

LIMITLESS POTENTIAL

Week Five



THIS WEEK'S PROGRAM:

**Open Up to The
Magnificent You**

The Body Scan Meditation

**Connect to Your Higher
Self and your Limitless
Potential Through an
Expression of Art**

**There is so much greatness
within you to be expressed
into the world!**

The more activated you become, the more opportunities will be presented to you so you can express yourself authentically.

This week you'll learn to be continually discovering your areas of growth and where your spirit is asking you to expand and evolve.

Only when we learn to love all life can we start to believe in ourselves and others are the highest levels. There are creations waiting to be born into life through you.

The Home-Play Sheet

YOUR WRITING GOALS

Make sure you print off and complete your "**Limitless Potential**" home-play sheet.

This week you're going to connect to your higher self and your limitless potential through an expression of art.

Listen to the Body Scan Meditation and then follow the instructions on the next sheet. Your artwork could be a poem, a drawing, a picture with some inspirational words on, dance or other physical movements, taking you away from the left brain functions of everyday living and into a more right-brained flowing state that connects you to your higher self's wisdom.

PLUS AN EXTRA TASK...

Please record a quick video of your art and share it in the facebook group.

Choose something that connects you to the artistic part of you so that you can express yourself authentically. By opening yourself up to your creativity, without judgment, you'll be amazed at what works through you. Have fun with it and I look forward to seeing your creations!

WEEK FIVE HOME-PLAY

** Listen to this weeks meditation and then create something that reflects your limitless potential in this lifetime!*

** Listen to the "Body Scan Meditation" Minimum x3 this week*

** This week you have a Plyometric Workout to add that spring to your step*

** Listen to this week's audio in your NET Time*

** Join us LIVE this Thursday at 7 pm GMT for Q&A's*

PLEASE SCHEDULE THE ABOVE IN NOW & POST IT ON THE FACEBOOK GROUP

*"Self is a sea
boundless and
measureless."
— Kahlil Gibran,
The Prophet*



The Body Scan Meditation

The Body-Scan Meditation will have great positive effects on the wonder and miracle of your physical body. We follow the breath around your entire body and you'll open up to how magnificent it is which opens you up to more of your potential. This will help you to connect to your higher self.

This week's audio is taken from a few empowering things about you and your body that I shared at the Detox Your Life Retreat which will help you to connect to your Limitless Potential.

"Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces. Smell the rain, and feel the wind. Live your life to the fullest potential, and fight for your dreams."- Ashley Smith

Plyometric Workout

Now you've been activating your core through yoga its time to activate your foundation by building more power, balance, and strength with this Plyometric Workout. This targets muscles that are hard to reach and engages your fast twitch muscle fibers that give you the edge because your entire body is engaged.

Lets Connect

FACEBOOK AND LIVE CALLS

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.

Live N.O.W.

Skip

"With realization of one's own potential and self-confidence in one's ability, one can build a better world."- Dalai Lama



Week Five

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