



UNIVERSITY OF WELLNESS

# PREP SCHOOL

*with Kerissa Kuis, MBA*

## Week Four

**SHARING YOUR  
AUTHENTIC SELF  
WITH THE WORLD**

# Overview



## In Module 4, you will . . .

- Week four is all about learning tools and strategies for tapping into your own voice so that you can share yourself with the world in ways that leave a positive mark.
- Uncover how to identify your unique mission. Teachings from A Course in Miracles will be examined in the context of the connection between our ego versus our reality.
- We'll explore strategies for speaking your truth and shining with authenticity.

## Notes:



# Sharing Your Authentic Voice



## Tapping into Your Own Voice

### Heart- Centering

- Purpose of heart- centering
  - Heart-centering meditation
  - Connecting with the Earth to ground yourself
  - Scribing, free- writing, morning pages
  - Serving others, asking “Where am I needed?” Reflecting afterward is where you really tap into your own heart

## Calling on a Power Greater than Yourself Daily

I am here only to be truly helpful.

I am here to represent Him Who sent me.

I do not have to worry about what to say or what to do,  
because He Who sent me will direct me.

I am content to be wherever He wishes, knowing He goes there with me.

I will be healed as I let Him teach me to heal.

special principles of miracle workers - a course in miracles - 1976  
Excerpt from A Course in Miracles, Chapter 2, Section 5, Subsection A.8.  
Published by the Foundation for Inner Peace.

### Notes:



# Sharing Your Authentic Voice

**Emotional Freedom Technique**  
**Notes:**

**Journaling & Scribing**  
**Notes:**

**Ask Yourself:**  
What are you passionate about?

What lights you up?





# Sharing Your Authentic Voice

## Tapping into Your Own Voice

### Homework:

- What is your unique story?



# Sharing Your Authentic Voice

## Tapping into Your Own Voice

### Homework:

- What is your unique story?
- Why does the world need it?
- How do you already share your story? If someone followed you everywhere, what story is your lifestyle telling?
- How can you show up more in the world and share your story and truth on a higher level?



# Sharing Your Authentic Voice

## Million Dollar Habits by Brian Tracy

### Action Exercises

- Select a result, outcome, or success you would like to have in your life, and then decide on the one habit that could help most to achieve the goal.

Outcome:

Habit to Create:

- Develop the habit of future orientation by thinking and imagining your ideal future.

- Develop the habit of goal orientation by selecting one main goal.

Main Goal:

- Develop the habit of setting goals every morning.
- Develop the habit of excellence orientation by selecting one key skill that you can work on daily.

First key skill to practice:



# Sharing Your Authentic Voice

ACIM Notes:

