

A-LIFE ACADEMY



with Tera Maxwell, PhD



Clarity & Purpose - Mapping Out Your Personal A-Life

Monthly Mindset Habit: I am committed to living in integrity and honoring my truth.

“As long as you’re making the decision and doing what you need today, you are living in integrity with your DREAM.” – Tera

#1: Plugging into Joy and Purpose

Preparation Prompt: What are the blocks that are stopping you from plugging into joy or allowing you to fully live your purpose?

A-Life Activator: Create Your Personal Treasure Map.

Personal Treasure Map Instructions and Example:

This Treasure Map will reveal your purpose, give you clarity about what you need to do next. If you already know your purpose, I encourage you to still do this exercise.

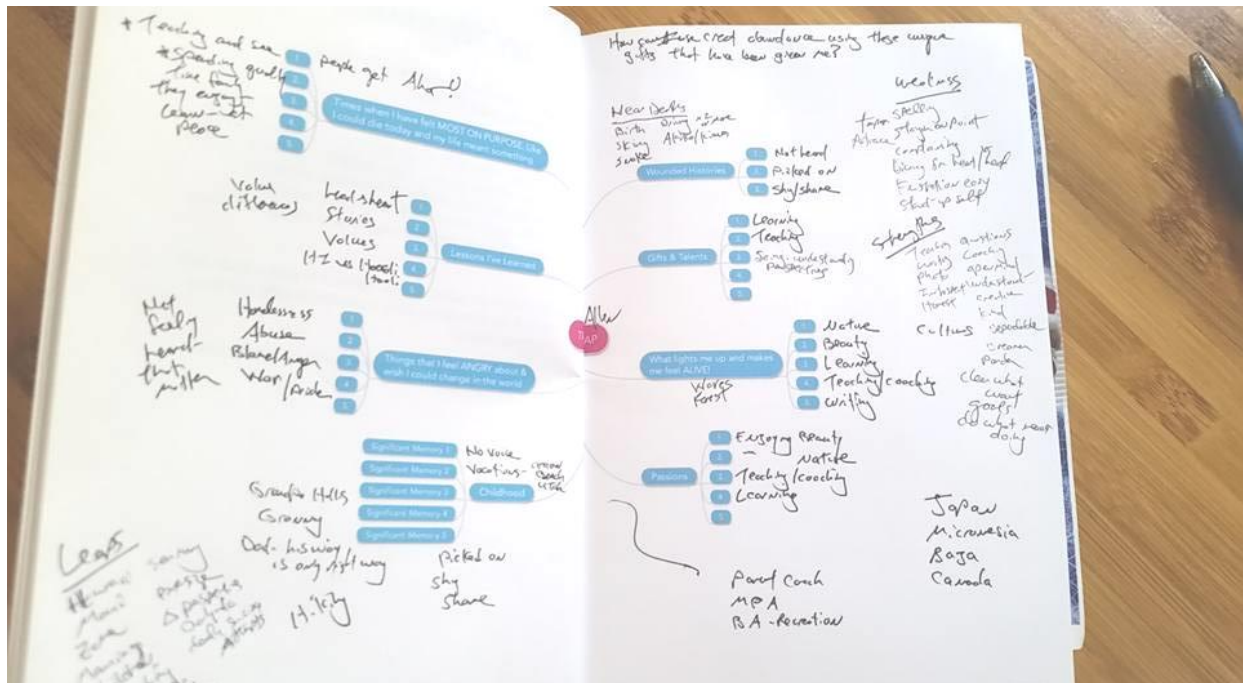
Here are the topics to include on your map:

- wounded history
- childhood
- places you've live
- credential
- passions
- interests hobbies
- beliefs that get you fired up
- doodle
- different colors
- partnerships
- weaknesses
- strengths

Write the answer to the question below:

How can I create abundance and generate revenue, sharing my gifts with the world?

Below are just 2 examples of Treasure Maps:



#2: Create Your Soul Vision Board

Preparation Prompt: Write down what emotions or thoughts came up for you when you created your personal treasure map. What do you want to plug into or what do you want to let go of?

A-Life Activator: Create your Soul Vision Board. Choose the images that light you and represent how you want to feel over the next year.

#3: Create Your VISION STATEMENT to Realize your Dream

Preparation Prompt: Write a One-Sentence Vision Statement. Include the emotional feelings as if it were true today. Share in the Group.

