



Personal Mastery



– MASTER YOURSELF MASTER YOUR LIFE –



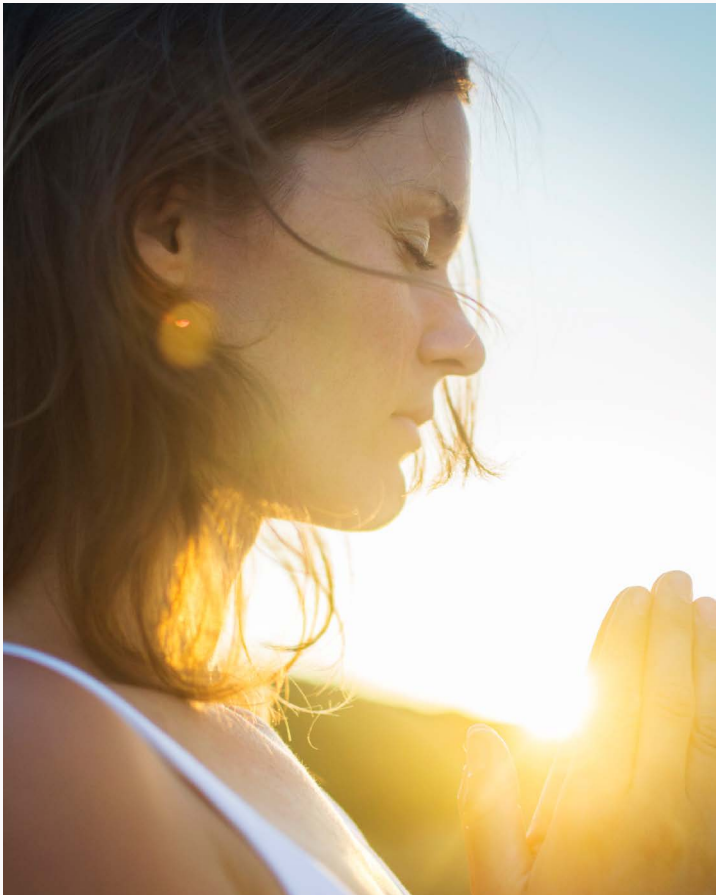
Personal Mastery™

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Are you ready to embark on an 6-week transformational journey towards discovering YOU?

Whether you're new to Personal Mastery or already on your journey, this program is for you. Together, we'll embark on the 'Five Steps to YOU' program, guiding you through a journey of self-discovery, shedding light on your current position, and helping you overcome limiting beliefs and destructive habits. Our approach to Personal Mastery™ is grounded in science, and through this program, we will provide you with the understanding and skills you need to propel your personal growth.



Throughout the program, we'll envision your future, evaluate your present, and lay the groundwork for your personal evolution. Through a blend of self-reflection, active participation, and transformative practices, you'll break free from limitations and unlock your fullest potential. By enrolling in Personal Mastery™, you'll be joining a vibrant European and Global community dedicated to empowering each other, rewriting our narratives, and revealing our true selves.

Together with 'The Sisterhood', we will embark on a journey of reprogramming and transitioning you from the person you have habitually been to who you really are, while setting up a system with you that will help you take action to maintain the momentum required.





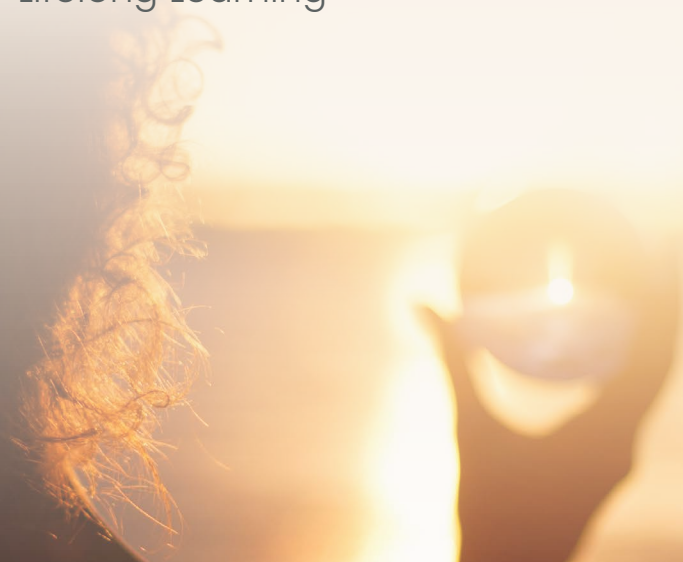
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An 6 Week Journey

