

Session 1

COCREATOR

You ready?

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Lets Pause

CENTRE FIRST

Land > Eyes Clsoed > Stillness (mind) > Witness >
Breathe (feel) > Scan
Gratitude > Act on it
Intetion > just one

<https://www.selfcare.global/quantum-morning-practice-the-1-hour-morning-sequence/>



SELF CARE . GLOBAL

HOW WE WORK *RUN THROUGH



Whatsapp

Communication

Google Drive

Working document

Skool

Accountability

GPT's

Complete

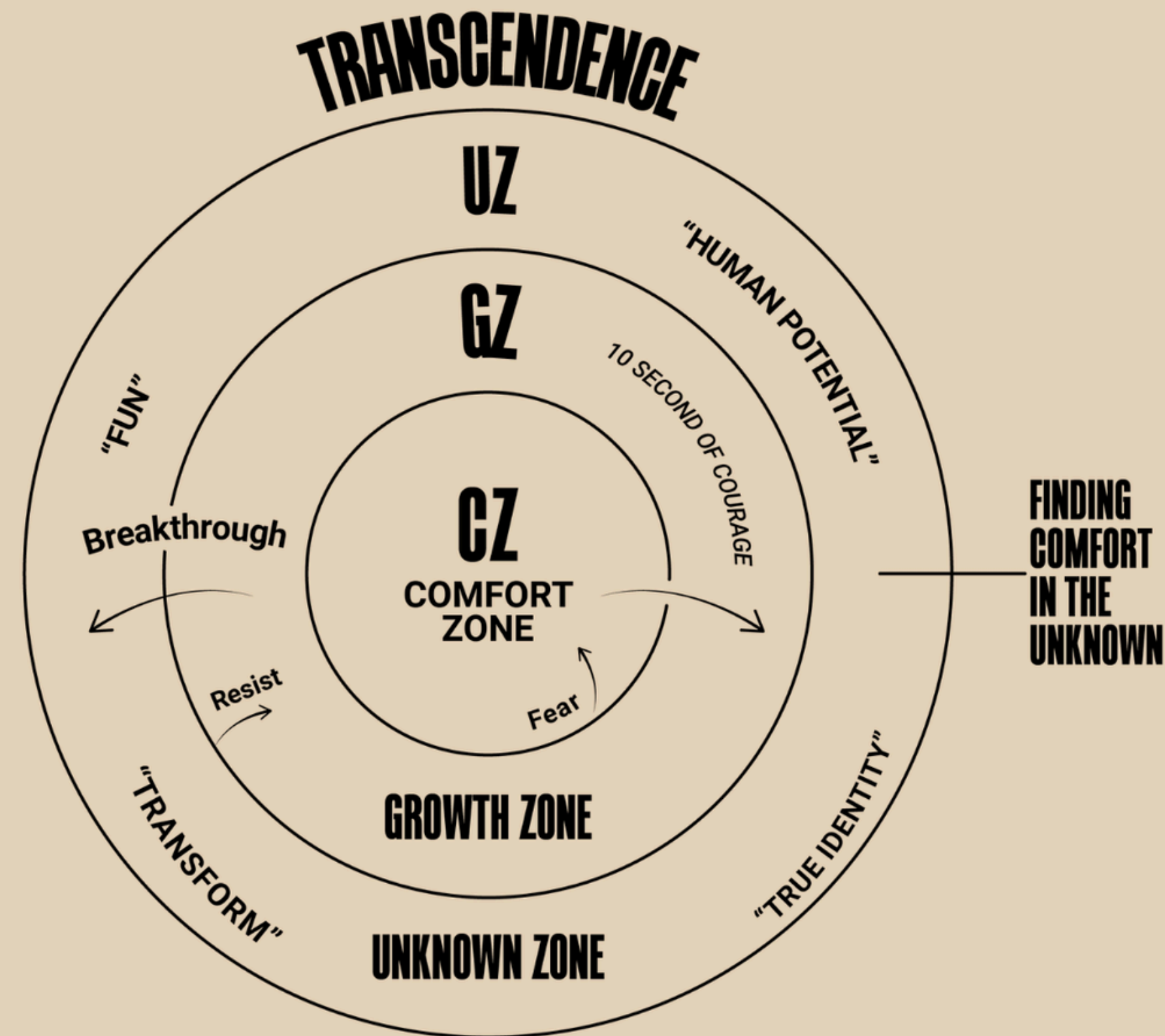
TOOLS

Skool

BIG DREAM GPT

BIG DREAM?

BARRIERS
TO GROWTH
CAN BE
INTERNAL
(MIND) OR
EXTERNAL
(SOCIAL
CULTURAL)



ANYTHING IS POSSIBLE?



SELF CARE . GLOBAL



WHY NOT YOU?



www.reallygreatsite.com

Inside out creatiojn, not chaos

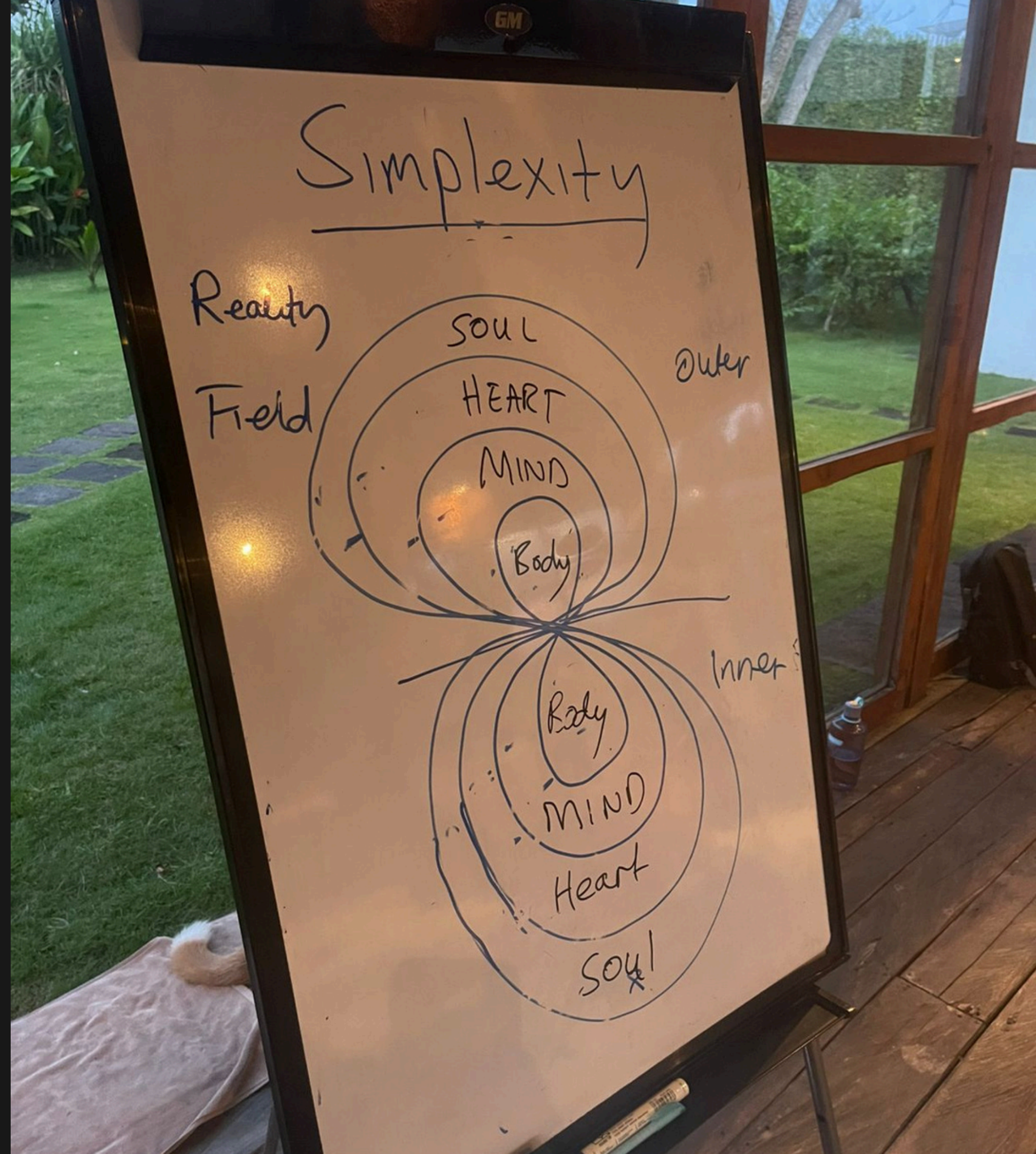
