

Session 1

COCREATOR

You ready?

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Lets Pause

CENTRE FIRST

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



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



SELF CARE. GLOBAL

HOW WE WORK *RUN THOUGH

Whatsapp

Communication

Google Drive

Working document

Skool

Accountability

GPT's

Complete

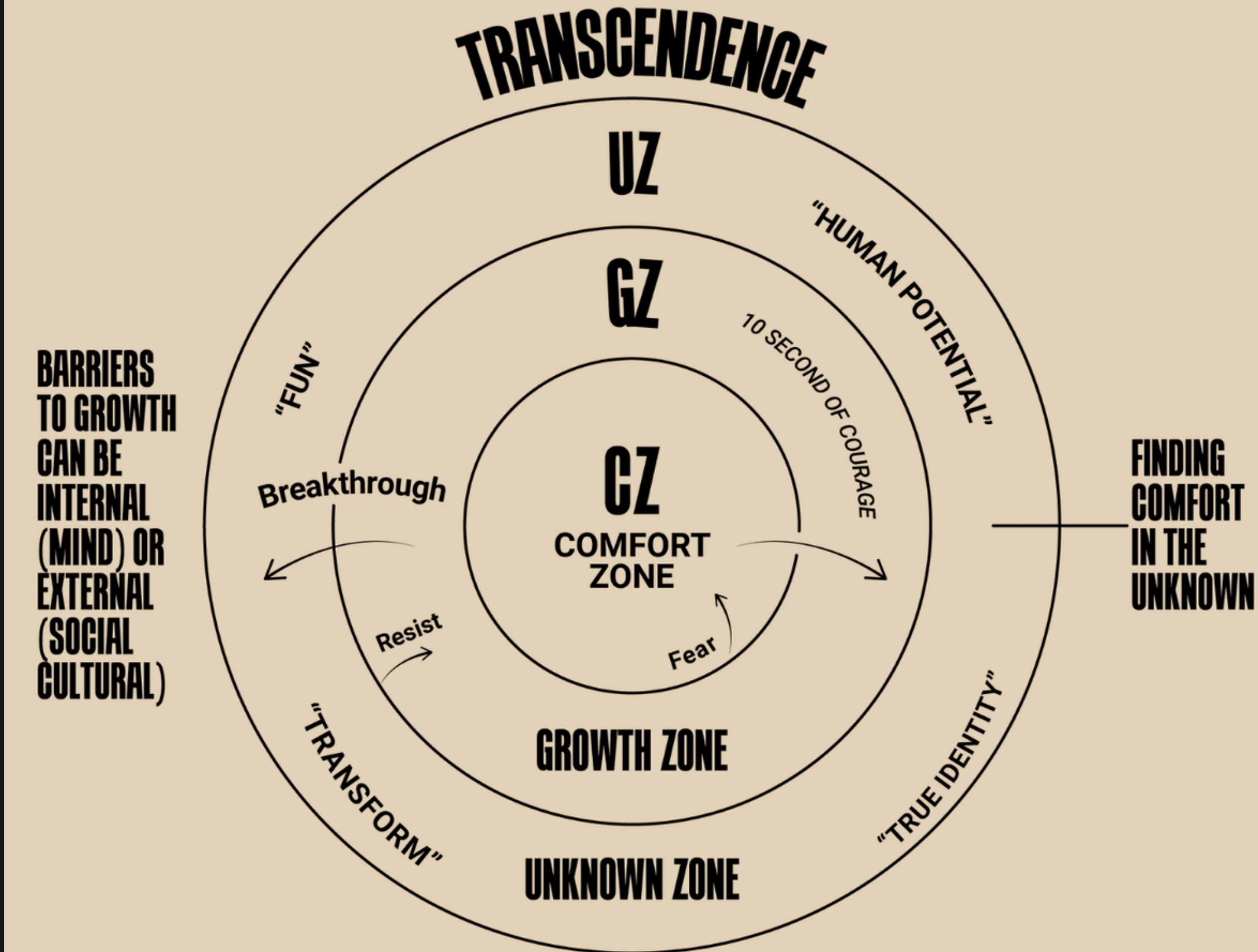
TOOLS

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 creation, not chaos

