

Mastering M.E. - Mind & Emotions

Week 1

Lifework Lesson ONE overview

Center

Intentions - personal and group

Goals of Course

Connect you spiritually

Let Go of Limiting stories and beliefs

Live a life you truly love

Knowing you are not alone

Happiness, Peace, Love - Where are they?

How we go about change

Neuroplasticity

Meditation

Vision

Action Steps

Finding Balance - 4 quadrants

Your LIFE WORK for the week.

Observe - 360 Awareness

CHANGE & CELEBRATE

Create your Vision

Set Goals -

Utilize your Planner -