



UNIVERSITY OF WELLNESS

PREP SCHOOL

with Kerissa Kuis, MBA

Week Three

MAP YOUR DREAMS

Overview



In Module 3, you will . . .

- Be able to identify how fear has blocked your life's flow.
- Learn manifesting techniques for a business and life full of miracles.
- Explore your dreams, goals, skills, and passions so that you will gain clarity and begin mapping your individualized plans for your life, wellness, and career.



Map Your Dreams



Explore Dreams & Goals to Gain Clarity

Notes:

Steps to Manifesting Miracles

1. Clear your mind of fear using mediation, prayer, EFT, and affirmations.
2. Set a clear intention.
3. Become what you want to attract.
4. Be grateful by doing daily gratitude exercises.
5. Detach from and Surrender the Outcome.

Notes:

Manifesting Techniques

1. Use visualization or create a Dream Board.
2. Meditation promotes the opening of the mind.
3. Journaling as a tool helps you to get clear.
4. Pay attention to thoughts and words.
5. Affirmations
6. 5/55 technique

Notes:



Intention Statement



I AM...



Goals

Goal 1 :

Goal 2:

Goal 3:



Map Your Dreams



1. Use visualization or create a Dream Board.
2. Meditation promotes the opening of the mind.
3. Journaling as a tool helps you to get clear.
4. Pay attention to thoughts and words.
5. Affirmations
6. 5/55 technique

Notes:



Million Dollar Habits



Your Self Concept

- Your self concept precedes and predicts your levels of effectiveness in every area of your life.
- You always act in a manner consistent with how you feel about yourself.
- How can you change your self concept?

Your Ideal Self

- Your self-ideal is a composite of the very best person you could imagine yourself being.
- High-performing, successful, happy people have very clear, positive, self ideals.
- Who is your ideal self?



Million Dollar Habits



Self Image

- The way you see yourself on the inside largely determines how you perform on the outside.
 - You are who you think people think you are.
 - How can you change your self image?
-
- **Notes:**



Million Dollar Habits



Action Exercises

- Identify the primary causes for the effects in your life. What can you do differently?
- On a scale of 1-10, how much do you feel you are in control of your own life?
- What could you do to increase your feelings of control?
- What do you think about most of the time? What should you focus on and concentrate on to change your life?
- What are the three values and attributes you admire in other people? What actions can you take to incorporate them into your life.



Million Dollar Habits



Action Exercises

- How much do you like yourself? What things increase your self esteem and how can you create more of them?
- What are your greatest fears?
- What can you do today to feed your mind with the things that align you with your highest purpose?