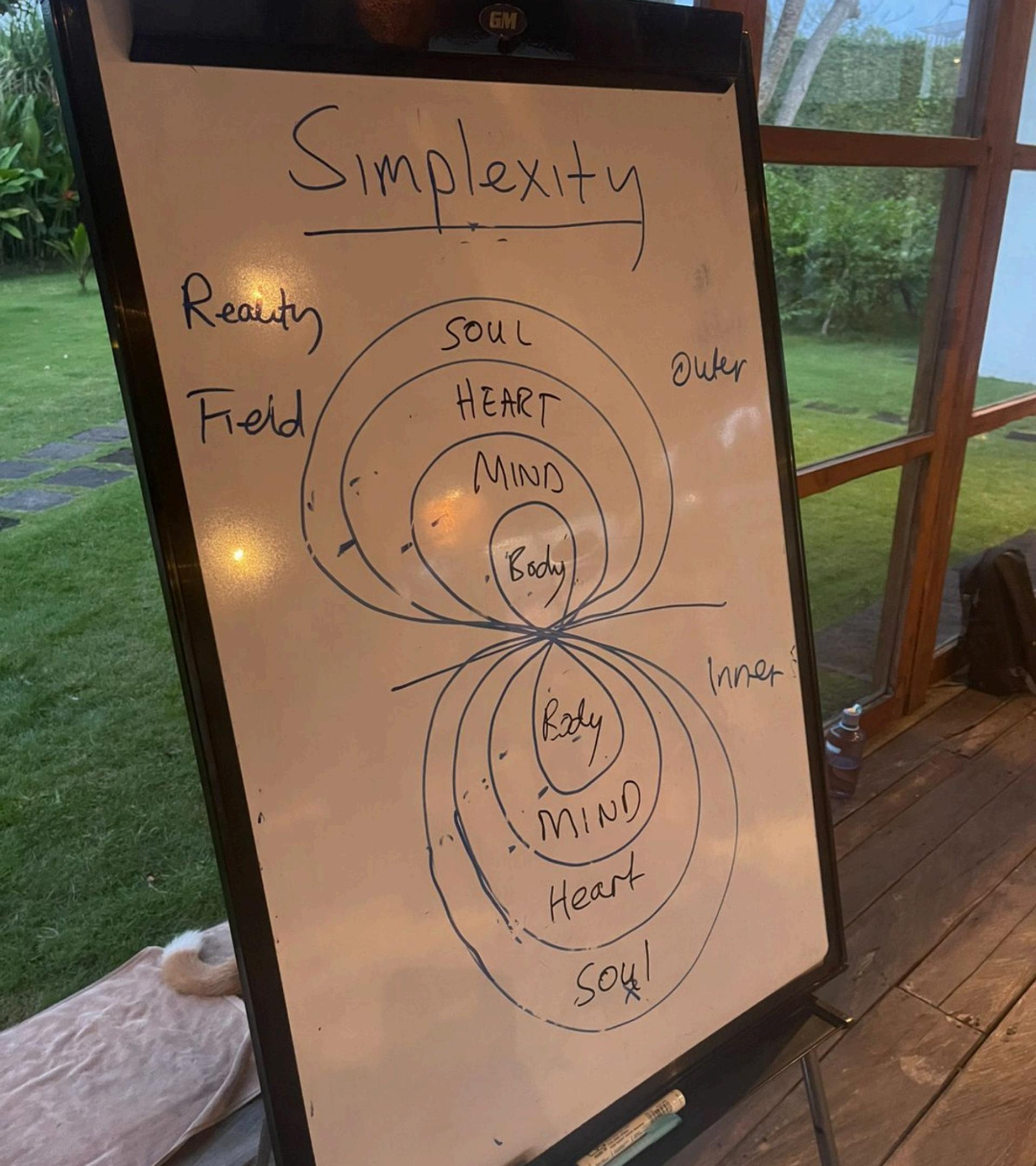
SIMPLEXITY

3 ACTIONS - ALIGNED FIRST

INNER - START WITH WHY

OUTER - VALUES & VISION

CREATION - MONEY AS ENERGY "PERSONAL



Lets Pause

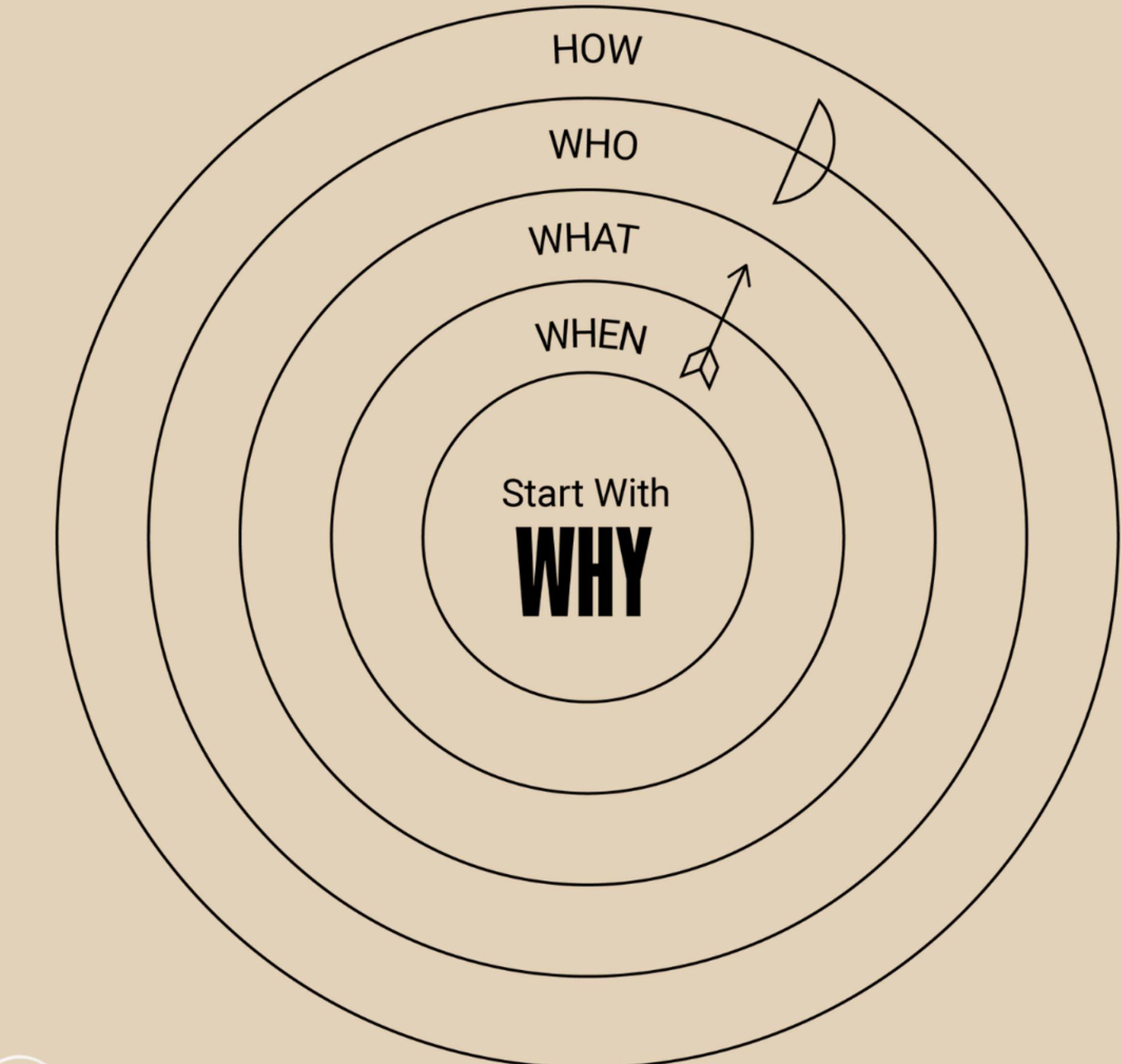
PAST?
WHATS THE
LESSON?