The Five Steps to 'YOU'

Step: 1	Acknowledge: Where YOU are! Assess YOUR current position
Step: 2	Be Aware: Of YOUR Limiting Beliefs & Patterns! YOUR State & Leverage
Step: 3	Design: The life that YOU desire! YOUR Focus & Fulfilment
Step: 4	Evolve: Into who YOU truly are! YOUR Life Plan & Manifesto
Step: 5	Momentum: Fuel YOUR growth! Lifelong Learning



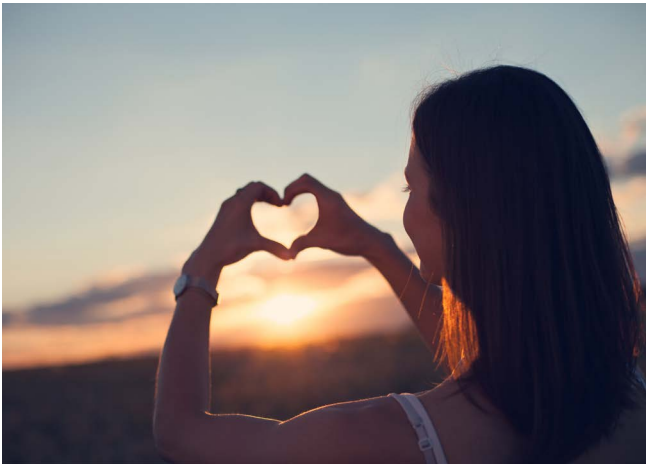
Step: 1

Acknowledge:

Where YOU are!

Assess YOUR current position

In this foundational step, we delve into the psychology behind goals and action. Through a comprehensive life review and assessment, we gain clarity on your current position. By acknowledging where you are in your journey, we set the stage for honest self-reflection and growth.



Step: 2

Be Aware:

Of YOUR Limiting Beliefs & Patterns!

YOUR State & Leverage

Explore the psychology of being stuck on 'repeat' and conduct a thorough review and assessment of your limiting beliefs and patterns. Through this heightened awareness, you'll uncover the barriers holding you back, paving the way for transformative change.

Step: 3

Design:

The life that YOU desire!

YOUR Focus & Fulfilment

Craft your destiny and identity through the power of focus and fulfillment. Discover how successful people leave clues and how to understand and model them. Through intentional design, you'll create a roadmap towards the life you envision, aligning your actions with your deepest desires.

Step: 4

Evolve:

Into who YOU truly are!

YOUR Life Plan & Manifesto

You will create a manifesto for life and develop a life master plan using psychology backed goal setting and action planning techniques. It's your time for personal growth and transformation. Through strategic planning and actionable steps, you'll pave the path for continuous evolution and progress whilst declaring your life's manifesto.

Step: 5

Momentum:

Fuel YOUR growth!

Lifelong Learning

We'll explore how to embrace lifelong learning and push beyond your comfort zone to maintain momentum and continue your journey of growth. By cultivating a mindset of continuous improvement and resilience, you'll sustain the momentum needed to thrive in all areas of your life.

In each step, you'll delve into the psychology behind personal growth, conduct comprehensive assessments, and develop actionable plans for your journey. It's time for you to begin leading the life you were always meant to lead.

Breakout Empowerment Circle

Learn, Share, and Grow Together



After each session, participants are invited to join our Empowerment Circles. This is a dedicated breakout space designed for sharing, learning, and growth. In these reflective gatherings, you'll have the opportunity to consider your progress and receive support from fellow participants as you navigate challenges. Together you will harness the collective wisdom and encouragement of our community as you journey towards your authentic self.

