



# Reclaim your Power! 90-day programme

## Curriculum

### **Unit 1: Find your passion**

Embark on a journey to discover what truly lights you up with engaging exercises.

### **Unit 2: Align your passion with purpose**

Explore how your passions can serve a greater cause and truly resonate with your inner self.

### **Unit 3: Set your goals with soulful actions**

Learn to set goals and design actions that are not only SMART but also align with your soul's purpose.

### **Unit 4: Discover your blocks**

Identify the mental and emotional blocks that could be hindering your progress towards your goals.

### **Unit 5: Mind-body synchronicity**

Understand the interplay between your mental state and physical wellbeing. Introduction to mindfulness and basic holistic techniques.

### **Unit 6: Truth and transformation**

Delve deeper into understanding your blocks and adopt transformative practices for emotional healing.

### **Unit 7: Switch your thinking**

Learn techniques to change your thought patterns, creating a new, empowering mindset.

### **Unit 8: Dynamic mindset adaptability**

Master the art of adapting your mindset to different situations for sustainable success.



### **Unit 9: Power up for authenticity**

Discover how to play to win, think big, take chances, and authentically promote yourself.

### **Unit 10: Authentic self-promotion**

Fine-tune your ability to put yourself out there, aligning with your true character and values.

### **Unit 11: Live your true purpose**

Realise that you don't have to wait to align with your life's purpose. You can start right here, right now.

### **Unit 12: Universal laws and applied wisdom**

Grasp the power of universal laws and how to engage with them in your daily life.

### **Unit 13: Maintenance and mindfulness**

Equip yourself with strategies and daily practices to maintain your new level of power and purpose.

### **Bonus unit: Connect to give back**

Discover ways to use your newfound wisdom and stability to contribute to the world and keep the cycle of help flowing.

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