Write a One-Paragraph Vision Statement. Include the emotional feelings as if it were true today. Share in the Group.

Answer the two questions below:

1. What do you absolutely need to get rid of this year?
2. And what is stopping you?

ACTION: Write down a timeline (could be months or quarters). Write down what/when you want to accomplish that “dream” and then reverse engineer the One FOCUS for each month/quarter.

A-Life Activator: Finalize your One-Sentence and Paragraph Vision Statement and fill out your monthly Action/Focus Plan to Achieving what you want to create in 2016.



“What I FOCUS on, EXPANDS!”

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Monthly Mindset Habit: I keep my commitment to myself no matter what

QUESTION: Am I keeping my commitment to myself? Rate yourself (1-10)

1: Not at all 10: Always

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

#1: Letting Go of Your Old Story

Preparation Prompt: Write down your old story around money and self-worth that you are ready to let go of this year!

A-Life Activator: In a small notebook or sheet of paper, write down your numbers for the next 7 days. This exercise will connect you to the present moment and bring awareness to your finances.

#2: Identify Blocks - What is your new STORY?

Preparation Prompt: Write Your New Money Story here:

Identify the Blocks or Challenges that are keeping you from living into your NEW MONEY STORY so we can clear them on your block.

Integrity is a powerful attribute of an A-lifer:

Q: Where are you falling short in integrity?

Q: What do you need to do to uplevel your integrity?

Q: What do you need to do this week that if you think about it, it will have a direct effect on your self-worth and your financial worth?

A-Life Activator: What is that ONE action I need to take TODAY to live into my new story? The next day, report if you did it and what you are going to do today. Please note: if you didn't take action, share and then recommit. Include the solution and how can you set yourself up for success?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:



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Love & Intimacy

Monthly Mindset Habit: I am committed to staying present in the moment.

#1: Self Love

Preparation Prompt: When you think about self-love, what is standing in your way to truly loving yourself?

What negative thoughts or beliefs come up for you and reframe in a positive way.

A-Life Activator: Throughout the week, ask yourself this question: “Am I loving myself in this moment?” Post in Facebook a moment when this question allowed you to shift into self-love.

#2: Staying in the Present Moment

Preparation Prompt: We often distract ourselves with thoughts, people, media, social media, addictions, and habits - everything that keeps us from being connected to the present moment.

What prevents you from connecting to the present moment?

What is the #1 habit that you are ready to release that is preventing you from being present?

A-Life Activator: Practice awareness of being present in the simple moments throughout the day. Write down what you experienced in moments of being truly present.

#3: CONNECTING to Divine Love

Preparation Prompt: When it comes to sexual intimacy what blocks or obstacles are standing in your way?

What is the number one block that is preventing you from loving even more deeply and passionately?

A-Life Activator: If you are in a relationship, notice 3 things that you appreciate about your partner. Focus on one action.

If you are not in a relationship, everyday write down 3 things you like about yourself or successes.

“Make Like a Love Fest” - Tera Maxwell



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Monthly Mindset Habit: I am committed to asking the right questions.

#1: INTUITION

Preparation Prompt: What is stopping me from having a deeper spiritual connection?

What can I do to connect more deeply to my spiritual source?

A-Life Activator: Write a Letter to God/Source below.

#2: SPIRITUAL CONNECTION

Preparation Prompt: What are your blocks to spiritual connection?

What is the story that is preventing you from being close to God/Source?

A-Life Activator: What do I need to let go of today to connect more deeply to my spiritual source?

#3: The ABC's of ACTIVATING FLOW

Preparation Prompt: What is the number one CHALLENGE that's stopping you from living in the flow?

What would you like help with energetically to get you back into the flow?

A-Life Activator: Recognize your agency and see how you can create & participate in flow? Create an Ask & Receive Journal, if you haven't already. Write a letter to God/Angels and express gratitude for what you want to create in your life as if it has occurred already. Include the emotions if this was your reality today. Next ask your spiritual guides, "How can I live in this FLOW today?"

ABC Quick Guide to Activating Flow

ASK: Asking the question to God/Angels: How do I get in the flow?

I can't do this alone. I need you. What do I need to do next?

BELIEVE: Bolster your belief system.

"The Universe conspires with me. Everything works out for me. I am fully supported."

COLLECT: Look for and collect the evidence and the synchronicities that you are in the flow.

DECIDE: Decide to stay open to unlimited possibilities.