Sunday Sessions

Goal Setting, Habit Tracking, Action Planning, and Review

The "Sunday Sessions" are designed to propel you towards personal mastery by focusing on setting impactful goals, tracking habits, crafting actionable plans, and reviewing progress every week. These sessions provide the structure and accountability necessary to stay on track and achieve your aspirations. Additionally, you can join our Breakout Empowerment Circle after each session for community support and shared growth.

While attendance at the Sunday Sessions is not mandatory, they offer valuable opportunities for planning, goal setting, and reflection. They also provide a chance to connect with fellow participants in the USA who are undergoing the same program concurrently. This allows for shared experiences and learning opportunities across different continents, enhancing the overall journey towards personal development.

Program Materials

Unlock the tools for success with our exclusive program materials, available in an editable format.

1. Life Assessment Tool:

Design and delve into key aspects of your life, identify priorities, and envision your desired future. Compare where you are to where you want to be with this guided resource.

2. Program Workbook:

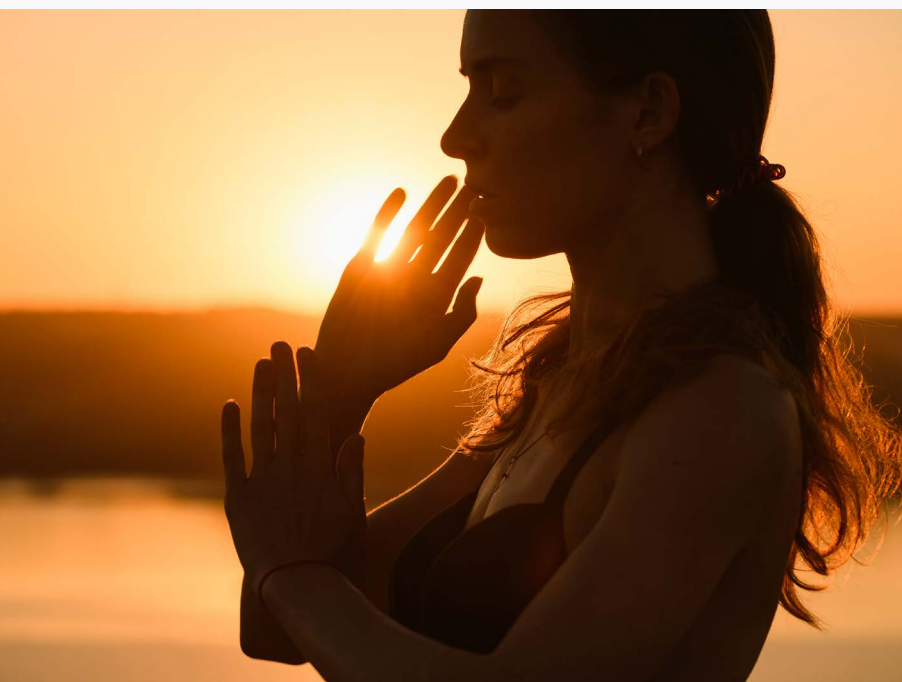
Your guide to self-discovery and empowerment, filled with insightful exercises, reflection prompts, and actionable steps to navigate each phase of the program.

3. Planning System:

Our 'Sunday Sessions' allow for focused goal setting, habit tracking, actionable planning, and regular progress reviews, providing the structure and accountability you need to achieve your aspirations.

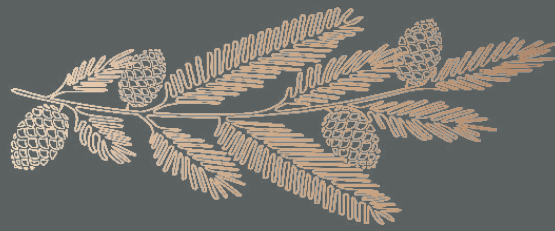
4. Life Manifesto Builder:

Declare and commit to leading a life attuned with your authentic self, fueled by purpose and passion.



Time and Place

Our sessions will be held online via Zoom, lasting for two hours, complemented by a Sunday 'Planning and Journaling' session lasting for one hour.



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