the content that comes up as soon as you start working toward your dream. Anything really. Everybody will get value from everybody's questions, so don't hold back.

A good question gets right to the point, like "How can I ... ?" or "What can I do to ...?" If I need more information or back story, I will ask you. Too much of the back story often gets us too much into our paradigms.

Learning how to ask powerful questions is a great practice.

- Power Toolkit:

At the bottom of your membership site you'll find recordings and pdfs on some of the power tools which are part of this program. You can refer to them as needed.