SELF CARE. GLOBAL

Lets Pause

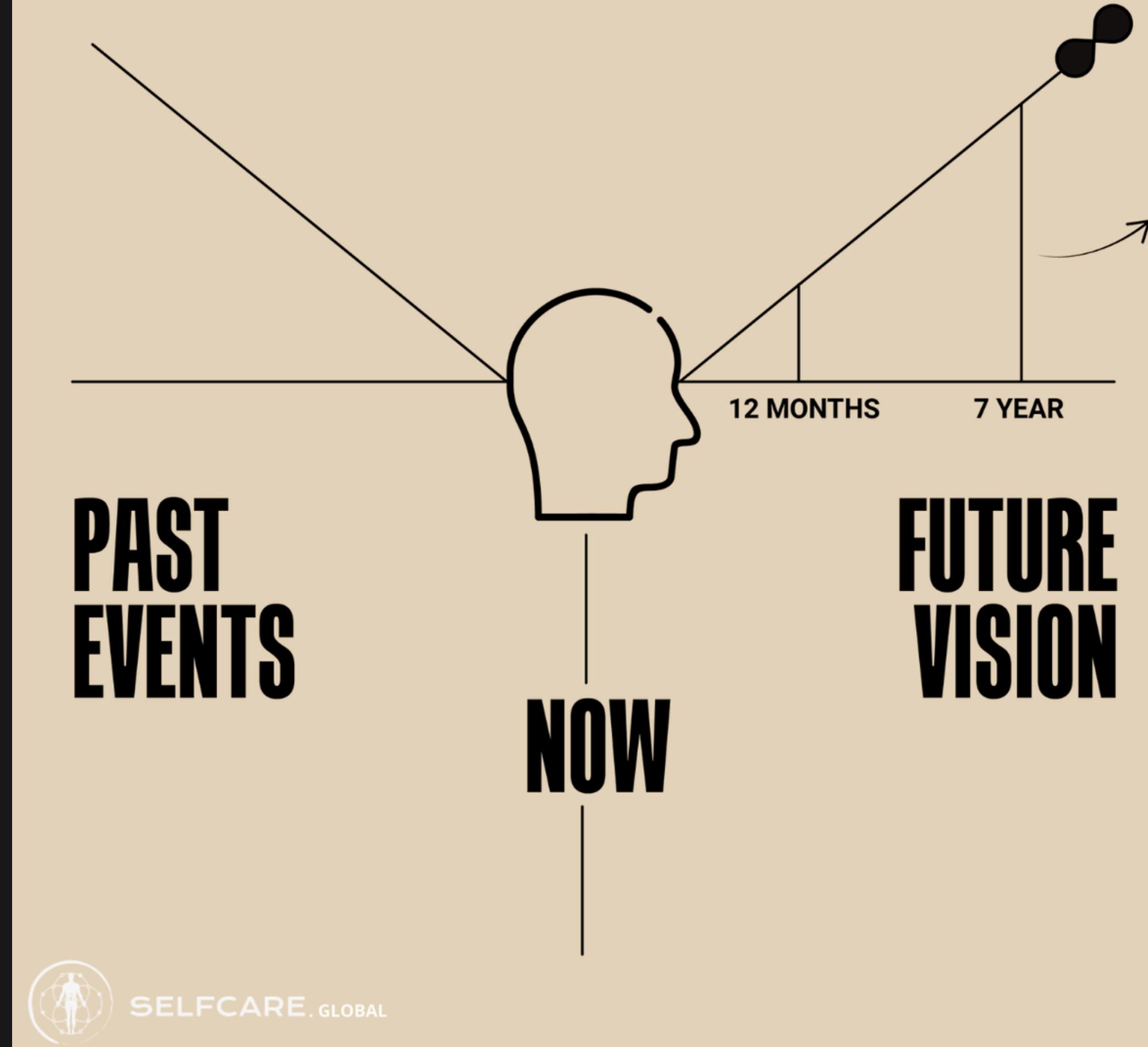
**START
WITH WHY
“HEART”**



SELF CARE. GLOBAL

12 month future vision

