

Week One Welcome Party! We kick off on July 29th with a virtual welcome party to set the tone for our time together. Grab a Matcha Latte and get ready to meet your new friends and success accountability partners.

Week One: Who are you? The Truth of it All

This is not about changing yourself, just stepping into who you are meant to be. The more you know about yourself, who you are, what excites you, what lights you up, what you hate, and what drives you, the easier it will be for you to create the life of your dreams. It's time for a new direction, a reboot, a swift kick in the ass to take back your life, believe in yourself, step into your purpose, get happy, create an epic future and reach your highest successes and goals, professionally and personally.

In Week One we will:

- We'll find out a bit about your past
- Find out what's been holding you back
- Analyze the story you've been telling yourself vs. the real story- it's hard to make a plan to know where to go without knowing where you REALLY came from
- Identify the truths vs. the excuses and the facts - has it been you against you this whole time?
- How has your life changed, where are you now, and why are you ready, and we mean REALLY ready to reinvent yourself. Find your why! We'll help you uncover this

Week Two: Creating Your Vision + Why You Need One

With a crystal clear vision in mind, you are more likely to succeed far beyond what you could otherwise achieve without one. Think of crafting your life vision as mapping a path to your personal and professional dreams. Life satisfaction and personal happiness are within reach. The harsh reality is that if you don't develop your own vision, you'll allow other people and circumstances to direct the course of your life.

In Week Two we will:

- Have you identified your hopes, goals, and dreams for your future? Not sure of your passions and future? Not to worry, we'll help you to dig deep to find your own unique north star
- Learn how to figure out what moves you, makes you happy and gives you a sense of purpose. You'll understand how to use these identifying markers for a complete and well-rounded life
- Help you to create a precise vision that is so strong, that nothing will be able to stop you from reaching your goals
- Guide you on how to use the power of yes, power of no, and power of connection to leap into your new stage of life

Through the workbook and journal prompting we will lead you through:

- Self-reflection: How far have you come? Are you happy with where you're currently at in life? If you were to die tomorrow, would this be a legacy you're proud of?
- Connections: What relationships and connections matter the most to you? Most importantly, how can you continue building genuine connections?
- Legacy: What legacy have you left on your community and those around you? What would people say about your life? You might need to do some additional work to craft the legacy you want.
- The path forward: Now that you know where you've been, you can decide where you're going.

Week Three: Pushing Past Fear

We often hear that the reason for a standstill in life is because of fear. The truth is, what we fear doing most is usually what we need to do most. Trust us, we get the feeling of fear, of feeling scared, scared out of your mind, but we know there were so many times you ALREADY pushed through the fear just like we did. For your life and for your future, there is NOTHING else to do but fight, fight like your life depends on it because it does.

In Week 3 we will discuss:

- The concept of transforming your fear into excitement
- Understanding how to make time your greatest currency
- How to identify the fear that's stopping you from doing IT right now
- How to make a move right this second that will change your trajectory
- The Hard Truth about the Excuses we tell ourselves
- How to turn your excuses into a "FUCK THAT" moment so you take immediate action on transformation and reinvention

Through the workbook and journal prompting we will lead you through:

- Creating your Goals and Consequences cheat sheet
- Identifying your Patterns and Triggers
- Ways in which you've overcome fear in your past and how to lean into that energy
- What you can gain if you pushed through your fears
- How to flip the script on your fear and become a "Best Case Scenario" woman

Week Four: Cultivating Unshakable Confidence

Confidence: We'll say this time and time again, confidence is the most attractive thing that you can display to anyone. If you're in a slump, feel disheveled, scared, unsure, irrelevant, or disgruntled then that's what you're projecting in your daily life whether or not you know it or not. Potential clients, employers, mates, and friends.

In Week Four we will:

- Lean into teaching you to regain trust in your own judgment, capacities, and abilities.
- Have you getting curious, getting to the root of your beliefs
- Have you understood why and how you are operating because of these beliefs
- Get to know your inner saboteur. What does your inner saboteur have you believe about yourself and about your construct around confidence?
- Learn to value yourself and how to maintain feeling worthy, regardless of any imperfections or what others may believe about you
- Create your own definition of confidence & create new beliefs and actions to help you embody it
- Guide you through confidence visualization exercises
- Help you to cultivate your inner strength
- Teach you how to rewire for action
- Help you to learn to recognize and reframe negative thoughts
- Teach you to build mastery through practice
- Guide you on how to use intention to maintain a state of confidence regardless of what happens around you
- Teach you the three key concepts in building a lasting state of confidence

Through the workbook and journal prompting we will lead you through:

- Visualizations: It is important to understand what confidence looks like to you and what you would feel like and look like if you were the most confident version of yourself. The inner world creates your outer world
- Identifying: Identify where your inner saboteur shows up and what it has you believe. You will learn to tap into your inner sage, instead of your saboteur
- Incorporating: Putting the visualizations into action and reality
- Maintenance: We will give you tools to maintain this optimal state

Week Five: You 2.0- REINVENTED

It's time, you've learned so very much about yourself, you learned how to create a happier, better, and more well-lived life. It is time for you to write your new story. We will have a close-out celebration as we send you off on your new journey.

We will discuss:

- How to become a master first impressionist
- Tips on raising your likability factor and have you get ready to win
- Habits for Harnessing Energy
- A big KEY secret around our brain, the magnet, and how it magnetizes your thoughts
- How to OWN your worth - Worthiness is the secret key to successful manifestation

- Successful intention setting
- Scoring new photos, new social imagery, and an all-new delivery of self
- How to re-introduce yourself (THE NEW YOU) to the world
- Write a “Future You” Journal. Imagine you are living your dream life, what does a journal entry from yourself in the future look like?

Through the workbook and journal prompting we will lead you through:

- Create a 30, 60, and 90-day goal plan to keep your momentum strong
- Create a “tool kit” with your own custom mantras to keep you inspired and on track

CRAZY
FILTHY
RICH