

# DEFINE & DESIGN

*Week Two*



THIS WEEK'S PROGRAM:

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**Define & Design the life  
that you TRULY want to be  
living**

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**Reframe limiting thoughts  
and language to help  
reframe your feelings**

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**Create a more empowering  
view of your life**

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## **Clarity is power!**

So let's get clear on the things you learned about yourself last week so that you can move forward without inner resistance in the body & mind.

Now you've noticed what these limitations are we're going to change these beliefs that simply aren't serving.

We need to see it in our minds first, the clearer and more vivid you can see things then immediately the more power and life force energy you'll open up to.

Having this pulsing through you regularly is key for this journey.

Reconnecting to the imagination you once had when you were an innocent child is what needs accessing now. This will take you beyond the limitations of the mind and opens you up to more of your potential and greatness.

Please join me for De-stress & Energising Yoga at least three times this week because we are still laying a foundation that will help to create healthy fitness habits.

### WEEK TWO HOME-PLAY

*\*Listen to the "Physical Well-Being Meditation" Minimum x 3 times this week.*

*\*Daily De-stress & Energising or Morning Yoga*

*\*Join us on the LIVE call each week for Q&As. Check the Facebook group for details*

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

## The Meditations to assist you

### ACTIVATING ENGAGED LISTENING

Use "The Physical Well-Being Meditation" a minimum of three times this week to start receiving the positive effects that this meditation produces in improving your mind-set around your body health.

“ *The attitude of meditation is one of engaged listening - a relaxed, receptive yet intimate attention.* ”

The "Challenges To Blessings" Meditation will help you to re-frame the negative experiences in your life so that you can now view them with a higher and more positive perspective on WHY these times actually may have been created to help you to grow!

“ *The power of imagination makes us infinite. - John Muir* ”



# The Home-Play Sheet

## YOUR WRITING GOALS

Make sure you print off and complete "Define and Design" home-play sheet.

Please fill in the Define & Design sheet with how you are now going to think, feel & talk about yourself with positive re-framing as if all of these "truths" about yourself are here in the now!

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

# 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.

“ *Please download the Zoom App @ <https://zoom.us> because this is where the Live Group Coaching Calls will take place.*

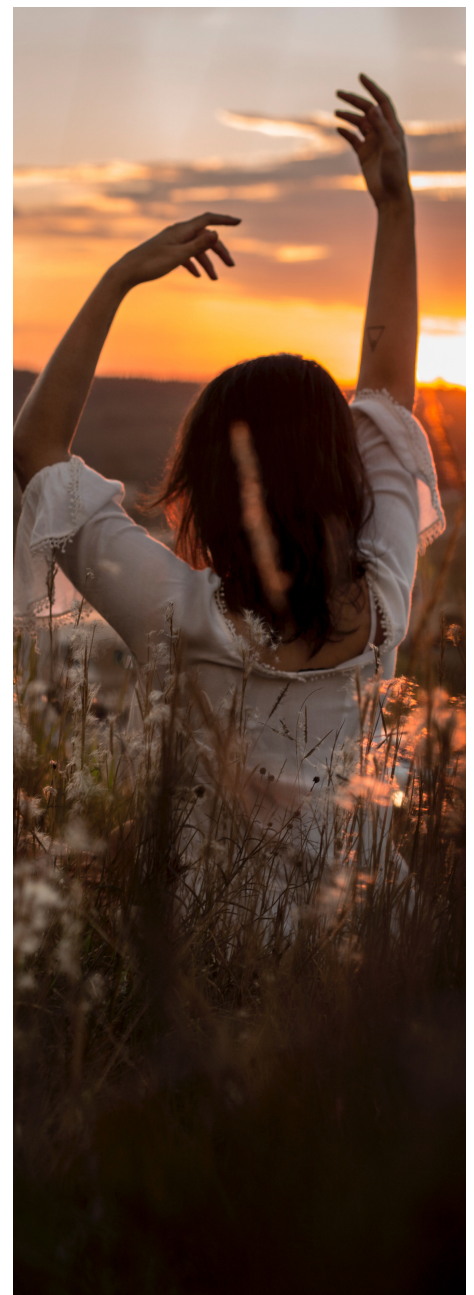
*Facebook Link:*

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

Here's to you creating a wider and more empowering view of your life. Good luck!

Live N.O.W.  
Skip

“ *Awake. Be the witness of your thoughts. You are what observes, not what you observe.*



# DEFINE & DESIGN

## *Week Two*

Please write about who you really are below.  
Step into the "I Am"

### **MIND**

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### **BODY**

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### **SPIRIT**

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