

A-LIFE ACADEMY PROGRAM OVERVIEW

ASSESS

- ✓ Create Vision Statement
- ✓ Define Inner Purpose
- ✓ Identify Blocks

CLARIFY

- ✓ Clear Blocks
- ✓ Connect to Vision/Purpose
- ✓ Create Plan to Realize Purpose

SHIFT

- ✓ Take Inspired Actions
- ✓ Adapt Positive Thought Patterns
- ✓ Raise Financial Vibration

EXPAND

- ✓ Excavate Hidden Drivers
- ✓ Stretch Capacity to Receive More
- ✓ Identify & Take Leaps

MASTER

- ✓ Integrate with Higher Self
- ✓ Consciously Design Every Aspect of Your Physical Reality
- ✓ Master Your Mind

Each training call will include energy work, mindset coaching, and an exercise to create a shift

1 IDENTIFY YOUR VISION THIS WEEK

2 CLEAR ANY BLOCKS

3 DOWNLOAD NEW ENERGETIC PATTERN consistent with what you want to create

4 ADAPT NEW WAY OF THINKING to stay in vibrational resonance

5 MATCH VIBRATION THROUGH INSPIRED ACTION

DAILY Action:

Master 1 habit a month and report in FB group.

WEEKLY Action 1:

A-Life Activator: Do the exercise to lock-in the new vibration and share your aha's with the group.

WEEKLY Action 2:

Decide & Commit. What is your inspired action this week? Decide on Sunday & report results on Friday.

Accountability:

Connect daily or weekly with an accountability partner in the group.

MONTH 1

Clarity & Purpose

Mindset Habit:
Living in Integrity with Truth

MONTH 2

Financial Worth & Self Worth

Mindset Habit:
Be Impeccable with Your Word

MONTH 3

Love & Intimacy

Mindset Habit:
Living in the Now. Living in the Solution

MONTH 4

Spirituality, Intuition, & Activating FLOW
Mindset Habit:
Asking Powerful Questions

MONTH 5

Creativity, Play, & Increasing Gifts & Talents

Mindset Habit:
Saying Yes. Be Open to Yes.

MONTH 6

Body & Health

Mindset Habit:
Keeping Your Commitments to Yourself.

MONTH 7

Money Love

Mindset Habit:
Focusing Your Energy

MONTH 8

Increase Confidence & Influence

Mindset Habit:
Creating Structure for Success = Commitment

MONTH 9

Power of Relationships

Mindset Habit:
Taking Responsibility for Whatever Shows Up

MONTH 10

Clarity in Communication

Mindset Habit:
Being Decisive

MONTH 11

Leaping & Open to Receiving

Mindset Habit:
Living in the Energy of Infinite Solutions

MONTH 12

Living in the A-Zone

Mindset Habit:
Showing Up as the CEO of My Life