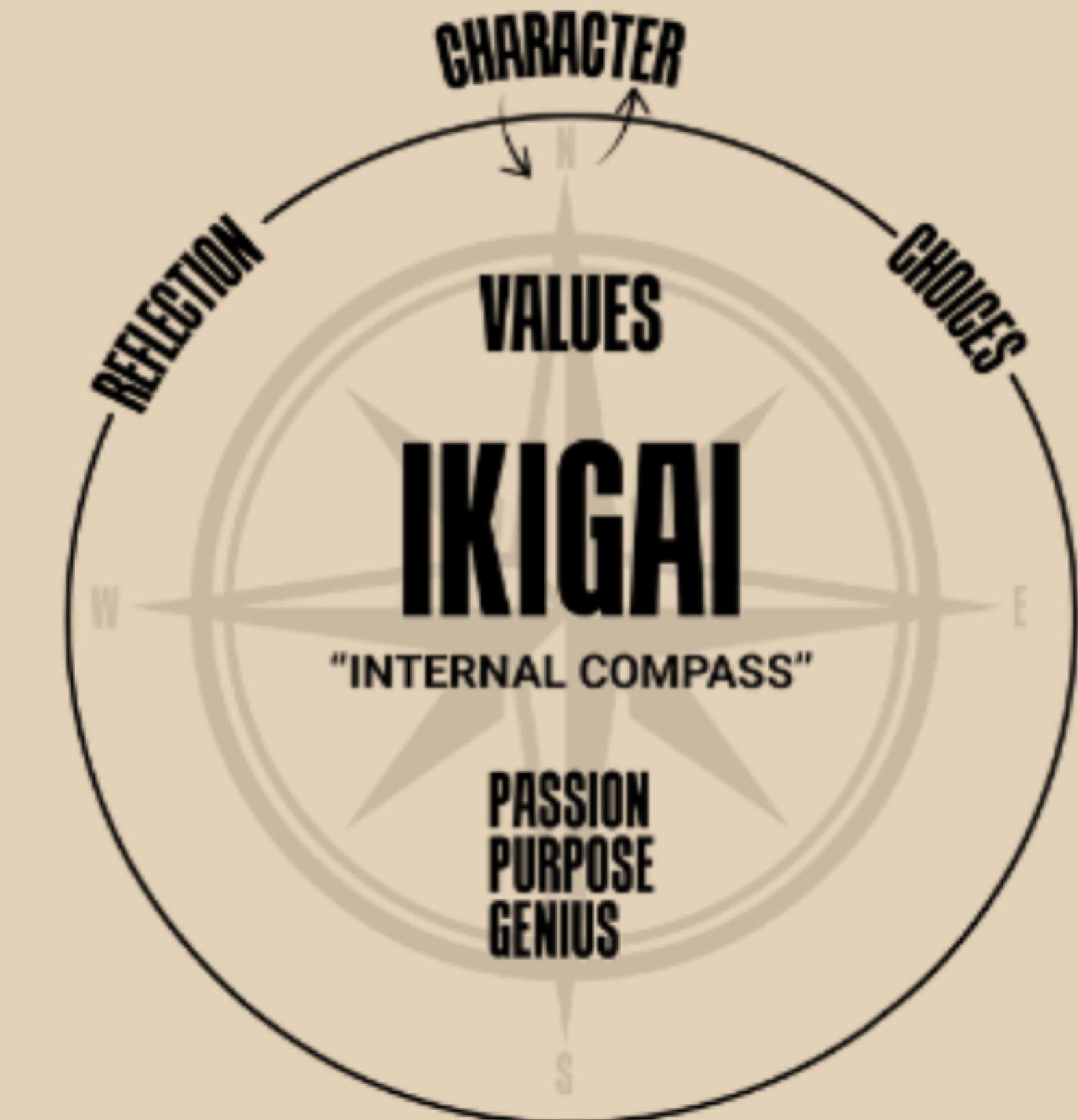
NOW FORWARD



Values Assessment

VALUES BASED DECISIONS

FUTURE VISION
" NORTH STAR"

