

LIFE DESIGN FEATURING THE DESIRE MAP IN BUSINESS

Level 1

BLOCK 1 - THE CONTEXT & THE CONTAINER

Opening, introduction, agreements and vibe as well as altar creation.

BLOCK 2 - MEANING & CONNECTIONS

Sacred grounding, Desire Map theory, gratitude and dissatisfaction.

BLOCK 3 - DISCOVERY - (PART 1)

Sacred grounding, how do you want to feel, feelings and recall.

BLOCK 4 - DISCOVERY - (PART 2)

Sacred grounding, check-in, pattern recognition, choosing core desired feelings.

BLOCK 5 - DECLARATIONS

Sacred grounding and declarations and celebrations.

BLOCK 6 - DREAM, PLAN, WRAP

Where do we go from here and closing the Level 1 event.

LIFE DESIGN FEATURING THE DESIRE MAP IN BUSINESS

Level 2

BLOCK 1 - THE CONTEXT & THE CONTAINER

Opening, introduction, agreements and vibe as well as altar creation.

BLOCK 2 - MEANING & CONNECTIONS

Sacred grounding, how do you feel about goal setting and our perspective on goal setting, choosing goal vocabulary and energy exfoliating.

BLOCK 3 - THE ART OF SAYING NO & BIG DREAMS

Sacred grounding, your stop doing list and the art of the holy "no" and dream soup.

BLOCK 4 - MORE ENERGY EXFOLIATING

Energy exfoliating, brutal facts & fears, fear-eclipsing thought forms, helpful people and resources.

BLOCK 5 - GOALS WITH SOUL

Get grounded in your cdfs, goals with soul and check-in.

BLOCK 6 - REVIEW/REFINE & WRAP

Sacred grounding, review and focus, implementation action plan, declarations and closing.