

# A Mind and Body Transformation to Create Possibilities

June 15 - August 31, 2021

6:00 - 7:30 PM PST (Tuesdays)

Week	Date	Topic	Questions
Week 1	06/15/2021	<p>Learn what a heart path is and how to love yourself enough to courageously go after what is meant for you.</p> <p>Learn what energy love is and how you can access it to experience connection and feelings of joy in your life.</p>	<ul style="list-style-type: none"><li>• What does it mean to follow your heart path?</li><li>• How do you know when you are not following it?</li><li>• How will you find your path again?</li><li>• What is the energy of love?</li><li>• How can you access love energy?</li><li>• How will you experience connection and find feelings of joy?</li></ul>
Week 2	06/22/2021	<p>Learn what self-discipline is and how to take responsibility for your action or lack of action.</p>	<ul style="list-style-type: none"><li>• Why you must accept that self-discipline is your responsibility?</li><li>• How do you know if your goals are aligned with your values?</li><li>• How do you set your non-negotiables and honor your commitments?</li></ul>
Week 3	06/29/2021	<p>Learn how to incorporate consistent movement in your life daily and why it is essential to your overall well being.</p>	<ul style="list-style-type: none"><li>• Why is movement necessary?</li><li>• How will you decide what activities are right for you?</li><li>• Why is scheduling protected time essential?</li></ul>

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Week 4	07/06/2021	Learn how to use self-awareness to build self-confidence and practice self-compassion when it comes to trusting the decisions you make.	<ul style="list-style-type: none"><li>• How do you use self-awareness while avoiding the obsession of worrying how others perceive you?</li><li>• How do you build self-confidence when you feel it isn't fully present?</li><li>• How do you get comfortable extending self-compassion to yourself so you begin to trust the decisions you make?</li><li>• How do you express what you need from yourself and others?</li><li>• How do you avoid the trap of excessive worry?</li><li>• How do you set boundaries that allow you to decide who gets in and who stays out?</li></ul>
Week 5	07/13/2021	Learn how to manage your emotions so they don't control you.	<ul style="list-style-type: none"><li>• How do you express what you need from yourself and others?</li><li>• How do you avoid the trap of excessive worry?</li><li>• How do you set boundaries that allow you to decide who gets in and who stays out?</li></ul>
Week 6	07/20/2021	Learn how to consciously make decisions about your life without needing external acceptance, approval, and validation. Base your decisions on what you want to happen.	<ul style="list-style-type: none"><li>• How do you speak your truth when you feel you are not being heard?</li><li>• How to know if your words align with</li></ul>

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		Learn how to communicate with conviction and clarity.	<ul style="list-style-type: none"><li>• your intentions?</li><li>• What can you do when you realize you've been misunderstood?</li><li>• Do you know and honor your values?</li><li>• How do you view rejection?</li><li>• How are you motivated?</li></ul>
Week 7	07/27/2021	Learn how to incorporate mindfulness practices into your daily routine.	<ul style="list-style-type: none"><li>• What is mindfulness and how can it benefit you?</li><li>• How do you determine what activity is best for you?</li><li>• Are there optimal times of day to experience it?</li></ul>
Week 8	08/03/2021	Learn how to cultivate and nurture your relationships.	<ul style="list-style-type: none"><li>• How do you cultivate healthy, meaningful relationships?</li><li>• How do you recognize when a relationship is becoming toxic?</li><li>• How can you navigate the seasons of relationships?</li></ul>
Week 9	08/10/2021	Learn to feel comfortable feeling and communicating your desires in your intimate relationships.	<ul style="list-style-type: none"><li>• Do you typically feel valued and heard in your relationships?</li><li>• Does shame ever prevent you from having a healthy attachment with your partner?</li><li>• Are you able to express what you desire and need from your partner?</li></ul>

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Week 10	08/17/2021	How do I find my spark?	<ul style="list-style-type: none"><li>• Where do you begin?</li><li>• Do you find your purpose or does it find you?</li><li>• How will you know when you found your spark?</li></ul>
Week 11	08/24/2021	Learn how to manage financial health that builds sustainability in providing essential resources.	<ul style="list-style-type: none"><li>• Do your emotions play into how you manage your finances?</li><li>• What does investing look like to you?</li><li>• Do you have the discipline to create and maintain a sustainable budget?</li></ul>
Week 12	08/31/2021	Learn how to step into the freedom of living the life you want.	<ul style="list-style-type: none"><li>• Do you advocate for what you truly want or do you follow other people's plans for you?</li><li>• Are you willing to commit to investing in yourself?</li><li>• Do you know what you want and how to take actions to achieve it?</li></ul>