SIMPLEXITY

3 ACTIONS - ALIGNED FIRST

INNER - START WITH WHY

OUTER - VALUES & VISION

CREATION - MONEY AS ENERRGY "PERSONAL



Lets Pause

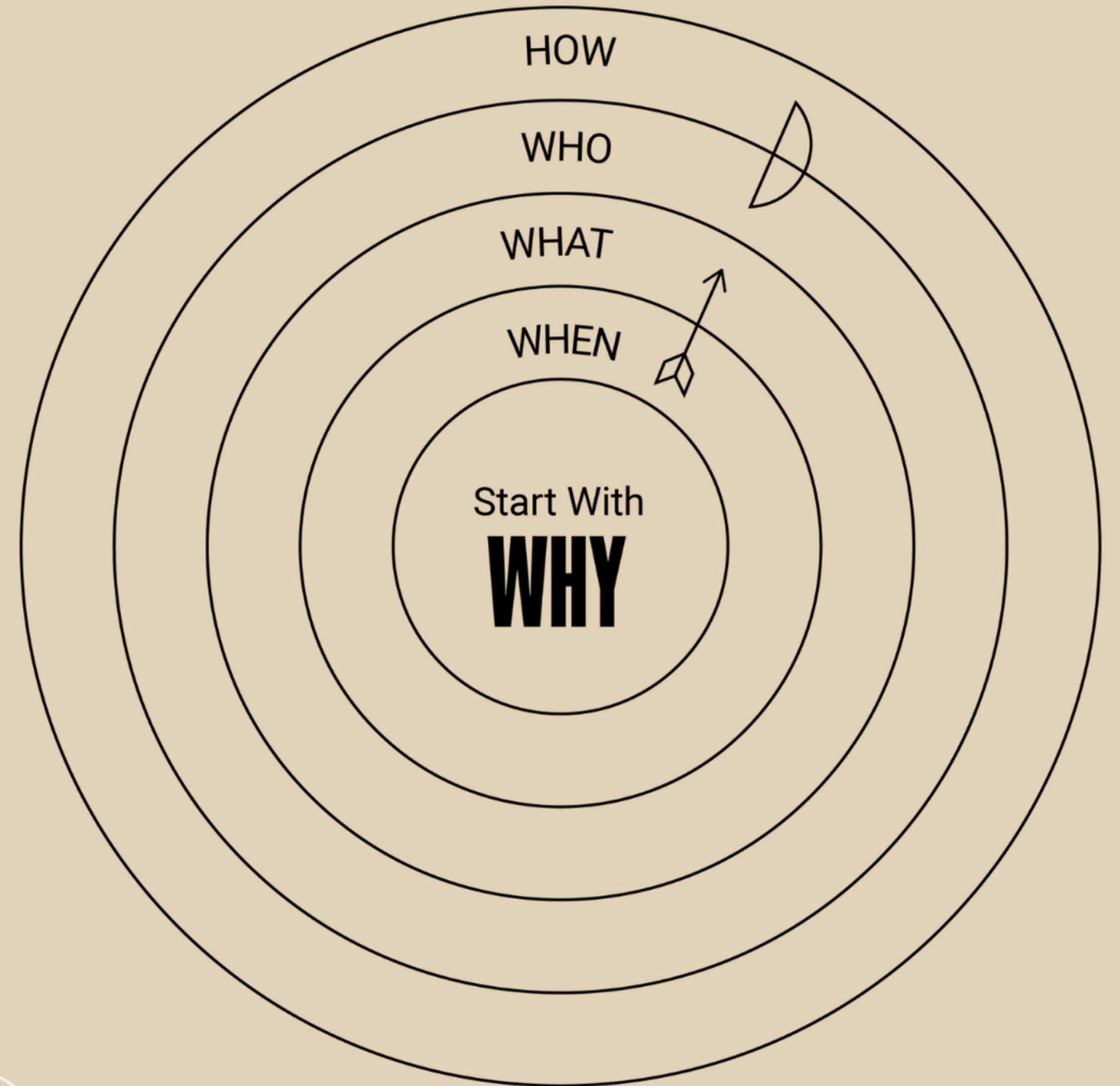
PAST? WHATS THE LESSON?