EXPECT: Expect the synchronicities and the miracles. Always expect being fully supported.

FIND: Forage new paths of the flow, try new perspectives or tell a new story. It might be simply to have fun, to let go and allow ourselves to enjoy.

GRATITUDE: Really being grateful that you can participate in flow. HAILING our AGENCY.



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Creativity, Play, & Increasing Gifts & Talents

Monthly Mindset Habit: I am committed and open to Saying YES!

#1: Awaken More Joy Through Play

Preparation Prompt: Think about when you were a little child and loved to play. What is stopping you from tapping into your Inner Child and playing today? What have you lost that you would like to be plugged into again?

A-Life Activator: Write down a few things you love to do that are FUN? Schedule it in your calendar. Write below about how you are saying YES to more joy and fun.

#2: TAPPING INTO CREATIVITY

Preparation Prompt: What blocks are stopping you from really tapping into your creative juices and letting them flow?

A-Life Activator: Say YES and make a commitment to participate in the 4:30AM Challenge. Everyday for the next week, wake up at 4:30AM and see what creativity comes. Write below about how you are saying YES to more Joy and also post in the group.

#3: EXPANDING GIFTS & TALENTS

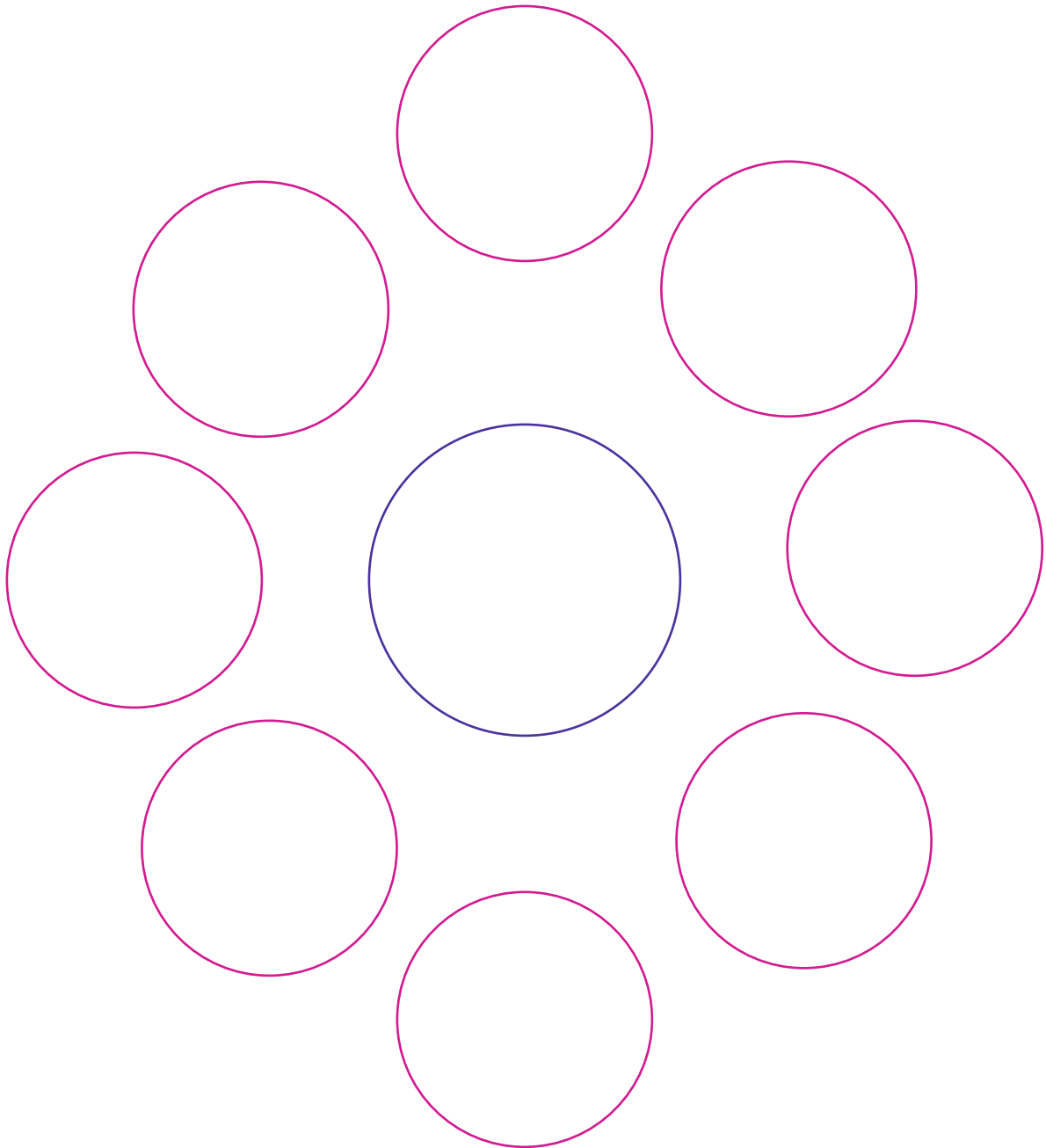
Preparation Prompt: What are the gifts & talents that if you increased over the next years, would have direct impact on the richness of your life?

What resistance are you experiencing that is keeping you from exploring and expanding your gifts and talents to their highest potential?

List your gifts & talents. What do you want to expand more on?

A-Life Activator: Identify and write down gifts or talents that will create a shift to your living an affluent life. What is the baby step that you are saying YES to taking action this week?

Playful ME Map





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Body & Health

Monthly Mindset Habit: I am committed to Keeping my Word and doing what I say I am going to do, no matter what.

#1: YOUR BODY As An EXPRESSION Of TRUTH

Preparation Prompt: What do you want to create when it comes to your health and body?

Be specific in your intention. Your body is your partner. Write below: How your body can more closely reflect your HIGHEST TRUTH?

What would that look like?

What are the top 3 challenges that you must overcome to enjoy to vibrant health & an amazing body that reflects your TRUTH?

- 1.
- 2.
- 3.

A-Life Activator: What is the one action that if you keep your commitment to yourself, you will see a quantum shift in your life? What action do you need to take to step into this new vibration, regarding your body and health? And to solidify the energy work that we have done this week?

#2: Power of Food & Addictions

Preparation Prompt: What healthy patterns do you want to create around food?

Be very intentional and list every aspect of your healthy relationship with food. List any addictions/cravings you'd like help releasing.

A-Life Activator: What action will you commit to this week to align with the energy work in regards to this week's topic on Food and Releasing Addictions? Post a photo of an image that represents your commitment you are making to yourself.

#3: Habits: Loving Your Body Into Excellence

Preparation Prompt: To maximize this call fill out the FREEDOM From BONDAGE worksheet. (next page)

What are the habits that prevent you from realizing your vision this year?

Identify the triggers and/or obstacles associated with the habit that stands in your way.

A-Life Activator: Here's your 60 Day Challenge with a RACE!

- Step #1: Choose a Race that excites you and SIGN UP.
- Step #2: Start a 60-Day Challenge of Consistent Training for this Race or Fitness Event and Define (run every day, walk, paddle board, swim, do yoga, etc.).
- Step #3: Announce in the Group both Your RACE and Your 60-Day Challenge.
- Step #4: Ideally Everyday POST in the Group your results, or take a photo.
- Step #5: If you fall off, Recommit.

Freedom From Bondage

List One HABIT you want to Be Free from:

How is your habit a form of bondage?

On a scale of 1-10, how willing are you to let go of this habit?

What is the cost of keeping this habit?

What is the payoff from staying committed to this habit?

What would your life be like today if you were completely FREE of this habit?



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Money Love

Monthly Mindset Habit: I am committed to keeping a singular FOCUS. What I focus on, expands.

#1: MY INNER RELATIONSHIP with MONEY

Preparation Prompt: What are your top challenges or triggers that you want cleared when it comes to your relationship with money?

A-Life Activator: What is your Singular Focus/ Vision for the Year? Create your laundry list. What do you need to release and what triggers do you need to become aware of to help realize your single focus?

#2: My OUTWARD RELATIONSHIP with MONEY

Preparation Prompt: People (including family, friends, service providers and clients) often act as sign posts where we have blocks around money. To heal your relationship around money and clear your blocks, share below your 3-5 most common triggers. Give positive examples of what pattern you want to create.

A-Life Activator: Pay attention to every little seemingly insignificant trigger that comes up during the week and Journal about it DAILY.

#3: MASTER the LAWS of MONEY FLOW

Preparation Prompt: What additional triggers around money are coming up for you?

A-Life Activator: Create one habit that will create the relationship and the shift you want with money.



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Increase Confidence & Influence

Monthly Mindset Habit: Structure equals commitment.

