

Session #1 Course Work

Session 1

- What are the characteristics you don't want?
- What are the characteristics you want?
- What mindset are you focus on?
- Choose the thoughts you will put into practice?
- Rate each muscle on a scale of 1 to 10. (1 is low; 10 is high)

NOTES:

What To Expect

- Push past where you have stopped before
- Laser on a goal with more focus and gain more ground towards reaching it
- Shift from the limiting beliefs that had limited you in the past
- Create a tangible shift in your mindset, behavior and actions
- Release any negative thought, feeling or conversation that is holding you back
- Say YES, YES to BIGGER things in your life
- Maintain peace of mind

NOTES:

What am I willing to take ON?

- I will release and set my champion Free
- I will play big and say YES! YES!
- I get to have joy!
- I will maintain peace of mind!
- I will forgive and let go!
- I will overcome every obstacle!
- I will not apologize for my integrity!

NOTES:

Bounce Back Muscles

1. Your Understanding Muscle
2. Your Faith-in-Myself Muscle
3. Your Take-Action Muscle
4. Your I-Know-Like-I-Know Muscle
5. Your Honesty Muscle
6. Your Say-Yes Muscle
7. Your Determination Muscle
8. Your Forgiveness Muscle
9. Your Highest Choice Muscle

NOTES:
