

# THE HERO'S JOURNEY

*Week Six*



THIS WEEK'S PROGRAM:

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**Change Your Perception of  
Yourself and GROW!**

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**Open up to greater  
meanings of the events  
that happen in your life!**

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**Speak your truth and  
finally connect now to your  
true self!**

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**Everyone has their own hero's  
journey to go through in life.**

The trick is to recognise the "hard" bits of life your life's catalysts of change!

Last week was about aligning with the first simple steps required to become the next best version of you. This week we are going to be discovering how strong you really are by writing down the pivotal points in your life where there was hardship that seemed insurmountable, but that in the end, actually ADDED some golden nuggets of awareness & consciousness to your life so that you could change your perception of yourself and GROW!

# The Home-Play Sheet

## YOUR WRITING GOALS

Make sure you print off and complete your **"The Hero's Journey"** home-play sheet.

Simply think back and look at **THREE SITUATIONS** in life that were tough for you and write down what you learned from those moments, how you grew from those moments and how they served you. You may not have had the awareness at the time so now its time to tune into those moments to become the hero on your journey.

Finding the empowering meanings isn't always easy, but conscious awareness is necessary so that you can open yourself up to greater meanings of the events and situations that have or are happening in your life!

## WEEK SIX HOME-PLAY

*\* Listen to the "Supercharge in 10 Meditation" Minimum x 3 this week*

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

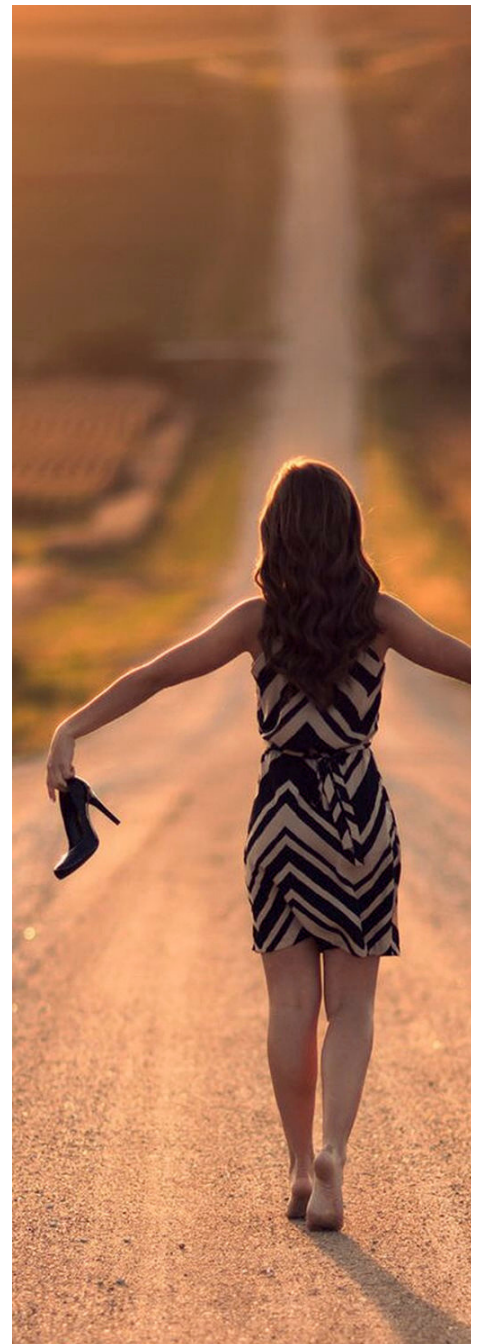
*\* Ab-Blast in 10 to help get that flat stomach and toned abs x 3 this week*

*\* Yoga For Strength x 3 this week*

*\* Join us live this Thursday at 7pm GMT for Q&A's plus Live Coaching*

“Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.” - Lao Tzu

*"Every day is a journey, and the journey itself is home." - Matsuo Basho*



## Supercharge in 10 Meditation

This week's Supercharge in 10 Meditation is slightly different than the others. I'll be speaking to both sides of your brain but with different activations and words for each side. Simply relax and let the higher part of you absorb it openly. When you need that little boost throughout the day, simply get some headphones (these are essential for this activation) and enjoy getting supercharged in 10 minutes.

“*"The best preparation for tomorrow is doing your best today."*  
- H. Jackson Brown, Jr.

## AB Blast in 10

Enjoy the Ab-Blast in 10. We all want that flat toned stomach and this was designed to activate your abs from different angles and intensities.

It can also be done anywhere and each time you do it you'll be one step closer to looking and feeling even greater.

## 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.

Remember to share your discoveries in the group. By opening up and showing our vulnerability we allow ourselves to speak our truth and finally connect now to our true selves!

Live N.O.W.  
Skip

*"The only journey  
is the one within."  
- Rainer Maria  
Rilke*



## Week Six

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.