#1: Increase Confidence

Preparation Prompt: Write down your vision statement. What feelings and thoughts are standing between YOU and absolutely realizing this vision. How do you want to show up instead?

A-Life Activator: Look at what you want to create. What structure can you create, change, or add to increase your confidence and thus manifest your vision?

If you haven't completed the 60 day challenge, how can you recommit and/or fool-proof your structure?

#2: Stepping into the Energy of Influence

Preparation Prompt: When you are connecting with others and leading others, what is stopping you from stepping into that?

Think about what you want to create in your life. What relationships, connections, and network will help facilitate this vision. What support could help you easily manifest that vision?

Think about and list all of the people who you are called to influence and lead.

What are the blocks that are standing in the way of you being a stronger influencer? In other words, what do you want to clear on this call?

A-Life Activator:

1. In each encounter with others, practice asking questions and listening.

What do you want? Why is that important? Why do you want that?

2. Practice seeing the Divine Self in others.

#3: Activating Money Flow through Influence

Preparation Prompt: What are the blocks or beliefs that are stopping you from allowing you more money flow, getting more sales, clients, networking, building your practice, enrolling people in your vision, opening the doors to more opportunities? Share below what blocks you want to release (in a positive way).

A-Life Activator: Active money flow by HOLDING the Vision for someone, whether it's for you, your family or a potential client, or whoever. Enroll then by helping them get clear and hold space for them to step into the vision with you.



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Power of Relationships

Monthly Mindset Habit: I'm committed to taking responsibility.
I'm the Creator of My Own Life.

#1: Releasing Family Triggers

Preparation Prompt: What family patterns do you want to heal and release?

What do you want to create in your family relationships?

What triggers continue to show up in your relationships with your family and demand your attention so that you may heal it?

A-Life Activator: Create a Resentment Release List (adapted from the Big Book and Dawn Clark). Objective: To release old resentments once and for all, so they are no longer in your energy field.

Resentment Release

Step 1. Create 4 Columns across a page:

- Column 1: Name of Person.
- Column 2: Describe Why?
- Column 3: How did it make me feel?
- Column 4: What did I want instead?
- Column 5: What is my part? (Selfish, Self-seeking, Dishonest, Pride)
- Column 6: What is the Gift? (Don't Answer Yet)

Step 2: Brainstorm Columns 1-4. Skip Column 5 for now. Do this activity with the intention to get rid of any old resentments and deep feelings that have been holding you back from living in the flow of abundance and love.

*What do you need to let go of in your relationships that is stopping you from living the A-Life? What is preventing you from having amazing relationships?

#2: Letting Go of Co-Dependency and Control

Preparation Prompt: What do you need to let go of in your relationships that is stopping you from living the A-Life?

What is preventing you from having amazing relationships?

A-Life Activator: Pay attention to your energy in your relationships and practice the habit of letting go. Use this: “Why is it so easy to let go of _____?” “Why do I feel so _____ after letting go?” Share in the group a situations when you have practiced letting go and filled in this statement.

Practice the Happiness Method to support you letting go of the stories you create.

Happiness Method (adapted by Marty Lafkoe): Whenever an event occurs, the only thing that creates suffering is the meaning we attach to it. If you do something, I could say it is because you don’t care about me or that you hate me, but it’s the story that creates the emotion. I don’t feel cared about or validated.

- 1) Look at the event. Name and describe the event.
- 2) What is the story that you are telling yourself about it?
- 3) What is the emotion attached to the story?

#3: Intimacy, Authenticity & Attracting High Vibration Relationships

Preparation Prompt: In each encounter with other humans, practice asking questions and listening.

What do you want?

Why is that important?

Why do you want that?

Practice seeing the Divine Self in others.

A-Life Activator: If you haven't finished your resentment list, complete it and really dig deep to find the GIFTS.



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Clarity in Communication

Monthly Mindset Habit: I am decisive and make decisions swiftly.

How you use your words, the precision and clarity of your words, and your intention is a gauge to measure your affluence.

#1: Make Decisions Swiftly

Preparation Prompt: What is stopping you from having more clarity about the outcome you want to create in your life?

What is one decision that you are putting off and would like support with?

What is the #1 challenge you want to release & overcome this week?

A-Life Activator: Practice everyday being Aware about your decision-making process and practice making decisions swiftly every day. Record and share your thoughts, aha's and shifts in the group.