SELF CARE . GLOBAL

Lets Pause

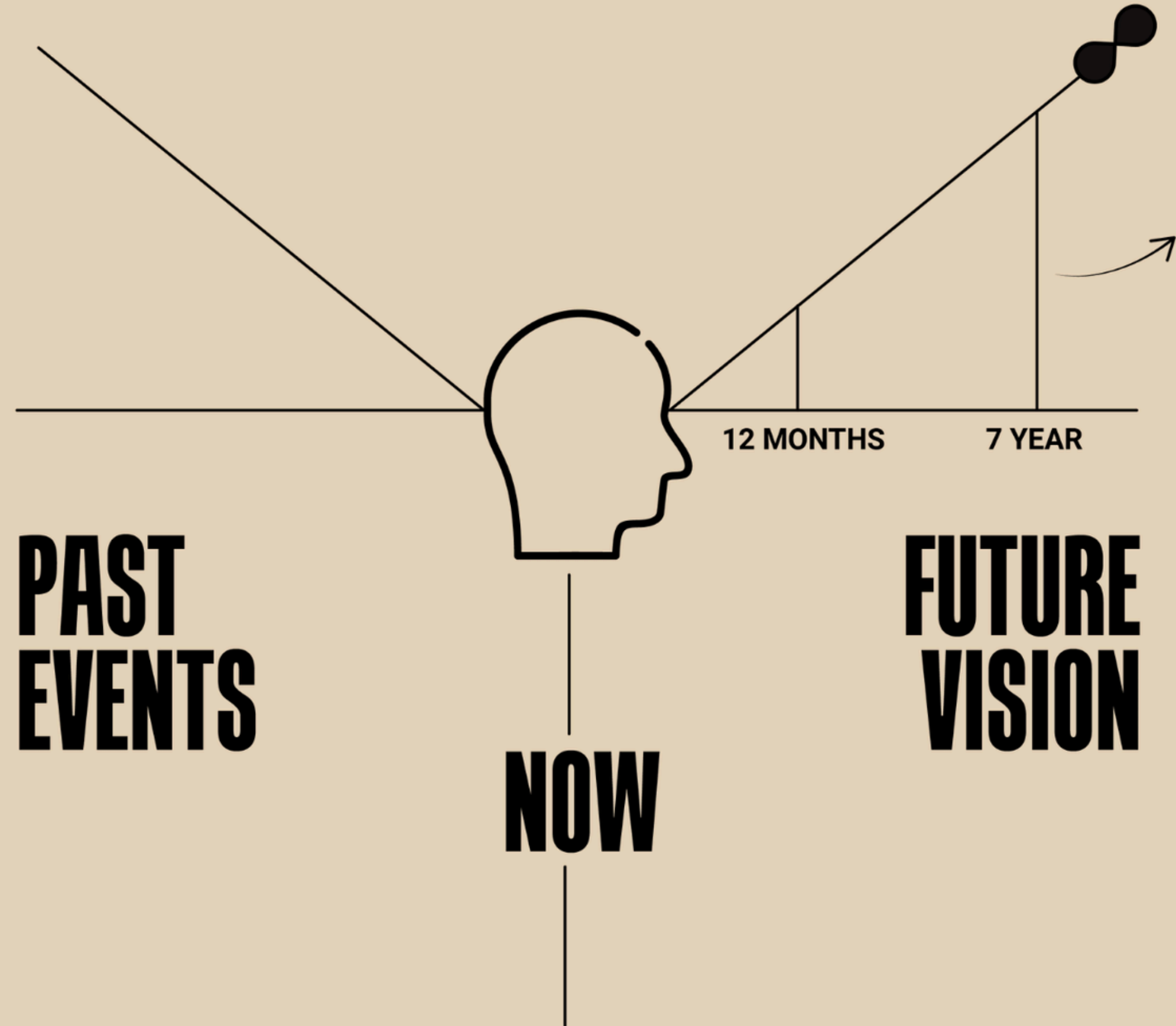
START WITH WHY “HEART”



