

THE STORY OF YOU

Week One



THIS WEEK'S PROGRAM:

Reveal the layers of conditioning that's holding you back

Discover how recurring patterns help in creating your world from the inside out

Be grounded in your body and connect with your true nature

It's really easy in life to feel that we have no control over our circumstances.

We don't realise we have more power than we believe! We are more at the heart of our journey of life than we give ourselves credit for.

This is why Week One of Connect Now is focused on revealing the layers of conditioning that you may be holding around who you are and how that focus is creating your life experience...

By revealing the things that we regularly think, feel & say about ourselves we can start to finally see exactly where our "issues" lie and then we can strip away those layers to reveal who you truly are and exactly what the conditioning is that is holding you back.

WEEK ONE HOME-PLAY

**Write down the feelings, thoughts & words about yourself that you tap into on a regular basis.*

**Listen to the "Perfect Inner Balance Meditation" x 3 times this week.*

**Morning Yoga with Skip daily!*

**Join us on the LIVE call each week. Check the Facebook group for details*

**Schedule your Mind Body Spirit Activations into your Activation Calendar*

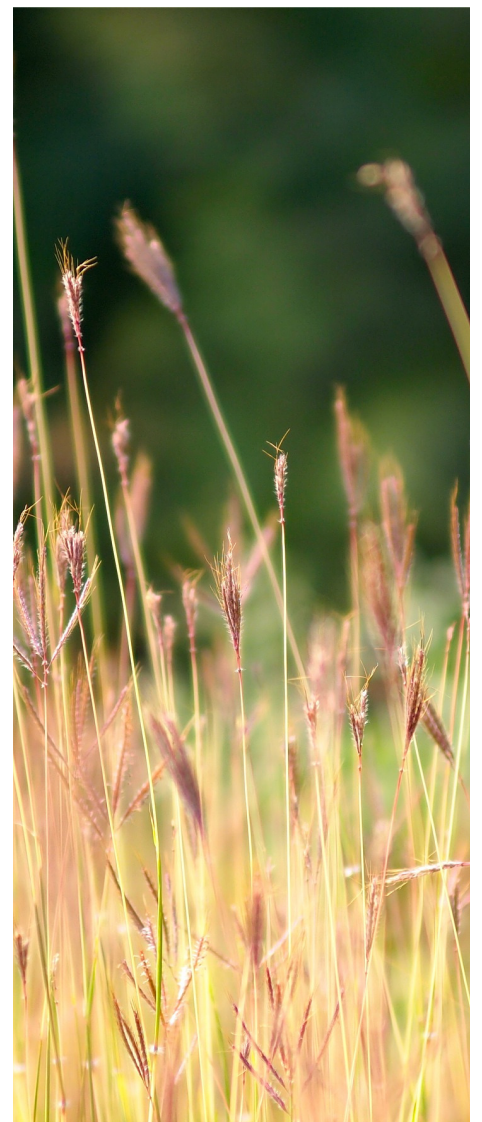
Perfect Inner Balance Meditation

CONNECTING PROFOUNDLY WITH YOURSELF

The "Perfect Inner Balance Meditation" will help you to become more grounded in your body which will give you access to more of your true nature and it helps you to connect to yourself in a profound way if used regularly. Please meditate using this meditation at least 3 times this week or daily if possible.

"It's also a great idea to stay in silent meditation when my voice stops to allow you to hear the guidance from within. Your own soul speaks to you many times throughout the day but we usually fail to hear it as we are so busy in the 3D world :) Doing this regularly will help you to build a true connection with your highest self and purpose."

"We don't realise we have more power than we believe! We are more at the heart of our journey of life than we give ourselves credit for."



The Home-Play Sheet

YOUR WRITING GOALS

Make sure you print off and complete "The Story Of You" home-play sheet.

I want you to be deeply honest with yourself about the regular things that you think, feel & say about yourself on a daily basis. Many of you will find this a hard process, but I encourage you to do this as it's the true key to switching off the recurring patterns and **TURNING ON YOUR LIGHT!**

"You can cultivate a deep and trusting relationship with yourself when you learn how to know your truth and express it authentically,

"Be bold enough to use your voice, brave enough to listen to your heart, and strong enough to live the life you've always imagined!"

Let's Connect

FACEBOOK AND LIVE CALLS

Make sure to download Google Hangouts to your computer or your phone. We will speak live together via this app every week!

I look forward to speaking with you on the live call. Remember to check in at the Facebook group **CONNECT NOW ONLINE Private Mentorship Group** for links, times, and other announcements!

If you can't make the call, you can post your questions there so I can answer them for you.

"To download Google Hangouts: <https://hangouts.google.com/> to get the app, or find it in your Chrome apps

Facebook Link:

<https://www.facebook.com/groups/connectnowonline/>

Here's to you in getting started in discovering the strengths you've always known you had. Good luck!

Live N.O.W.

Skip



THE STORY OF YOU

Week One

Please take notes this week on the regular thoughts,
feelings & words you have / say about yourself

I REGULARLY THINK:

I REGULARLY FEEL:

I REGULARLY SAY:
