



UNIVERSITY OF WELLNESS

PREP SCHOOL

with Kerissa Kuis, MBA

Week Six

TIME TO RISE

Overview



In Module 6, you will . . .

- You're ready! You're ready to take on the challenges that have always held you back. During the final week of Prep School, you will be transforming to create a life of purpose so that you are ready to shine your divine light on the world.
- At this point, you'll truly feel that it's okay to trust the process and not know everything right away. You will set goals and envision your future. It's time to rise!

Notes:



Time to Rise



How do you hold yourself back?

Top Reasons We Hold Ourselves Back

(Please note any that resonate with you, along with examples of how they show up in your life.)

- Assuming an end result
Notes:
- Waiting for the “perfect” timing
Notes:
- Listening to negative ego-based voice in your brain
Notes:
- Getting “stuck” in the same cycles
Notes:
- Believing change isn’t possible or probable
Notes:
- Allowing finances to dictate your choices
Notes:
- Not stepping outside of yourself
Notes:



Time to Rise



The Big Leap by Gay Hendricks (recommended reading highlights)

- Notes:

- The first step in determining your Upper Limit Problem is to discover which Hidden Beliefs resonate with you. Please note how each may appear in your life.
 - Hidden Beliefs:
 1. Feeling Fundamentally Flawed
 2. Disloyalty and Abandonment
 3. Believing That More Success Makes You a Bigger Burden
 4. The Crime of Outshining

- **What's your upper limit problem/s? How does it/they appear in your life?**



Time to Rise



***The Big Leap* by Gay Hendricks (recommended reading highlights)**

- How are past circumstances affecting your current actions?

Once you discover which Upper Limits are blocking you, you can take action to kick those fears to the curb.



Time to Rise



Reflect & Answer the Following Questions

- 1) Am I willing to increase the amount of time every day that I feel good inside?
- 2) Am I willing to increase the amount of time that my whole life goes well?
- 3) Am I willing to feel good and have my life go well all the time?
- 4) Are you willing to take the Big Leap to your ultimate level of success in love, money, and creative contribution?
- 5) How much love and abundance am I willing to allow?
- 6) How am I getting in my own way?