SELF CARE . GLOBAL

12 month future vision

NOW FORWARD

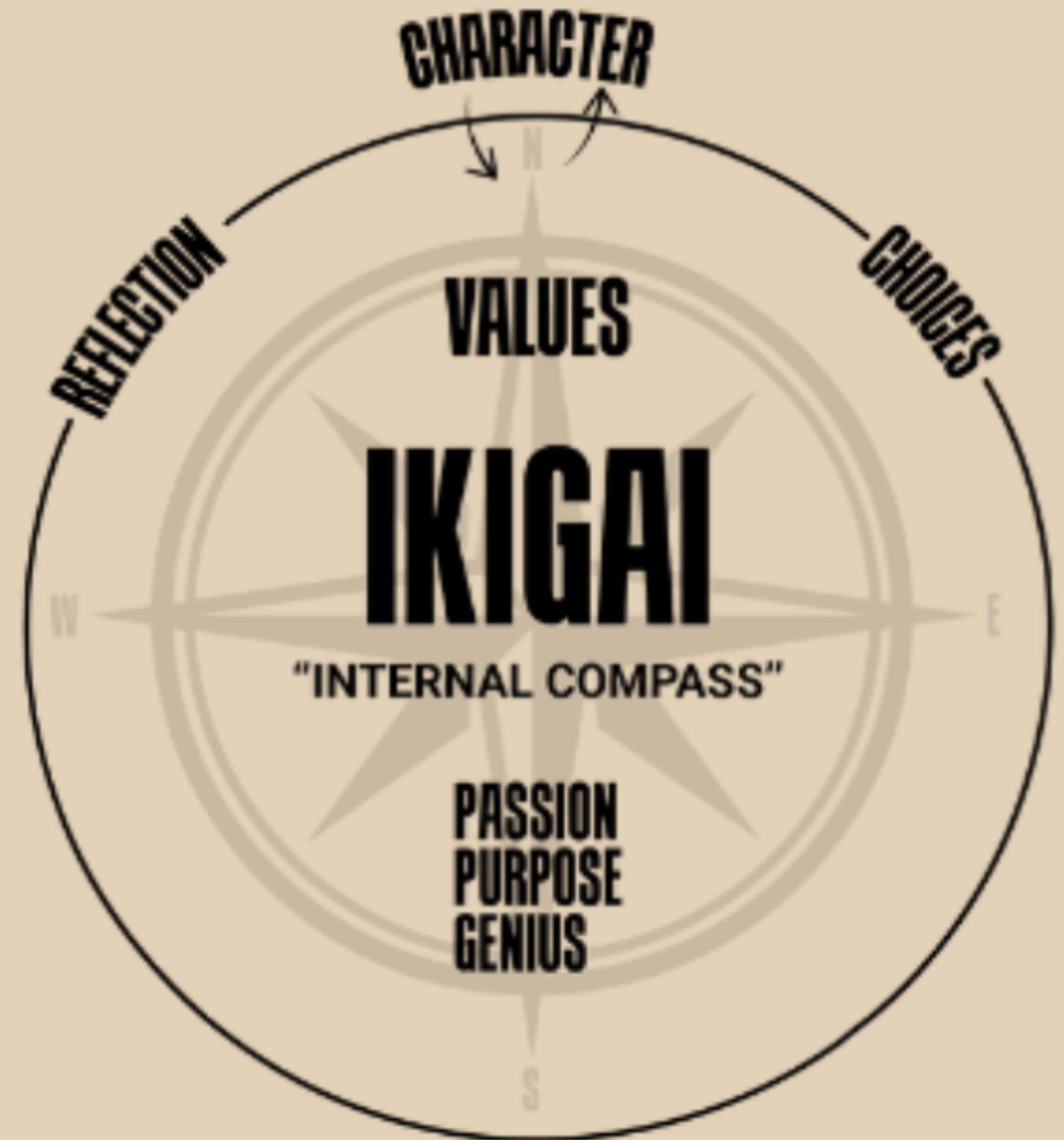


SELF CARE . GLOBAL

Values Assessment

VALUES BASED DECISIONS

FUTURE VISION
“NORTH STAR”



