

YOUR PATH TO LOVE

Clarity and Strategy Session

Module 1

Purpose:

to gain clarity and motivation to move forward in your relationship with yourself and the others.

Agenda:

1. Establish where you are in your life and your relationships right now
2. What are the obstacles you are struggling with right now?
3. Make a working plan to overcome your obstacles and move forward

We also will:

- discuss the framework/premisses for the Future Therapy methods and techniques,
- discuss daily therapeutic and spiritual practice
- What is Future Therapy
- What is Inner Child/Parent and why is it important to reconcile them
- Who is an Adult?
- Why 100% responsibility rule is necessary (Law of Attraction/common sense/ logical development for anyone who wants to grow and take control over their life/ it doesn't take two to tango-YOU are living YOUR experience-no one else does)

Tools:

Learn or revise the daily tools/exercises/processes you can use to shift your energy, your attitude and your input during Your Path to Love program

EFT (Tapping)

Meditation

Visualization

Affirmation/Mantras

Expanding Breath technique

Journalling (free journalling, gratitude, evidence - celebrate the closeness of the match)

Setting the intention/Sequencing
and more

Motivation:

Why is achieving this goal important to you?

What does it mean to you to achieve your goal?

What will it feel like to achieve your goal?

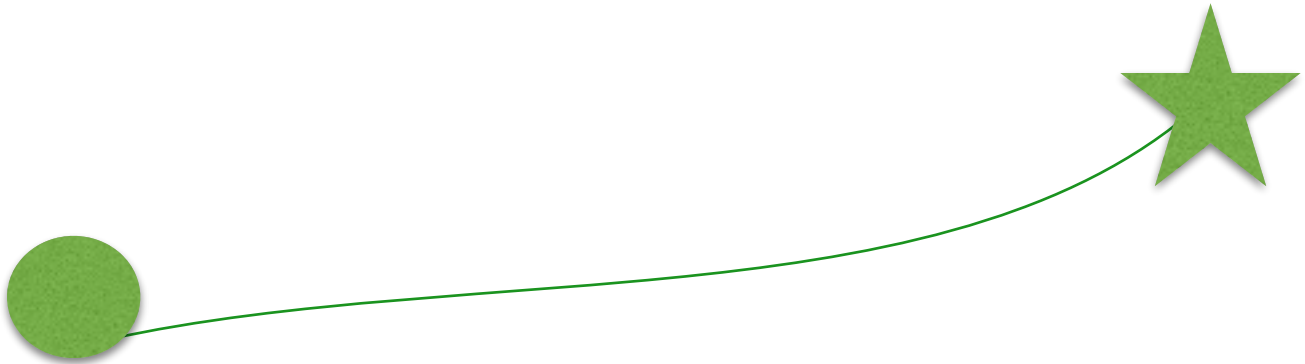
What is your hidden agenda in achieving this goal?

Can you find a genuinely great agenda for achieving your goal?

Work on imprinting your new agenda into your mindset!

Goal Setting

- a) What are your goals for this program?
- b) What is your current reality?
How big or small is the gap?
- c) What are the steps you need to take?



Set a goal that you have control over!

What is it that you can achieve based on your skills and efforts?
Break down the big goal into the small ones.

Be SMART

S specific
M measurable
A attainable
R relevant
T time-bound

Example - I had achieved my ideal level of freedom (which includes me feeling uplifted and hopeful in the morning/at the end of the day) by the end of this month (date).

FUCUS on 1-2 goals that's it!

Don't scatter your energy, make priorities and stick to the plan.

Take an Account of Your Obstacles Then Focus on Your Goal

What is your one biggest obstacle you need to overcome/release to achieve your goal now?

Write down 6 things you can do today/tomorrow to move forward
(do this planning at night setting the intention for the next day)

1

2

3

4

5

6

Assignments

1 **Book of positive aspects** (write into it every day, 3-10 things you **can** appreciate about yourself)

2 **Change your story** (what do you tell yourself and others about yourself) write down a 5-10 sentence story focusing on understanding, accepting your own path in life and your new connection with yourself. Example - now I feel independent and free, separating my feelings from other people's perception of me. Now I am learning to appreciate myself. One day soon enough I will be totally in peace and even smile about my experience with myself in the past. What a life I have! What a transformation!

What can you appreciate you will bring on, so **FOCUS** on all the things good you can find.

Daily practice

Goal setting at night

Value affirmations 3 times per day

Visualizing peace, freedom, receiving money from clients, love from your family, gratitude - Green Flame Process

Acceptance Tapping routine (I feel and I deeply and profoundly accept/ forgive/love myself...for my highest good)

Journalling about your experiences every day

- 1) set a timer for 5 min. write down about how you feel right now
- 2) 5 min. write down your successes (have to find at least one, and then expand later in the week to 5 successes)
- 3) 5 min. set a feeling intention (how do you want to feel) imagine feeling those feelings even for a moment
- 4) 5 min. what action you are going to take to feel this way (1-6 actions)