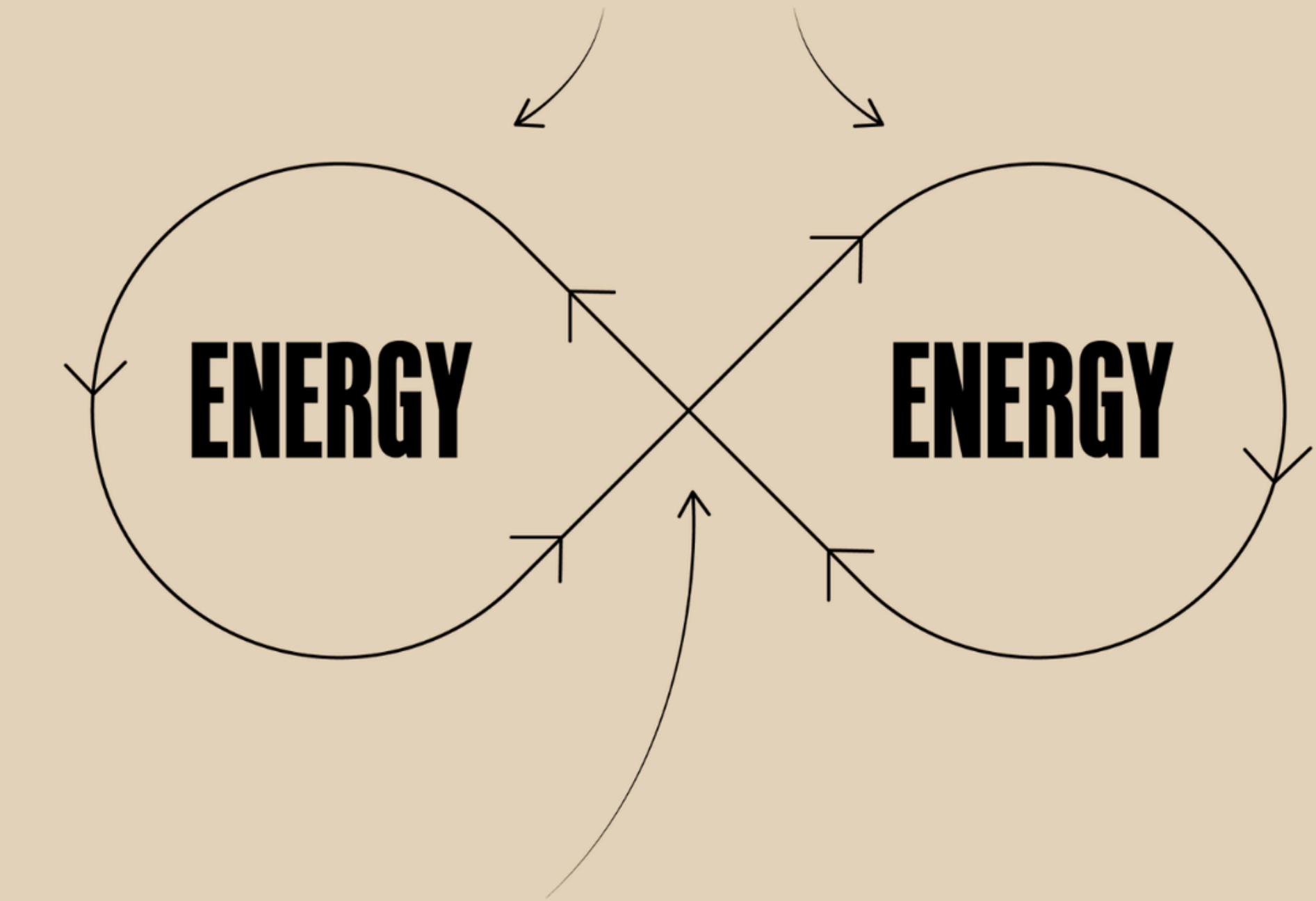




Personal finances check: GPT

MONEY IS JUST ENERGY

ENERGY FLOW



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)