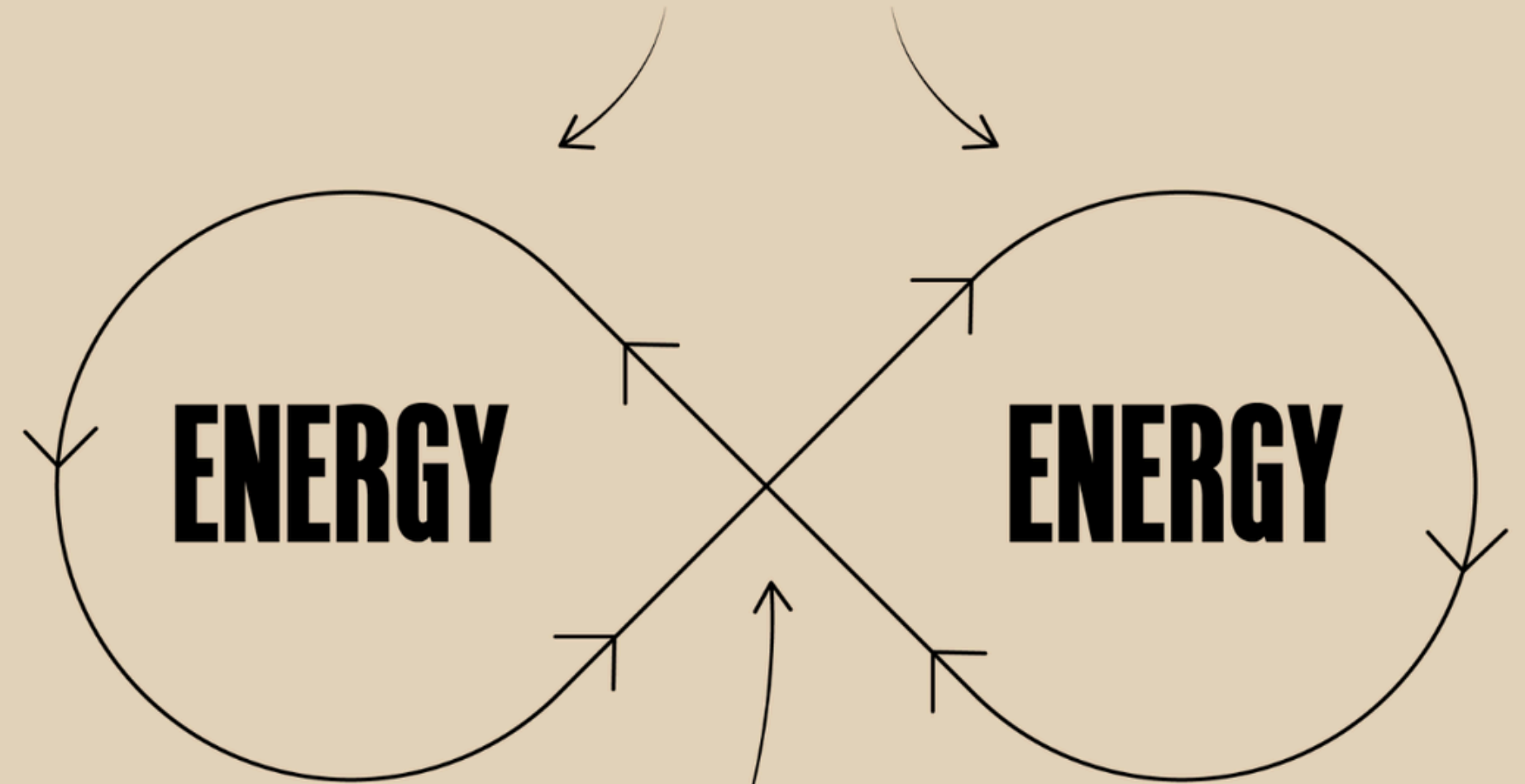
Personal finances check: GPT

MONEY IS JUST ENERGY



SELF CARE . GLOBAL

ENERGY FLOW



ENERGY TRANSFER

Energy cannot
Be created
Or destroyed