#2: 3 Steps to A-Life Communication: An energetic approach to communicate and get results

Preparation Prompt: Our focus this month is up-levelling your ability to communicate and influence others. Clarity in Communication is a key attribute that leads to living an A-LIFE.

What are the blocks and challenges that come up for you when it comes to communicating with others? Consider your family, romantic love, work, friend, client, etc. when sharing below.

Where do you need support in increasing your ability to communicate and influence others?

The 3 Steps to A-Life Communication

Step #1: Start with the outcome you want to create. What do I want out of this conversation, or event, or call, or shopping trip or situation?

Step #2: Ask the Right Questions.

Step #3: Create an environment for Successful Communication.

A-LIFE Activator: Practice the 3 steps to A-Life Communication, an energetic approach to communicate to get results. Post an example of how you applied the 3 steps this week and the shift.

#3: The Power of Your Personal Vibration

Preparation Prompt: What are you absolutely committed to realizing in your vision this year?

Where are there gaps where you need help? Share below what you want support with through energy work?

What words and ways of thinking that you are ready to let go of this week because they no longer serve you?

A-Life Activator: Be aware of the words that you choose. Observe how your words reflect your commitment to yourself. Notice the shifts as you commit to yourself through your choice of words.



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Monthly Mindset Habit: Identify multiple solutions to problems.

#1: Take a Quantum Leap

Preparation Prompt: Think about your FOCUSED VISION for the year: the reason you joined A-Life. What is the #1 action that you need to take to step into that vision this week?

What is stopping you? What triggers or blocks come up for you?

What resistance, doubts, or beliefs, come up when you think about leaping?

A-Life Activator: Decide what your quantum leap is for the week? (This should be a big, scary action and or commitment)

Take the leap or next action step of the leap and share your results in the group.

#2: Leaping & Committing: The Energy of Fire

Preparation Prompt: What is something that you are afraid of doing or have been putting off that if you did, you would create a really BIG shift in your life?

What do you want or need to create to support you to step into that action?

What is your VISION?

Write down your BIG WHY - your VISION.

Now I want you to circle it and draw a line down from it. Now write out what Massive Actions or LEAPs you need to take to catapult you towards this vision.

Are you committed to yourself and to your vision to LEAP? How committed are you on a scale of 1-10?

A-Life Activator: Find one person in the group to be your ACCOUNTABILITY partner and have a 10-min. conversation with to share your vision and answer the question: What are MY quantum LEAPS?

#3: Open to Receiving

Preparation Prompt: What do you need to open up to receive in order to get what you need this week?

A-Life Activator: Pay Attention to how you receive and what registers in your body when you are given gifts, compliments or, a penny on the ground. Or do I discount the little things?



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Living in the A-Zone

Monthly Mindset Habit: I get excited in the “Growing Pains”.

#1: Tuning into Your Frequency

Preparation Prompt: What is the number one challenge you want addressed on this call so you can get to or stay into or stay in the A-Zone?

A-Life Activator: Practice centering, meditating, and coming home!

#2: Excavate Your Drivers

Preparation Prompt: We are going to discuss & excavate what Dawn Clark calls "hidden drivers". These are the motivations & desires that keep us from up-levelling and stepping into the best version of ourselves. Hidden drivers create a crosscurrent energetically. Consider what a hidden driver may be in your life. We will focus on releasing ONE.

What is it that you really want to create in your life?

What's that thing that takes over sometimes and is an obstacle in your path?

PROCESS of HOW to EXCAVATE:

OBSERVE IT: See it and notice the feeling.

NAME IT: Write it down.

EXPLAIN IT: Describe where and how it is coming up or, when it comes up.

CLEAR IT: After journaling where and when this is coming up in your life, connect to your willingness to let this go and prayerfully ask to release it. **Bonus:** Take a few moments, imagine white light cleansing your energy fields and dissolving this driver.

REPEAT:

A-Life Activator: In your journal, answer the following questions:

- 1) What you want to create in your life?
- 2) Identify a hidden driver that is an obstacle on your path.
- 3) Describe different instances when your hidden driver crops up.
- 4) What would your life be like without this hidden driver - what would be different.
- 5) What is the pay off?

#3: Staying in the A-Zone

Preparation Prompt: Get even more intimate and deep with your hidden driver. List additional drivers here that come up.

A-Life Activator: What lights you up?

What is your act of creation over the next 1-3 years? Post your commitment in the A-life community. Practice a visualization of your creation each evening.



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