It must flow from
One state to another

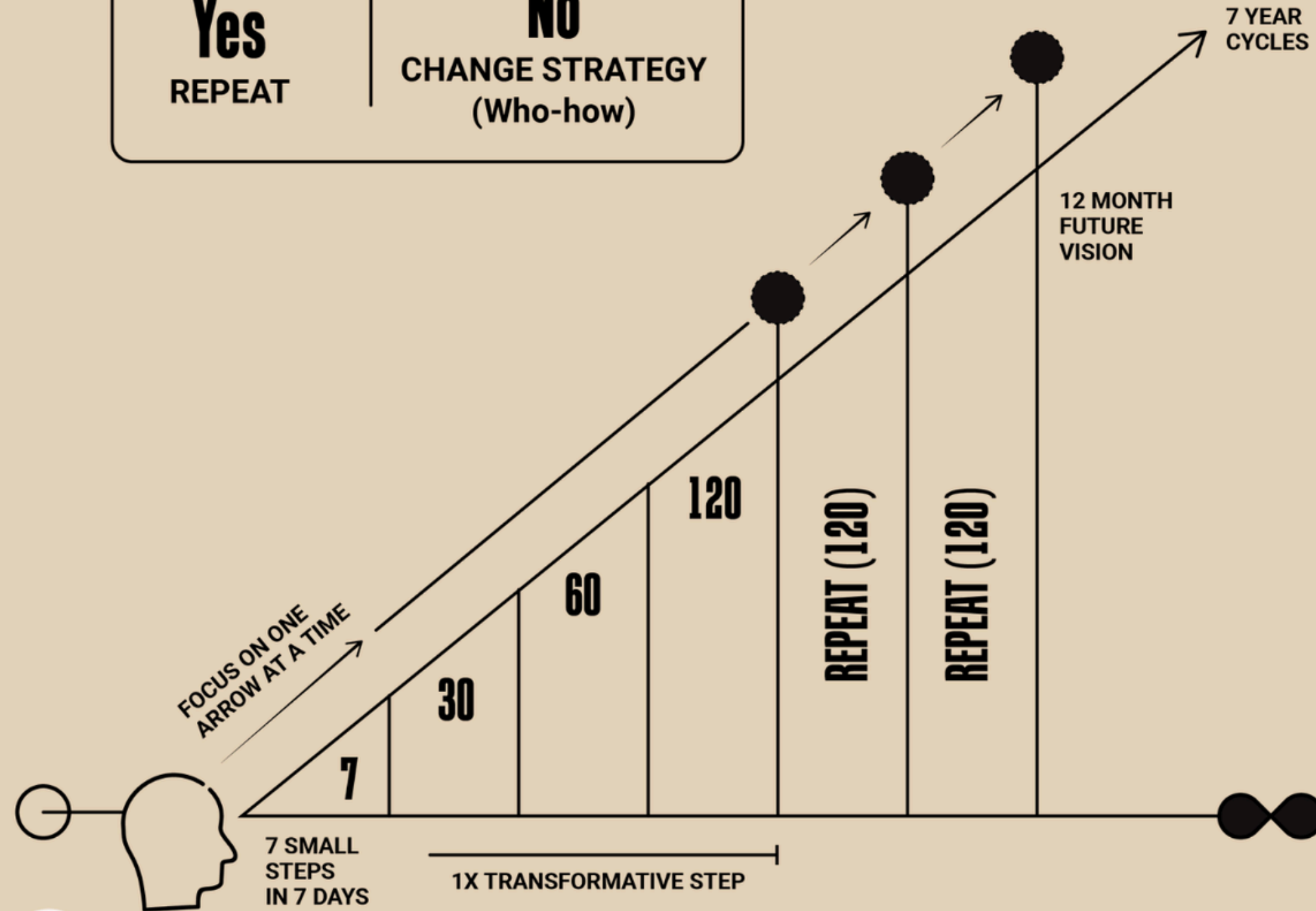
Lets Pause

CHILL JUST MONTH 1

SUCCESS?

Yes
REPEAT

No
CHANGE STRATEGY
(Who-how)



SELF CARE . GLOBAL